

INDOOR SOCCER RULES



WAIVERS & ROSTERS

1. All players must sign a liability waiver to participate. If under the age of 18, a parent or guardian must sign the waiver. NO WAIVER, NO PLAY, NO EXCEPTIONS.
2. A roster is required for every team, every session that you register.
3. All players must be listed on a team roster to participate in league play.
4. Your team roster is due by the first week of each session. If one is not received, your team will forfeit all games until a roster is turned in.
5. Players may be added to the roster until the third week of league play. After that period, all rosters are frozen. Large field roster is 18 max; small field roster is 8 max.

PLAYER ELIGIBILITY

1. Management may request ID on a player at anytime to verify age and/or identity. A team using an ineligible player may forfeit all games where that player played, and the player may be suspended per management discretion.
2. Players must be of appropriate age for each division. Any question of eligibility should be directed to the manager on duty.
3. A team using a player who is not on their roster will forfeit any and all games that player participated in.
4. A team using a player who did not complete a waiver prior to playing will forfeit that game.
5. You must be at least sixteen (16) years of age to play in adult leagues.
6. If you have been paid to play professional (indoor or outdoor) soccer within the last 6 months, or are now doing so, you are only eligible to play at the highest level available at this facility unless approved by GM.

NUMBER OF PLAYERS

U9 thru U12 will play 7v7; teams U13 and above will play 6v6. U6 and U8 play 4v4.

U9 thru U12 teams shall have no more than 7 players on the field at a time, including the keeper. For teams U13 and above, no more than 6 players are allowed on the field at a time. U6 and U8 shall have no more than 4 players on the field at a time.

SUBSTITUTIONS

1. During the game while the ball is in play, substitutions may be made at any time on an unlimited basis, provided the player substituted for is within the touchline or off the field before the substitution is made at his/her own bench area.
2. Guaranteed substitutions may occur: after a goal is scored.
3. The ball may not be played by either the departing or entering player while both are on the field at the same time.
4. Jumping over the wall is not allowed; 1st time a warning will be given, 2nd time will result in a 2 minute penalty.

EQUIPMENT

1. Players, other than Goalkeepers, wear their team's uniform (jersey/t-shirt), consisting of the same color. There may be color variations, but the colors must be close and different near shades are allowed up to a maximum of 2.
2. The Home team will be asked to change if there is a color conflict.
3. **Absolutely NO screw-in cleats allowed.** Rubber molded cleats, turf shoes and/or tennis shoes are permitted. Small fields require turf or tennis shoes only. No cleats of any type allowed on small fields.
4. Players **MUST** wear shin guards while on the field. **NO SHIN GUARDS, NO PLAY, PERIOD.**
5. Knee braces must be inspected by the Referee prior to the start of the game.
6. Casts must be padded and inspected by the Referee and/or management.

RED CARD MISCONDUCT

The Referee has the right to eject a player, coach or spectator before, during or after the game. That person must leave the facility immediately. If after receiving a red card as a coach, player or spectator, misconduct continues, additional red cards may be awarded.

1. If a player is issued a red card, he/she is ejected for the remainder of that game and the next league game. Player MUST leave facility after being issued red card.
2. Any one player, coach or spectator receiving a 3rd red card within 1 year of the 1st will be suspended from the facility for 1 year from the date of the most recent red card.
3. Foul and abusive language or fighting is a mandatory ejection from the game and the facility.
4. Anybody leaving the bench area during a fight will be ejected and assessed a 5 minute penalty, to be served by another player. The ejected player must leave the property for the duration of the game and that team's next game.
5. Teams leaving the bench area to fight will be suspended for 3 games.
6. Any player or non-playing person given a red card for fighting will be ejected from our facilities for not less than 1 year and up to permanently.
7. Straight red cards will be dealt with on a case by case basis by SoccerCity management.

GAME TIMES

The clock will begin running at game time. If a team is not prepared to play after five minutes has elapsed, the game is forfeited and the opponent is credited with a 5-0 victory (for standings purposes).

KICKOFF

The kickoff does not have to go forward. Players may not cross the mid-field stripe until the ball is kicked. In indoor soccer every free kick is a direct kick (except in Coed Open and Coed O30 - if taken by a male - those free kicks are indirect); therefore, a goal may be scored directly from kickoff.

FOULS

Boarding, tripping, striking, kicking, holding, pushing, charging or jumping at, handling the ball, sliding and dangerous play are all fouls. High kicks, bicycle and scissor kicks and playing the ball while sitting or laying on the ground are all examples of dangerous play. All fouls will be restarted by a free kick at the point of infraction or at the top of the box if it is a defensive foul in the box. A whistle is not required for a restart after a foul unless it is a defensive foul in the box.

PENALTIES

If, in the referee's judgment, the foul is serious a 2 minute penalty may be given. The player serves the penalty and his team plays short until either the time penalty expires or the opposing team scores. Some of the more common infractions that may result in two minute penalties are delay of game, sliding, misconduct, too many players on the field (illegal substitution) and encroachment.

1. The player penalized will serve the penalty including the keeper.
2. Any player receiving a second blue card in a game shall be shown a red card and will be suspended from the rest of the game, will need to leave the facility immediately and will also sit out the next scheduled game for that team.
3. If a player receives a red card for serious foul play or violent conduct, he/she must leave the premises immediately and his/her team will play short for 5 minutes regardless if the other team scores.

SLIDING

1. A goalkeeper may slide within the box, but may not play the ball outside the box while on the ground (dangerous play).
2. NO sliding into an opponent will be permitted (with the exception of the goalkeeper when inside the goal area).

ENCROACHMENT

1. All restarts shall be given 3 yards of clearance by the defending team.
2. If the player taking the free kick requests the Referee to provide the 3 yards, legal distance, he/she must wait for a whistle.
3. If the Referee asks a defensive player for distance from the restart and the player does not immediately comply, a two minute delay of game penalty shall be assessed.
4. If the player taking the free kick chooses to 'quick kick' the ball and it strikes the defender attempting to provide the minimum space, then there is no encroachment.

5. If the defensive player, taking a stance within the 3 yards distance, makes any attempt toward the ball to block the free kick and makes contact with the ball, he/she is guilty of encroachment and will be assessed a two minute penalty. The defender may move from side to side to play the ball, but not forward.
6. For a defensive foul in the box, the free kick is taken from the penalty spot. A whistle is required for the restart.

INBOUNDS RESTART

When the ball goes over the perimeter wall or touches the netting above the wall, play is restarted by the opposing team with a free kick. The ball is placed on the touch line 3 feet (not more than one yard) from the wall and the team taking the restart has 5 seconds to put the ball in play upon the Referee's signal. Failure to put the ball in play within 5 seconds results in the opposing team getting the free kick.

THREE LINES

A ball kicked over all three lines in the air towards an opponent's goal without touching another player, the perimeter wall or the referee will be brought back to the center point of the first white line it crossed and a free kick awarded to the other team. Advantage can be played if opposing team gains possession.

PENALTY KICKS

All penalty kicks shall be taken from the penalty spot. All players with the exception of the defending goalkeeper and kicker shall remain behind the white line until the kick has been taken.

The shooter must wait for the Referee's whistle before taking the kick. Should game time expire before taking the penalty kick, the kick will be taken and game will expire after. No substitution is allowed during a penalty kick and only players on the field may participate. The goalie may not be substituted during a penalty kick.

*There are no shootouts.

MISCELLANEOUS

1. Spitting on the field or in the team bench area is prohibited. A two-minute penalty will be assessed.
2. Blood is not allowed in or on the playing field. Any minor injuries involving blood must be covered by a band-aid or other suitable covering.

COED OPEN RULES

1. Each team plays with three (3) females and three (3) males plus a goalkeeper.
2. A maximum of three males may be on the field at one time, not including the goalkeeper.
3. The number of males on the playing field cannot exceed that of females (not including the keeper). For example, if a team only has 2 females on the field of play, only 2 males can be on the field plus the goalkeeper.
4. Female goals are worth 2 points, and male goals are worth 1 point.
5. Males may NOT score directly from a free kick.
6. Teams may play as many female players as desired, however, females MUST be designated males if using more than 3 females. (For instance, if the team chooses to play with 4 female players and 2 male players, one of the females MUST be a designated 'male' player.)
7. Any goal scored from behind the opponents white line shall be double whatever the normal point(s) are including shots from behind the half line.
8. Goal keepers do not have "hands" when receiving a pass back — feet can only be used. (Same as outdoor)
9. Goal keepers may not slide feet first.
10. Coed players are allowed to 'double roster' — only 2 teams per league.

COED O30 RULES

1. ALL PLAYERS MUST BE **THIRTY YEARS OLD** OR OLDER TO PARTICIPATE IN THIS LEAGUE. NO EXCEPTIONS!! WE WILL BE CHECKING ID'S FOR VALIDATION.
2. Each team plays with three (3) females and three (3) males plus a goalkeeper.
3. A maximum of three males may be on the field at one time, not including the goalkeeper.
4. If team chooses to play an extra female on the field, they must designate which player is playing as the 'male' player (Same as Coed Open).
5. Males are not allowed in opposing box.

6. Females can score in any fashion. Goals are worth 1 point unless scored from behind the white line where 2 points will be awarded.
7. Males can score with their head when inside the attacking white line. Males can also score if the shot is taken from behind the white line. Goals are worth 1 point regardless of how they are scored.
8. Goal keepers do not have "hands" when receiving a pass back — feet can only be used. (Same as outdoor)
9. Goal Keepers may not slide feet first.
10. Coed players are allowed to 'double roster' — 2 teams per league.

YOUTH LEAGUES

1. Teams may have a maximum of two coaches in the bench area during games.
2. If a youth team splits into 2 indoor teams, players are allowed to 'double roster'.
3. Goals are worth 1 point. If a shot is taken and scored from behind the white line or beyond midfield, 2 points will be awarded.

GOALKEEPER RULES

Most goalkeeper rules reflect the rules established by USSF for outdoor soccer:

1. The goalkeeper may possess the ball inside the box for a maximum of 5 seconds and can move anywhere in the box in that 5 seconds. If he/she exceeds that time, the ball is placed at the white line and a free kick awarded to the opposing team.
2. The keeper may play the ball with his/her hands if the ball is not intentionally passed back by a teammates foot pass outside the white line (i.e. the ball is kicked by the opposing team, deflected off one of his/her players or played back off the head or chest of one of his/her teammates).
3. The goalkeeper has only one hand touch per team possession. The goalkeeper cannot bounce the ball or throw it in the air and catch it again.
4. For any goalkeeper violations the ball goes to the white line and the opposing team is awarded a free kick.

5. Balls out of bounds between the corner spots are restarted with the goalkeeper throwing the ball. The goalkeeper cannot set the ball at his/her own feet and then play the ball. Someone else must touch it first. If the goalkeeper were to play the ball twice by either dribbling or drop kicking, it is the equivalent of a double touch, and a free kick will be awarded to the other team at the white line.
6. If a player from the opposing team intentionally obstructs the goalkeeper from releasing the ball into play, it is a 2 minute penalty.
7. If during play the goalkeeper either intentionally strikes an opponent by throwing the ball violently at or pushes him/her with the ball while holding it, he shall be given a blue card or ejected, as deemed appropriate by the Referee. The opposing team will be awarded a penalty kick if the offense is initiated within the box.
8. An intentional handball by the goalkeeper outside the penalty area must result in a 2 minute penalty.

To clear up any confusion about goalkeeper handballs around the box we offer the following explanation. The key point is the location of the ball. If the ball is inside the box (lines are inside) at the moment of contact, it is not a handball, even if any other part of the goalkeeper's body is outside the box.

SUSPENDED GAMES

Any game suspended is final. The sole exception is blackouts, which will be replayed if called before the end of the 1st half.

ABANDONED GAMES

Any player(s), coach or spectators for a team that cause a game to not be allowed to continue will be guilty of abandoning the game, and the victory will be awarded to the opposing team.

STANDINGS

Leagues are usually set up as BEST RECORD for the season.

Ties between two or more teams will be broken by: (1) head to head results between tied teams, (2) goal differential, (3) fewest goals against during league play.

GAME SCORING

Games will be scored according to the following: 3 points for a win, 1 point for a tie and 0 points for a loss.

LEAGUE WINNERS

YOUTH TEAMS: If your team wins the league, you will be awarded a “champion” prize for that session (up to a maximum of 18 roster players for large field and 8 for small field) or \$50 off the next session.

ADULT TEAMS: If your team wins the league, you will be awarded a “champion” prize for that session (up to a maximum of 18 roster players), \$50 off the next session or 7 free beverage pitchers of your choice.

SPORTSMANSHIP

Players, coaches and spectators are expected to act in the nature of good sportsmanship at all times. Abuse of the referees will not be tolerated. Any instance of such conduct will disqualify the responsible team from league play.

THINGS TO NOTE

When the winning team goes up on their opponent by double figures we stop putting points on the scoreboard (only if there is a 10 point difference). We will, however, track the final score on our score sheet. Scores will be posted on the website according to our 10-goal rule. For example, if a team wins by the score of 14 – 3 the website will indicate a score of 13-3.

Referees shall collect \$10 per team prior to the start of the match. Teams are responsible for providing exact change. If a team has not paid at the scheduled start time, the clock will start (without play) and the team that has not paid will forfeit 1 goal per min up to 5 minutes at which the game will be declared a forfeit. If both teams have not paid, the clock will run without play until both teams have paid. The 1 goal per minute penalty will apply to both teams and suspension of the game may occur if payment to the referee is not received.