

Indoor Soccer Official Game Rules



These rules are adopted from the FIFA Laws of Soccer and the Official Rules of Indoor Soccer, as adapted for league play at this facility. These Rules will apply to all Adult, High School and Youth leagues (Under 9-10 and above). Adjusted game rules may apply to younger Youth Leagues (Under 8 and younger) and to small-sided play.

Rule 1 - The Field of Play

The Field of Play shall be in conformity with the specifications set forth in Appendix A.

Rule 2 - The Ball

Specifications

- A standard size 5 ball shall be used in league play for all ages from U13 through adult.
- A standard size 4 ball shall be used in youth leagues from ages U9 through U12.
- A standard size 3 ball may be used in younger youth leagues (U8 and below)

The ball shall otherwise conform to the specifications set forth for outdoor play.

Ball Change

The ball may not be changed during a match without the authority of the referee.

Rule 3 - The Players

Team Rosters

A Team may have a maximum of 16 players and at least one coach or team representative on its roster.

- All players, coaches and team representatives must be listed on the team roster and must have a properly completed registration form on file to be eligible to participate. Only properly registered players and team personnel may participate. The use of non-registered players is prohibited.
- Rosters are frozen (no changes or additions) after the fourth league match.

Team Benches

Only registered players and up to two coaches or team representatives are allowed in the team areas and boxes. Youth and High School teams must have a responsible adult (coach or team rep) in the team box to monitor players' conduct during games

Players

- All Under 11-12 and older Youth Leagues, High School Leagues and Adult Leagues: A match is played by two teams, each consisting of six (6) players on the field, including the goalkeeper.
- Under 9-10 Youth Leagues: A full-sided match is played by two teams, each consisting of seven (7) players on the field, including the goalkeeper.
- Under 7-8 Youth Leagues: If a full-sided match is played, there will be two teams, each consisting of eight (8) players.

Minimum Players

Teams must have a minimum of four (4) players to start or to continue a match. If a team is unable to field at least 4 players at the official start time of the match, a 10 minute grace period will be allowed. (The grace period will be deducted from regulation play). If a team is unable to field the minimum at the expiration of the grace period, the game will be a forfeit and will be recorded as a 0-4 (forfeit) loss to the offending team. If both teams are unable to field at least 4 players, the game will be a forfeit and will be recorded as a 0-0 (forfeit) to both teams.

Players - Adult and High School Coed Leagues

Coed teams shall have a maximum of three (3) male players*, and at least 3 female players, including the goalkeeper. Coed teams with less than 3 female players must play short, and may not start or continue a match without at least one female player on the field. (*If the mercy rule applies, a coed team may elect to play with one additional male or one additional female player).

Rule 3 - The Players (Continued)

Mercy Rule

Any team that is down by four goals or more during a match may play with one (1) additional player. The team will return to its original number when a 3-goal differential is achieved.

Substitutions

Unlimited substitutions will be allowed during a match. Substitutions may occur at any time (Play need not be stopped). The referee must be notified of a goalkeeper substitution. A substitute may not enter the field or participate in the play until the player being replaced has left the field.

Rule 4 - The Player's Equipment

Team Colors

Each team shall designate a primary jersey color (dark) and an alternative jersey color (light) to be worn by its players. White shall be the alternative color of teams with only one jersey.

Uniform

Players shall wear their team's uniform, consisting of the team jersey, shorts, socks shin guards (completely covered by socks), and shoes suitable for indoor soccer. Soccer cleats and turf shoes are permitted. Shin guards must be of the size, durability and quality to provide adequate protection.

Teams are encouraged to wear numbered jerseys.

Goalkeeper

Goalkeepers must wear a jersey color that distinguishes them from the other players and the referees. Goalkeepers may be allowed to wear gloves, pants, and approved headgear.

Dangerous Equipment

- Players may NOT wear any jewelry (including pierced or starter earrings), except for medic alert tags or wedding rings (must be taped or covered) and may NOT wear any metallic, hard or sharp items or any items deemed unsafe or improper by the referee.
- Casts, splints, knee braces or body braces (plastic or metal) must be completely covered with a soft material and padded to the satisfaction of the referee to be allowed.

Home Team

Home team supplies the game ball and changes jerseys in the event of a color conflict. Teams are otherwise expected to bring their own balls, uniforms and goalkeeper equipment for use in warm ups and games.

Rule 5 - The Referee

Referees

At least one referee shall be appointed to officiate a match. The referee (s) may be assisted by an Assistant Referee and/or a Scorekeeper.

Powers and Responsibilities

The referee, with the assistance of the scorekeeper or assistant referee, has the authority and responsibility:

- (1) To enforce the official rules of the game;
- (2) To maintain control of the match and to maintain control of players' and teams' conduct before, during and after a match;
- (3) To ensure that only properly registered players participate and that players' equipment and dress is appropriate and safe;
- (4) To determine whether a goal has been scored;
- (5) To suspend play, stop the clock, or allow play to continue if a player is injured on the field, and to take what measures may be needed to ensure that an injured player is removed from the field;
- (6) To suspend play for any infringement of the rules or to allow play to continue when it is advantageous to the team against which an offense was committed;
- (7) To take disciplinary action against players or team officials who engage in penalty, cautionable or sending off offenses, and to suspend play or to terminate the match, as needed, to deal with the offenders;
- (8) To stop, suspend or terminate the match, as needed, to deal with a serious injury, an unsafe condition, an unauthorized entry on the field of play, or other justifiable cause;
- (9) To restart play after a stoppage; and
- (10) To take other appropriate action, as needed, to ensure the safety and well-being of the players and participants.

Rule 5 - The Referee (Continued)

Decisions of the Referee

The referee's decisions on factual matters connected with the play are final. A decision may be changed, at the referee's sole discretion, prior to the restart of play.

Game Report

The Referee should provide Management with a written Match Report, including information relating to any formal disciplinary action taken against players and/or team officials, any serious injuries, or other unusual, serious or potentially dangerous incidents or conditions occurring before, during, or after the match.

Rule 5a - Other Game Officials

Assistant Referee

An assistant referee may be appointed, as needed, to assist the referee. The assistant referee may, under the authority of the referee, provide assistance in enforcing the rules or in maintaining control of the match, or may perform such duties as delegated by the referee.

Scorekeeper

A scorekeeper may be appointed as the official score keeper and time keeper of the game. The scorekeeper may perform the following duties under the authority of the referee:

- (1) To operate the scoreboard and game clock;
- (2) To operate the official time clock and to maintain the official game records;
- (3) To record game statistics, player statistics, penalties and disciplinary actions;
- (4) To keep track of penalty time and to assist the referee in preparing incident reports;
- (5) To start and keep games running on time;
- (6) To operate the ABC panel for video;
- (7) To assist the referee in checking in players, in enforcing the rules of the game, and in monitoring players conduct in the team benches, penalty boxes or outside of the referee's view; and
- (8) To perform other duties as delegated by the referee.

Rule 6 - The Duration of the Game

Periods

A regulation match consists of two 25-minute periods. There may be a 2-minute halftime interval between periods. Warm-ups and halftime intervals will be allowed or adjusted as time permits.

- **Extension of Play:** Additional time may be allowed for a penalty kick to be taken
- **Overtime & Tiebreaker:** No tiebreaker or overtime is played except in playoff or championship games. If, in a playoff or championship match, the score is tied at the end of regulation, there will be an overtime and/or a shootout administered as set forth in Rule 13.
- **Time Clock:** All matches are played with a continuously running clock. The referee may stop the clock for injuries and for unsafe or unusual conditions. The allowance for time lost is at the discretion of the referee.

Rule 7 - The Start and Restart of Play

Direct

All free kicks and restarts are direct, including kickoff. Once the ball is placed the kicker has five (5) seconds to play the ball. The kicker may not play the ball a second time until the ball has been played or touched by another player. Unless otherwise indicated, all players on the opposing team must be at least 15 feet from the ball until the kick is taken. Unless otherwise indicated, the ball is in play after it is touched and makes any discernable movement.

Rule 7 - The Start and Restart of Play (Continued)

Kickoff

A kickoff starts play at the beginning of each period. The Home Team takes the kickoff at the start of the 1st period and the Guest Team takes the kickoff at the start of the 2nd period. After a goal has been scored by either team, a kickoff by the team giving up the goal will restart play.

- The ball is placed at the center spot.
- All players must be on their own half of the field, and the opposing team must be outside of the center circle until the kick is taken.
- The player taking the kickoff may play the ball in any direction.

Goal Kick

When the ball is played into the net between the stripes above the goal by the attacking team, a goal kick by the defending team will restart play. The ball may be placed anywhere inside the goal area, and must leave the goal area before it is in play. The opposing team must be on or outside the penalty arch until the kick is taken.

Corner Kick

When the ball is played into the net between the stripes above the goal by the defending team, a corner kick by the attacking team will restart play. A corner kick may be taken from either corner spot.

Free Kick

When a foul is called or when the ball is played off the field, a free kick, by the team that did not commit the foul or violation or did not last touch the ball, will restart play.

Drop Ball

When the ball goes out of play and the referee cannot determine who last touched the ball, or if the referee stops play for injury or for other causes or reasons not covered by these rules, a drop ball will restart play. After the referee drops the ball, the ball must touch the ground before it may be touched by either player or before it is in

Rule 8 - The Ball In And Out Of Play

Ball In and Out Of Play

The ball is out of play before a kickoff, after a goal has been scored, when the ball has been played into the net above either goal area, when it has been played off the field, when a foul is called, or when play is stopped by the referee. The ball is in play at all other times after a legal restart occurs.

Out of Bounds

The ball is out of bounds when played off the field into the team boxes or the scorekeeper's booth. A kick in is awarded the team that did not last touch the ball will restart play. The ball is placed within a yard of the wall at the point where the ball left the field for the taking of the kick.

Rule 9 - The Method of Scoring

Goal

A goal is scored when the whole of the ball legally passes over the goal line, between the goalposts, and under the crossbar. A goal may be scored directly from a kickoff or restart.

Winning Team

The team scoring the greater number of goals during a game is the winner. If both teams score an equal number of goals, or if no goals are scored, the match is a draw.

Infringement or Interference

No goal is allowed if the goal was the result of an infringement of these rules by the scoring team or the result of interference in the play by an outside agent.