



INDOOR SOCCER RULES

National Federation of High School Association Rules will govern play, with the following modifications:

1. Team Requirements

- 1.1 A team shall consist of seven (7) players (3 men, 3 women, and 1 goalie of either sex). A team can play with a minimum of five (5) players (2 men and 2 women, and 1 goalie of either sex). At no time can there be more of one sex than the other sex on the court.
- 1.2 All players must have checked in with the scorekeeper and be recorded on the game sheet before they are allowed to participate.
- 1.3 **Substitution shall be unlimited, but must be made ONLY on a dead ball**
 - a. Substitutions may be made only upon proper notification of the referee through the assistant referee, with the referee's permission, at the following times:
 1. Prior to a kick in by your team
 2. Prior to a goal kick by either team
 3. After a goal by either team
 4. After an injury by either team when the referee stops play, ONE for ONE.
 5. At the beginning of the second half.
- 1.4 All games shall be played on the date and hour scheduled. BE ON TIME. There is a 10 minute grace period allowed until the game is considered a forfeit.

2. Equipment and Facilities

- 2.1 All players must wear non-marking shoes. Bare feet are not allowed. The only legal shoes are those identified in the National Federation of High School Association Rule Book. Shin guards are recommended, but not required. Each player's shoes must be inspected and approved by the official before a player is allowed to play.
- 2.2 Each player must wear pants or shorts without any belt(s), belt loop(s), or exposed drawstrings. Note: Pockets are acceptable.
- 2.3 All jewelry must be removed before participating.
- 2.4 Equipment such as helmets, billed hats, pads or braces worn above the waist, leg and knee braces made of hard, unyielding substances, or casts is strictly prohibited. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 2 inch of slow recovery rubber or similar material will be allowed.
- 2.5 Teams must wear similar colored shirts with numbers or mesh vests provided by IM.
- 2.6 An official indoor soccer ball will be one supplied by IM.
- 2.7 Time and score will be kept by the officials.

3. Start of Game and Timing

- 3.1 Evens/odds will be administered 3 minutes prior to the start of the game. The captain winning evens/odds shall have choice of options for the first half. The options for each half shall be:

- a. To choose whether his/her team will kick or receive.
 - b. To choose the goal his/her team will defend. The captain, not having the first choice of options for a half, shall exercise the remaining option.
- 3.2 The duration of the game shall be two equal halves of 20 minutes each, with a maximum of 60 minutes from scheduled starting time. This could mean that the second half could be shortened as the game ends when the 60 minutes are over. Five minutes will be allowed between halves.
- 3.3 Time outs are only called in case of injury to players or temporary loss of the ball.
- 3.4 The clock is running time except for the last minute of each half when the clock will stop according to National Federation Rules.
- 3.5 Any regular season game ending in a tie will be recorded as a tie - no additional time will be given to break the tie.
- 3.6 During the playoffs, a tie will be broken by playing a "golden goal" overtime period. The golden goal is when the game is played until the next goal is scored and the team which scored the goal is the winner.

4. Game Rules

- 4.1 A goal is scored when the **WHOLE BALL PASSES OVER THE GOAL LINE**, between the goal posts and under the cross bar, provided it has not been thrown, directly propelled by hand or arm, or carried by a player of the attacking team.
- 4.2 **BALL IN AND OUT OF PLAY:**
- a. **The ball is out of play when:**
 - 1. **The ball has gone out of the gym.**
 - 2. **The ball has gone under the players bench or bleachers.**
 - 3. **The ball has hit the ceiling or any basketball hoop.**
 - 4. **The ball has crossed a designated line on the gym wall.**
 - b. The ball is in play at all other times including:
 - 1. If the ball rebounds from a goalpost, crossbar, or the wall onto the court.
 - 2. If the ball rebounds from the referee while s/he is in the field of play.
 - 3. In the event of a supposed infringement until a decision is given (advantage).
- 4.3 **Throw-Ins:** All restarts from the sidelines will be with a kick-in. A goal cannot be scored directly from a kick-in. Opposing players must be at least 10 yards away from ball on kick-ins.
- 4.4 **Goal Kick: Ball may be kicked from any place in the goal area.** The ball must leave the goal area before it is touched by any other player. **The ball must EITHER touch A PLAYER or THE GROUND before crossing half court. PENALTY: Indirect kick from point where ball crossed over half field.**
- 4.5 **There are NO OFFSIDES.**
- 4.6 After a temporary suspension of play with neither team in control of the ball at the suspension, the game shall be restarted by a drop ball between two opposing players at the nearest location (inbounds at least 10 yards from boundary line) of the ball at the time of the suspension.
- 4.7 At the beginning of the game the ball must be kicked forward and the kicker cannot kick the ball a second time until it has touched another player.
- 4.8 The opposing team must be at least 10 yards from the ball during a kick off and the offending team must not pass beyond their halfway line until after the kick-off.
- 4.9 Free kicks are classified as either "direct" or "indirect". From a direct kick, a goal can be scored without anyone else touching the ball. From an indirect kick, a goal cannot be scored unless a player other than the kicker has played the ball before it passes over the goal line.

Under no circumstances may the original kicker play the ball twice in a row. During an indirect kick, the Referee will raise his/her arm, indicating another player must play the ball before it goes into the goal. No signal will be displayed for a direct kick.

- 4.10 When a free-kick is being taken, either "direct" or "indirect", no player of the opposing side may be within 10 yards of the ball until it is kicked, unless he/she is standing on his/her own goal line, between the goal posts. The ball must be stationary when the kick is taken. In the case of a free kick being awarded to the defending side in the penalty area, the ball must be kicked out of the area before it can be touched for a second time. This rule also applies to a goal kick.
- 4.11 Fouls and misconduct resulting in a **Direct Free Kick**:
- Kicking, striking, attempting to kick or strike, or jumping at an opponent.
 - Tripping, including throwing or attempting to throw, an opponent by the use of the legs, or by stopping in front or behind him.
 - Intentionally handling the ball (i.e. carrying, striking, or propelling it with hand or arm).
 - Holding or pushing an opponent with the hand or arm, or with arms extended from the body, or using the knee in any way against an opponent.
 - Slide-tackling. Slide-tackling will **NOT** be allowed at all. If a player is warned more than once, a yellow caution card will result.
- 4.12 Fouls and misconduct resulting in an **Indirect Free Kick**:
- The goal keeper delays in getting rid of the ball.
 - Illegal substitution.
 - A player plays the ball a second time before it has been touched, or played by another player at the kick-off, throw-in, a free kick, a corner kick, or a goal-kick.
 - Having too many players on the playing field at the same time.

5. Other Rules

- 5.1 If play becomes potentially dangerous along the wall, the officials will stop play, move the ball away from the wall and restart the game with an indirect kick for team the foul was committed against. Rules regarding wall play:
- Players may only use their hands on the wall to slow their momentum.
 - A player may not use his/her hand on the wall to gain advantage (aside from standing up); obstruction (indirect kick) will be called.
 - A player may not use two hands on the wall to shield an opposing defender; obstruction (indirect kick) will be called.
 - If an offensive player has to use two hands on the wall because the defender forces him/her to, illegal shoulder charge (indirect kick) will be called on the defender.
 - A dangerous charge along the wall will result in an automatic caution (yellow card).
 - A violent charge along the wall will result in an ejection (red card).
- 5.2 **Yellow/Red Cards** will be awarded when necessary
- 1 Red Card = automatic ejection from the contest
 - 2 Yellow Cards = automatic ejection from the contest
- 5.3 In all instances not covered by the above rules, National Federation Soccer Rules shall be invoked. The referee shall have full discretionary power to enforce the rules as he shall see fit in order to conduct a proper game.