



Indoor Soccer Rules



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I. Players and Teams

A. Player eligibility.

1. For all divisions, players may play up a division, but may never play in a younger division.
2. Youth Teams. The player's age will be determined on August 1st of the year prior to the beginning of the season.
3. High School Teams. The players must be in High School or younger. A player who has graduated High School will not be eligible to play in the High School division. A player who is not in school and has not graduated may be eligible if they are under 18 on August 1st of the year prior to the beginning of the season.
4. For High School teams, proof of eligibility will be required and for youth teams, proof of age may be requested.

B. Player equipment.

1. All players in youth and High School leagues will be required to wear shin guards covered by socks.
2. All players on a team will be required to wear shirts that are similar in color and numbers are recommended. The goal keeper will wear a jersey that is distinguished from the field players.
3. Plastic cleats will be allowed. Metal cleats will not be allowed.
4. If teams have jerseys or shirts that are similar in color, the home team will change or wear pennies.

C. Player play time: There is no mandatory play time for players, however it is suggested that teams attempt to play each player an equal amount. In most situations, each player pays the same fees and the best way for each player to develop as a player is to play the game.

D. Teams

1. Players are not required to be from the same school or organization to play on the same team.
2. Players may not play on two different teams in the same division. Players will be allowed to play on two teams that are in different divisions or leagues.
3. Youth teams may be boys, girls, or coed.
4. High School teams will be divided into Boys and Girls divisions. Co-ed teams will play in the Boys division. Boys teams may have girls on the team, but Girls teams may not have boys on it.
5. Team rosters may have up to 14 players. Changes will be allowed up to the start of the third game.
6. Youth and High School teams shall have at least one person that is not a player and is over the age 18 to be designated as the coach.
7. Only players and coaches listed on the team roster will be allowed on the team bench. All players and coaches must have a waiver on file. Exceptions will be allowed for a parent or guardian that is attending to an injured player.

II. The Referee

- A. Each game will be officiated by one or two referees assigned by the facility.
- B. The decisions of the Referee regarding facts connected with play and interpretation of Rules are final. The Referee may change any decision prior to the restart of the game upon the Referee's own reconsideration or consultation with a second field referee.
- C. The referee's power to assess penalties, and otherwise assure fair play and maintain control of a game, extends to violations of these Rules committed during play, during stoppages, and as players and other team personnel proceed to and from the field of play. This includes but not limited to the power to:
 - 1. Award or Disallow a Goal. The Referee determines whether or not a goal is scored.
 - 2. Suspend or Terminate the Game. The Referee may stop, suspend, or terminate the game at the Referee's discretion by reason of the elements, interference by spectators, and unsafe condition, or other justifiable cause.
 - 3. Stop the clock. The Referee may stop the Game Clock due to an unusual delay.
 - 4. Prohibit Field Entry. The Referee ensures that no unauthorized person enters the field of play during a game.
 - 5. Summon Security or Staff. The Referee may ask facility management to prevent any spectator, including team personnel, from interfering with the play of the game for:
 - a. Violent conduct, including tossing objects onto the field
 - b. Foul or abusive language or behavior
 - c. Persistent unseemly behavior.
- D. The Referee will file a Game Report indicating the game score and any cards issued. The game report shall also include a description of the facts surrounding any ejections or serious injury.

III. Number of players.

- A. Youth divisions (U-8, U-10, U-12, and U-14) will play 7 v 7. (6 field players and 1 goal keeper)
- B. High School Division will play 6 v 6. (5 field players and 1 goalkeeper)
- C. Adult Divisions will play 7 v 7. (6 field players and 1 goal keeper)
- D. A minimum of 5 players for Youth and Adult leagues and 4 players for High School leagues will be required to start a game.

- E. A team that is behind by 4 or more goals may add an additional player. If the trailing team scores and goes to only 3 goals behind they must remove the extra player. If a team is behind by 8 or more goals, the team may add a second additional player. If the trailing team scores and goes to only 7 goals behind they must remove the second additional player.
- IV. Game Duration.
- A. A regulation game will consist of two 25 minute halves.
 - 1. Running clock. Except in the case of an unusual delay as determined by the Referee, the Game Clock counts down continuously through each Half or Overtime Period.
 - a. If a player is injured and the coach or other team personnel is asked to attend to the player the clock will be stopped. If the Game Clock is stopped to attend to an injured player, the player must leave the field of play and may not re-enter the game for a period of at least two minutes.
 - 2. Extension of play. Play will be extended to permit a penalty kick if the foul resulting in the penalty kick happened prior to the time expiring.
 - B. Period Intervals. There will be a 2-minute halftime period and a two minute period intermission before any Overtime Period.
 - C. Overtime Period and Tiebreaker. If, in a tournament or playoff game where a winner must be declared, the game is tied after regulation play has expired an Overtime period will follow the regulation time.
 - 1. Overtime period will consist of two 5 minute halves. The entire Overtime Period will be played. There will be NO sudden death or Golden Goal.
 - 2. If the game is still tied after the Overtime Period, the game will be decided by penalty kicks. There will be 5 kicks per team with the teams rotating shots and players. The team may switch goalkeepers.
 - 3. If the game is still tied after each team has taken 5 penalty kicks the game will be decided by additional penalty kicks with the chance for a winner after each team has taken one shot. No player may take a second shot until every player has taken one shot.
- V. Start and Restart of Play: All kicks must be taken within 5 seconds.
- A. Kickoff: A kickoff from the Center Mark starts play at the beginning of each period and after every goal. Prior to the Kickoff, all players remain in their respective defensive halves, and the defending players are outside the Center Circle. The player taking the kickoff may not play the ball again until it touches another player. The ball may be played in any direction. A goal may be scored directly from a Kickoff.
 - 1. The Home Team will take the kickoff for the first half and the first half of any overtime period.

2. The Visiting Team will take the kickoff for the second half and the second half of any overtime period.
 3. After a goal, the non-scoring team will take the kickoff.
- B. Free Kick: All Free Kicks are Direct Free Kicks. A goal may be scored directly from any Free Kick. A Free Kick is taken at the point where play was stopped or if for a foul, the point of the foul except as follows:
1. Within Own Penalty Area: may be taken from any spot within the penalty area. All opposing players remain outside the Penalty Area and at least 15 feet away from the ball. The ball is in play when it leaves the Penalty Area. If the ball touches a player before leaving the Penalty Area, the kick will be retaken.
 2. Illegal pass back to Goalkeeper: A free kick occurring because of an illegal pass back to the goalkeeper will be taken from the top of the arch.
 3. Three-Line Violation: For Three-Line Violations, the restart is taken from the yellow line nearest the offending team's goal.
 4. Superstructure Violation: For Superstructure Violations, the restart is taken from the Restart Point (yellow line or corner mark) nearest to where the ball was played from.
- C. Penalty Kick: A penalty kick is given when a foul is committed with the team's penalty area.
1. For youth teams the penalty kick will be taken from the red mark.
 2. For High School and Adult teams the penalty kick will be taken from the top of the arc.
 3. All players (except the goal keeper and the player taking the kick) will remain behind the yellow line nearest the penalty mark until the ball is played.
 4. The ball is "in play" once the ball is touched by the player taking the kick and the ball moves forward.
 5. The player taking the penalty kick may not touch the ball a second time until it has been touched by another player.
 6. The Goal Keeper must remain on the goal line until the ball is put "in play" by the kicker.
- D. Dropped Ball: A dropped ball is used to restart play when the Referee stops play for a reason that does not require a Free Kick. The ball is in play once the ball touches the ground untouched.
- E. Goal Kick: A Goal Kick is awarded when the ball touches the end net between the corner markers and last touched by an attacking player. The ball is placed on the Keeper line and is in play after it crosses out of the penalty area. Opposing players will remain outside the penalty area.
- F. Corner Kick: A corner kick is taken from the red corner kick mark by an attacking player when the ball touches the end net between the corner markers and last touched by a defending player.

VI. The Ball In and Out of Play

- A. The ball is “in play” once each Kickoff or Restart legally begins and the ball makes any movement. The ball remains “in play” until a stoppage recognized by the Referee. The ball is “out of play” once any stoppage occurs which the Referee acknowledges or orders, whether for goals, Fouls, Time Penalties, injuries, out of bounds, Three-Line Violations or Superstructure Violations.
 - B. Kick-in: A Kick-in is taken when the ball touches the perimeter net not resulting in a Goal Kick or Corner Kick or when the ball leaves the field of play through a Team Bench, open door, or other open area. A kick-in is also awarded if the ball is touched by a bench player or personnel inadvertently extending into the playing field or by a bench player entering the field of play prior to the substitute player leaving the field of play. A Kick-in is taken by the non-offending team on the red perimeter line at the point the ball went out of play or was inadvertently touched. Opposing players must be 15 feet from the ball at the kick-in and the player taking the Kick-in may not touch the ball a second time until it is touched by another player.
 - C. Three-Line Violation: A Three-Line Violation occurs when a player propels the ball in the air across the two yellow lines and the yellow halfway line without the ball touching the perimeter wall, the floor, another player, or a Referee.
 - D. Superstructure Violation: A Superstructure Violation occurs when the ball contacts any part of the building above the field of play. This includes flags, wires, lights or other structures.
- VII. Goal Keeper Rules: For the following violations, a free kick will be given. If the violation was inside the penalty area, the free kick will be taken from the top of the arch. If the violation was outside the penalty area, the free kick will be taken from the point of the violation.
- A. Illegal Handling: The Goal Keeper may handle the ball only in the penalty area. The Goal Keeper may not handle the ball outside the penalty area or in the arch.
 - B. Illegal Distribution: The Goal Keeper must be a throw or dribble and may not kick or punt the ball.
 - C. Pass Back: The Goal keeper may not handle the ball if the ball was passed deliberately from their team mate; except for a pass from the head, chest, or knee without “trickery”.
 - D. 5-second rule: The Goal Keeper may control the ball inside the penalty area with their hands or feet for not more than 5-seconds.

VIII. Fouls and Misconduct

- A. A Foul is assessed to a player who commits any of the following offenses in a manner that the Referee considers careless, serious, reckless, or involving excessive force:
1. Kicking or attempting to kick an opponent
 2. Tripping or attempting to trip an opponent
 3. Jumping at or Charging an opponent
 4. Striking or elbowing an opponent
 5. Pushing an opponent
- B. A Foul is assessed to a player who commits any of the following offenses regardless of the degree:
1. Holds an opponent
 2. Handles the ball (except the goal keeper within the penalty area)
 3. Plays in a dangerous manner
 4. Slides or slide tackles.
 5. Boarding or pushing a player into the wall.
 6. Impedes the progress of an opponent.
 7. Prevents the goalkeeper from releasing the ball.
- C. Penalty Kick: A penalty kick will be awarded to the non offending team for any foul that is committed by a player within their own penalty area.
- D. Time Penalties:
1. Blue Card: A blue card will result in a Two-minute time penalty for the player committing the violation and the team will play short. A blue card will be issued for the following:
 - a. Serious violations of the above listed fouls.
 - b. Boarding. Forcing an opponent into the perimeter wall.
 - c. Goalkeeper endangerment: Endangering a Goalkeeper within the goalkeeper's penalty area by sliding or charging regardless whether the goalkeeper is in control of the ball.
 - d. Persistently committing any of the above listed fouls.
 - e. Unsporting behavior. (may be blue or yellow)
 2. Yellow Card: A yellow card will result in a Four-minute time penalty for the player committing the violation and the team will play short. A yellow card will be issued for the following:
 - a. Reckless violations of the above listed fouls.
 - b. Second blue card.
 - c. Dissent: Words or actions directed by any player or team personnel at an official in dissent.
 - d. Provoking Altercation: Making physical contact with an opponent (pushing or poking), short of fighting or using the ball in so doing.
 - e. Unsporting behavior. (may be blue or yellow)

3. Red Card: A red card will result in a Five-minute time penalty for the player committing the violation and the team will play short. The player receiving the red card will be ejected from the remainder of the game and the game following. A red card will be issued for the following:
 - a. Third time penalty: Receiving a third blue or yellow card.
 - b. Fighting: Striking or attempting to strike an opponent.
 - c. Spitting at any person.
 - d. persistent use of abusive language or behavior toward a game official or other persons.
 - e. Bodily contact with a Game Official in dissent.

4. Exceptions to Penalty Time: Under the following circumstances, Time Penalties either expire prior to their completed countdown, or have the beginning of their countdowns delayed.
 - a. Powerplay Goal: If a team is scored upon having fewer players on the field of play, due to one or more players serving Time Penalties, a player from the team is released from the Penalty Area onto the field of play.
 - b. Multiple Penalties: If two teammates are serving Time Penalties when another teammate is penalized, his or her Time Penalty does not begin to count down until at least one of the teammates' Time Penalties has expired.
 - c. End of Game: All Time Penalties carry over between periods and expire at the end of the game.

5. Additional Penalties:
 - a. A player receiving 4 yellow cards during any session will receive an additional one game suspension to be served the game following the game in which the player received the 4th yellow card.
 - b. A player receiving 2 red cards during any session will be suspended for the remainder of the session.
 - c. For serious or persistent violations, Pavillion Management reserves the right to impose further or more severe suspensions.

IX. League Standings

- A. Round Robin Play: For round robin play, team standings will be determined by points.
 1. Win will earn 3 points
 2. Tie will earn 1 point
 3. Loss will earn 0 points.

- B. Semi-Final and Championship Games: For divisions that have playoff games, the top 4 teams will advance to the playoff games. The semi-finals will be the 1st ranked team playing the 4th ranked team and the 2nd ranked team playing the 3rd ranked team.

Teams winning their semi-final game will advance to play for first and second place. Teams losing their semi-final game will play for third and fourth place.

- C. Tie-Breakers: For teams with the same number of points, the tiebreaker in ranking will be as follows:
 - 1. 1st Tie Breaker will be the greatest goal differences.
 - 2. 2nd Tie Breaker will be the fewest goals allowed.
 - 3. 3rd Tie Breaker will be the most goals scored.
 - 4. 4th Tie Breaker will be based on the head to head games.
 - a. straight results
 - b. fewest goals allowed (if the teams played more than once)
 - c. most goals scored (if the teams played more than once)
 - 5. 5th Tie Breaker will be a Coin Toss.

- D. Forfeits: Any game that ends with a forfeit will be recorded as a 4 – 0 win for the non-forfeiting team.

- X. Facilities Rules.
 - A. There is no spitting on the turf. Only spit in the trash cans.
 - B. There are no drinks allowed on the bench wall near the turf. All player drinks must be on the bench or on the wall behind the bench.
 - C. Spectators may not stand in the area in front of the bleachers. Standing is only allowed on the ends and not blocking the view of other spectators. Spectators are expected to conduct themselves in a manner that shows good sportsmanship. Disrespectful comments toward the players or officials will not be tolerated. Spectators who can not conduct themselves in as expected will be asked to leave.