

Youth Indoor Soccer Rules

Supervisor On-site and Assistant Referee

Duties: Field set-up and score clock responsibilities; assisting the coaches with rule knowledge and overall attitude around the kids, eyes and ears for the officials to ensuring that it is safe on the field for all players, assist with substitutions if needed, assist with completing and check team rosters if needed, keeping a check on time-outs; assisting the official when needed; field and equipment clean-up.

Sportsmanship Policy

Each team or individual is responsible for the actions of its members and spectators during competition and all other times while on South Suburban District property. Unsportsmanlike conduct, including intimidation and infliction or threat of bodily harm, will not be tolerated and may result in ejection from competition and the playing facility. No contest is important enough to warrant physical or verbal abuse of officials, participants or spectators. Please make the utmost effort to win with class, lose with dignity, and treat the officials with respect.

Player Benches: Players and a maximum of 2 coaches per team are allowed on the player benches.

Game Clock

- A. Game will consist of two 20-minute halves with a running clock with 3 minutes for halftime.
- B. Time stops only for injury and team time outs
- C. Injury timeouts only. There are no regular timeouts in indoor soccer. The play may stop to help substitute a goalie, but the game clock will still run.

Field of Play & Out of Play

- A. Full Field: 170' x 85' B. Out of play is determined as:
 - a. When the ball has hit the netting
 - b. When the game has been stopped by a referee
 - c. The ball has left the field
- C. Restart Regulations: A restart is the procedure for resuming play after a stoppage. Restarts are kickoffs, free kicks and goalkeeper throws-ins.
 - a. Once a referee signals for a restart, you have 5 seconds to resume (both from a kick). If a 5 second violation occurs, the opposite team is given a free kick at the same location.
 - b. The ball must be stationary; if it is not, the kick is retaken; for a double touch, the opposing team is given a free kick at the point of infraction.
 - c. Opposing players may not encroach and must give 5 yards (wall may not move towards the kicker).
 - d. A whistle is not required to restart the game after a foul has occurred.
- D. Restart Position
 - a. From net contact: if the ball strikes the netting along the sidelines, the direct free kick will take place on the turf, near the wall, at the point of contact; if it strikes the netting along the end line, the attacking restart will be a corner kick and the defending restart will begin with the goalkeeper's touch (hands or feet are allowed).
 - b. Corner kick:

- i. The ball is placed on the corner spot.
- ii. The kicker cannot play the ball a second time until it has been played by another player; infringement of this rule will result in an indirect free kick to the opposing team from the point of infringement.
- iii. Players on opposing team must be at least 5 yards away from point of the corner kick
- iv. You can score goal directly from a corner kick

Direct Free Kicks (All kicks are direct kicks):

- A. Wall: At least 5 yards away until the ball is in play
 - B. Ball in Play: After it has traveled the distance of its own circumference
 - C. Time Limit: Kick must be taken within 5 seconds.
 - D. You are able to score directly from the free kick without another player touching the ball.
- Restriction: Kicker cannot touch the ball again until it has been touched by another player except for a 1v1 shootout (see PK specifications below).

The Start of Play Procedure:

Home team will kick-off for the first half and away team will kick-off at the beginning of the second half. The defending players must be on their half and outside of the center circle. Kick-offs will also be taken after goals are scored. .

Kickoff;

- i. The player kicking the ball may not touch the ball a second time until it is touched by another player (a “double touch”).
 - ii. Players may not cross the mid line until the ball is kicked (“offside”).
 - iii. The kickoff does not have to go forward.
 - iv. A goal may be scored directly from a kickoff.
 - v. If offside is called or the kicker takes longer than 5 seconds to play the ball, the opposing team is awarded a free kick at the mid line center spot. (Because this restart is a free kick, the players can be anywhere on the field, if they do not encroach.)
 - vi. If a double touch is called, the opposing team will be awarded a free kick at the point of the infraction.
 - vii. After each goal, the game is restarted with a kickoff by the team just scored upon, except when a goal is scored at the end of the half. Prior to the second half, the teams change defensive ends. The home team kicks off the second half.
- A. Number of Players – U9 & U10 7v7; U11-High School 6v6:
 - a. 6 (for 6v6) or 7 (for 7v7) players should be on the field for each team unless players are added or removed due to the goal differential (see mercy rule).
 - B. Minimum Number of Players to Start Match:
 - a. 4, one of whom shall be a goalkeeper.
 - C. If there are not enough players on a team, coaches may agree to borrow players from another team or play the same number of players until others arrive.
 - D. We will only delay the start by 5 minutes to allow players to arrive and clock will begin running at start of game time.
 - E. Substitution: No limit.
 - F. Method: "Flying substitution" a. All players but the goalkeeper enter and leave as they please within the marked boundary lines in your own bench area.

G. Goalkeeper Substitution.

a. Goalkeeper substitutions can only be made when the ball is out of play and with a referee's consent.

b. A goalkeeper can substitute for any player on their team including player on the field. Substitutions should take no more than 30 seconds, at the referee's discretion.

c. During a PK, a goalkeeper may be substituted only by a player who is currently on the field. There are no substitutions allowed from the bench unless the goalkeeper is injured.

H. All other Substitution Guidelines apply.

Players' Equipment:

A. All field players are required to bring two shirts colors of the same color (light and dark) to each game.

B. Shin-guards **MUST** be worn and covered.

C. Regular tennis shoes and cleats are allowed. Cleats **MUST** be rubber molded and non-removable (no screw-in cleats)

D. Knee, ankle, and wrist braces or wraps **CAN** be worn as long as there is not a safety concern and the official approves the brace or cast.

E. No Jewelry will be worn. (The officials will check all equipment prior to the start of the match.)

Game Ball:

A. Size 4 for U9-U12

B. Size 5 for U13 – High School

Goal Scoring: When the whole of the ball has passed over the goal line, between the goal posts and under the crossbar (except by illegal means).

Mercy Rule:

To reduce the imbalance between two teams, the following mercy rules will apply:

A. When the losing team is behind by 4 or more goals, they can add 1 player to the field for every 4 goal deficit (up to 12 goals). a. 4 goals = 1 player b. 8 goals = 2 players c. 12 goals = 3 players

B. If a team is losing by more than 8 goals, the score will not continue to be displayed.

Fouls and Misconduct:

A direct free kick is awarded when a player intentionally commits any of the following offenses (a PK is awarded when infringement takes place in penalty area):

A. Blue, Yellow & Red Cards:

**In cases of Bench Misconduct, the person who received the card must sit in the penalty area.

The team may choose which player must come off of the field as the team must play short a player per the following guidelines:

1. A blue cards penalty includes:

a. A full 2 minutes in the box for the player who was issued the card;

b. The team plays down a player until the 2 minutes expire or the opponent scores. If the opponent scores another player besides the carded player, may return to the field of play.

2. A yellow card penalty includes:

- a. A full 2 minutes in the penalty area for the player who was issued the card
 - b. The team plays down a player until the 2 minutes expire no matter if the opponent scores.
3. A red card penalty includes:
- a. Dismissal from the game
 - b. Dismissal from the facility within 5 minutes – (if the player has not left the building the game will be forfeited).
 - c. The team served a red card will receive a 5 minute penalty and play short for the entire duration, regardless of goals scores. The team may only return to full strength after the 5 minutes expire.
 - i. In cases where the player receives a red card for Serious Foul Play or Violent Conduct, a team will be required to play the remainder of the game down one player. This judgment is at the discretion of the supervisors and referees.
 - d. Any player issued a red card will sit out the scheduled games for the following week. The specific length of suspension will be determined at the discretion of the game staff, league coordinator and sports supervisor.
 - i. Player behavior after receiving the card and prior league history may affect the length of the suspension.
4. Blue cards, cautions and send-offs will be monitored.
- a. 2 blue cards= 1 yellow card/3 blue cards = 1 red card
 - b. 2 yellow cards=1 red card
5. Any player accumulating multiple blue cards or yellow cards will be subject to additional suspensions or dismissal from the league.
6. Any player accumulating 2 or more red cards in any 12-month period will be subject to an extended suspension from the league per behavioral policies.
- a. Cards are counted on an accumulated basis (i.e. 2 yellows = 1 red)
 - b. Cards from each division will be included in the overall card count. (i.e., cards on Mondays do add to cards on Wednesdays).
 - c. Decisions regarding suspension duration and the sports/divisions the suspension applies to are made at the discretion of league administration.

Goalkeeper Violations:

- A. Touching the ball with the hand outside the Penalty Arch
- B. Bringing the ball from outside of the Penalty Arch to his hand within Penalty Arch.
- C. Goalie cannot bounce the ball or if they lose control of the ball, they cannot be the first player to touch it with their hands, nor can they receive a pass back from their teammates.
- D. Using hands on a ball that was passed deliberately and directly to the keeper by a teammate; Except that he may handle a ball which a teammate passes to the keeper by the head, chest or knee and without trickery (the use of a wall or foot flick the ball to a head, chest or knee before making the pass)
- E. Controlling the ball with hands in the Penalty Arch for over five seconds. The keeper may control the ball for more than five seconds inside the Penalty Arch if played by the keeper's feet.

Team Rosters:

- A. Each player needs to have a waiver completed by the second game of the season: a team will forfeit games if all players have not signed the waiver prior to the second game.
- B. Any active party in the game (supervisor, referee, team manager) may request a roster/identification check.
 - a. If a roster is checked before the game and a player is found to be ineligible or unable to produce a picture identification, they will not be allowed to play; all eligible players can play as normal.
 - b. All roster challenges must be made before the end of the game.
- A. All players must be on the team roster before playing any game. If a player is not listed on the roster OR has not played during the regular season, the player cannot play the games.
 - a. Rosters are not limited to a specific number of players per team.
 - b. Players are able to play in all leagues if they meet the specific criteria but are only able to play with one team per league. Sharing players will result in a forfeit for the team the player is NOT on the roster.

Injuries:

Injured players may be required to leave the field of play at the discretion of the referee. If needed the clock will be stopped at the discretion of the staff. After leaving the field, the supervisor will determine when the injured player can return to the field. If the injury was in an attempt to waste time, the player may remain off the field for a maximum of 3 minutes.

THE BALL IN AND OUT OF PLAY

A. Ball In Play: The ball is “in play” once each Kickoff or Restart begins and the ball makes any discernable movement in any direction.

B. Restarts Within Defensive Penalty Arch: For Restarts by a team within its penalty arch, the ball is not “in play” until the game is properly restarted and the ball is propelled beyond the penalty arch by the player taking the restart.

C. Ball Out Of Play: The ball is “out of play” once any stoppage occurs which the referee acknowledges or orders, whether for goals, fouls, time penalties (i.e., cautions, ejections, etc), injuries, out of bounds, Three-Line Violations, or Superstructure Violations.

D. Three-Line Violation (only applicable to High School Levels)

A “Three-Line Violation” occurs when a player propels the ball in the air across the two white lines and the halfway line toward the opponent’s goal without touching the wall, another player of either team or a referee on the field of play. The referee shall award a direct free kick to the opposing team at the Restart Mark of the first white line that the ball crossed.

E. Superstructure Violation: A “Superstructure Violation” occurs when the ball contacts any part of the building above (i.e., ceiling, netting, etc) the field of play.

Elastic Power

South Suburban Athletics staff members reserve the right to establish guidelines for any and all rules or infractions not covered in the league rules and/or Code of Conduct.