



Please read all rules so that you understand and follow them in the games. Team captains are responsible for making sure their players have read the rules.

INDOOR SOCCER RULES AND REGULATIONS

(Adult Men's, Women's and High School)

GENERAL ELIGIBILITY AND REGISTRATION

- A. Team fee is due when turning in the registration form. All current player fees and signatures must be received prior to the start of the first game.
- B. No player is allowed on the playing surface prior to signing the waiver release form and paying the annual Player's Package/Membership Fee. Violation of this rule will result in a forfeit for every game in which the ineligible player has participated.
- C. Participants should have adequate health and accident insurance coverage to cover any injury that may occur.
- D. A player cannot be registered with more than one team playing in the same league.
- E. A player must be 17 years of age or older to play in the adult leagues. A player must be in High School to play in the High School league.
- F. Soccer at the YMCA Sports Center is intended to be enjoyable for all. Please display good sportsmanship at all times. Rough play or bad language will not be tolerated and may result in facility dismissal.
- G. Failure to abide by all league and facility rules will result in your team being dropped from the league.

TEAMS

- A. A match shall be played by two teams. Teams play with 7 players, no less than 6.
- B. Substitutes during a match are unrestricted and are made on the fly. Exiting player must be within 10 feet of the bench and not involved in play of the game.
- C. Guaranteed substitutions for the team with possession on dead balls from out of bounds. All other restarts must be taken within 5 seconds or result in loss of possession.

EQUIPMENT

- A. Ball is official size 5. Uniforms will consist of same-colored jerseys. Footwear shall not have spikes, molded or otherwise.
- B. **PLAYERS MUST WEAR SHINGUARDS.** This is for the safety of all players!
- C. A player shall not wear anything that is dangerous to themselves or others. Jewelry, earrings, and other accessories are prohibited.

GAME PLAY

- A. The game shall consist of 2 halves of 25 minutes (no timeouts). Halftime will consist of 5 minutes.
- B. There are no off sides.
- C. An unintentional handball is "play on". Referee will have discretionary power.
- D. Overtime – There is NO overtime in regular game play.
 - Overtime during tournament or playoff games will result in a 5-minute overtime period in which the first team to score wins.
 - If the game remains a "tie" after the first overtime, the game will progress to a shootout. Five players (field or bench) from each team will take 1 penalty shot each. Coin flip determines who shoots first. Anyone from the team may be the goalkeeper but that person must stay the duration of the shootout unless injury occurs. In the occurrence of a tie after the initial 5-player shootout, other players from the team will continue (1 at a time) with the same format until a champion is determined.

- E. For safety reasons, if the game is stopped for an injury, the injured player must leave the field for two minutes.

SCORING AND MERCY RULE

- A. One point for each goal.
- B. Buzzer shots – A kick is counted only if the ball has reached the goal before the buzzer sounds.
- C. Mercy Rule – If a team is winning by 7 goals, the opposing team may add 1 additional player.

GOALKEEPERS VIOLATION

- A. Pass Back; Handling the ball, having been passed deliberately and directly to him by a teammate; except that he may handle a ball which a teammate passed to him by head, chest, or knee and without trickery (use of wall or foot to flick ball in air to head, chest, or knee before passing back to the goalkeeper).
- B. Five-Seconds; Controlling the ball with hands inside the penalty box for (5+) seconds.
- C. Infractions of any of these rules will result in a direct free kick inside the goal box. This is not a penalty kick, (a wall is allowed).

RESTARTS

- A. Defending players must position themselves at least 5 yards away from the ball on all restarts.
- B. Kickoffs shall be taken from the center mark, direct kick allowed. All other restarts are direct kicks.
- C. Balls exiting the field of play will be restarted at point of exit. If the ball hits the ceiling the ball is placed at the red line dot where it most closely hit the ceiling.
- D. The ball may not pass three lines in the air. If this occurs restart is at the red line dot that most penalizes the team.

PENALTIES

- A. A yellow card violation will result in the player being removed from the field for 2 minutes. The team may substitute a player. The team does NOT have to play down a person.
- B. A red card violation or second yellow will result in the player being ejected AND the team playing down a player for the remainder of the game.
- C. All red card violations will serve an additional one game suspension and be reviewed by the Director. Further action is at the full discretion of the League Director and the player will not be allowed to return to play until cleared by the League Director.
- D. Referees have the absolute authority. Referees have the right to remove players from the game and/or give a time penalty for each player depending on the infraction.
- E. No slide tackles allowed. Boarding is not allowed.

REFEREES

- A. Referees have discretionary power to stop game for serious injury or infraction.
- B. All decisions made by the referee are final.

SUBSTITUTIONS

- A. If your team does not have enough players, you may:
 - Play with 5 and a goalie.
 - Have 1 “sub” from another team, but ONLY if it is cleared by the opposing team.
 - Forfeit the game but borrow players from another team.
- B. SUBSTITUTION RULES SPECIFIC TO WOMEN’S LEAGUE
 - Recreational Teams – if your team has less than 7 players, you may:
 - i. Play the game “as is” with as few as 6 total players.
 - ii. Have 1 sub from another team in the recreational league. All players must be cleared by the opposing team.
 - iii. Forfeit the game and borrow as many players as needed.
 - Competitive Teams – if your team has less than 8 players, you may:
 - i. Play the game “as is” with as few as 6 total players.
 - ii. Have up to 2 “subs” from another team (substitute players do NOT have to be cleared by the opposing team). If you do this, you are still not allowed more than 8 players.
 - iii. Forfeit the game and borrow as many players as needed.