

# Indoor Soccer Rules @ THE FIELD

## Hand Balls

If the ball plays the player... "NO handball"  
If the player plays the ball... "Handball"

## Spitting on Turf

Spitting on the Astroturf is NOT allowed. Please use the trash cans or exit the facility if you need to spit. We have young children that also participate in activities on the field. Anyone caught spitting onto the Astroturf will be given a warning then a 2-minute misconduct penalty.

## Sliding

No sliding is allowed, even if no one is around. Sliding to kick the ball is still a foul.

## Equipment

No **cleats** are allowed on turf. Only tennis shoes, turf shoes, or indoor shoes.  
Shin guards are required for all youth games, including high school, and must be covered by socks.  
No hats or any type of jewelry are allowed during the game.  
If both teams are wearing the same color, the home team must always change uniforms or wear a penny.

## Start of Play

Team facing away from scoreboard begins with the ball.  
Referee will signal start of play and start the clock; it is the team's responsibility to be ready.

## Sportsmanship

No taunting, yelling or abusive language at other players, fans or referees.  
You may politely ask for clarification about a call from the referee during stoppage in play. Do not distract the referee from the flow of the game.

## Free Kicks

All free kicks are direct.  
Ball must be stopped to restart the play.  
Defending player must be 10 feet away from restarting kick.  
Ball must touch any other player before, player that took free kick is allowed to touch ball again. (No kicking ball off wall and touching it before someone else)  
Any foul inside the goal box, including hand balls will result in a penalty kick at the white spot located inside the red circle. All players must be behind the top of the circle.

## Game Lengths

Kindergarten – 2 <sup>nd</sup> grade	(2) 18 minute halves
3 <sup>rd</sup> grade – 6 <sup>th</sup> grade	(2) 20 minute halves
7 <sup>th</sup> grade – Adult	(2) 22 minute halves

## Ball Sizes

Grades K – 1 <sup>st</sup>	Size (3)
Grades 2 <sup>nd</sup> – 6 <sup>th</sup>	Size (4)
Grades 7 <sup>th</sup> – Adult	Size (5)

## Kicking from Behind

No one is allowed to kick the ball from behind any player that has control of the ball.  
Even if the ball is played and the player is not touched, a foul will still be called.  
As soon as the player with the ball tries to turn with the ball, it is no longer kicking from behind.

## Out of Bounds

If the ball hits the side netting, the ball is placed along the red dashed lines directly down from where the ball hit the netting.  
If the ball hits the end netting, depending who kicked the ball out of play, the team will be awarded a goal kick or corner kick.  
Goal kicks – ball is placed anywhere inside the red circle.  
Corner kicks – ball is placed on the first red dash, below the orange corner flag.  
If the ball hits the ceiling or any light, the ball is placed at the center of the closest line, (red or white). The referee will direct where the ball needs to be placed.

## Goalkeeper

Goalkeeper has 6 seconds to release ball from hands.  
No punting is allowed. Dropping the ball into play then kicking it is allowed.  
Goalkeeper may not push anyone out of the way that is standing outside of the goalkeeper box for free kicks.  
Goalkeeper may slide inside of box; momentum may carry them out of the box.  
The goalkeeper may be outside of the box and pick up the ball, as long as the ball is inside the box.  
The goalkeeper must have on a different color from both teams on the field.  
No attacking player is allowed in the 2-yard goalkeeper box on free kicks.

## Substitutions

Player coming off the field must be behind the red dashed line in front of their bench area, before player entering the game may play the ball.  
If the player is not behind the red dashed line and the player coming onto the field plays the ball, a free kick is awarded at the attacking red line.

## Rosters

### Kindergarten – 6<sup>th</sup> grade

A team can have up to (2) select players per game if they are playing in their correct age bracket. At the same time they can only have (2) guest players. If they are found to have exceeded either limit they forfeit the game but we still would play the game. If a team is made up of 3<sup>rd</sup> graders with more than (2) select players but they are playing up in the 4<sup>th</sup> grade league then there is no issue. No players may be added to roster after the league has begun.

### 7<sup>th</sup> Grade - Adult

A team can have up to (2) guest players for any game. If they are found to have exceeded the limit they forfeit the game, but we still would play the game. The team that wins by forfeit will be awarded a score of 5-0 in the standings. No players may be added to roster after the league has begun.

## Scoreboard

In every contest there will only be a difference of 5 goals put up on the scoreboard during the game. There will only be a difference of 5 goals entered into the standings. (I.e. 5-0, 7-2, 9-4) If league/tournament comes down to tie-breaker, we will use head to head, goals against, then goal difference.  
If team is losing by 7+ goals, the losing team is allowed to add one player.

## Bench Area

Each team may only have 2 coaches on the bench at all times. Referee will ask any others to please sit in the spectator area.  
No coaching from behind the concession stand goal area!  
No children allowed on the bench that are not on the roster you have on file with us.  
Please report any spills to the concession stand for prompt clean up.  
Please clean up trash, bottles, etc. after your game at your bench area.