



HOUSE LEAGUE INDOOR RULES

The Ball: U4 to U7- size 3 U8 to U12- size 4 U13 to Adult –size 5
As approved by the WSC and the league.

Number of Players:

- 5 Players per team on the pitch
- One (1) player per team on pitch which will be the goalkeeper
- Minimum Four (4) players per team required to start and/or continue the game otherwise the game is a forfeit.
- In Adult leagues one of the 5 players on the pitch must be female. If a female is unavailable, the match is a forfeit.

Substitutions:

- substitutions are unlimited
- substitutions must remain on either the bench or within several yards of the bench at all times
- all substitutions with the exception of the goalkeeper may be done on the fly, or any time a goal is scored
- Goalkeeper substitution with referees permission at any stoppage of play
- Injured player substitution with Referee permission

ALL PLAYERS ARE ENTITLED TO EQUAL PLAYING TIME – the only exception to the rules is the goalkeeper, who will be permitted to play the whole game, as long as they stay in net. If they come out to play the pitch / field then they MUST be substituted with the rest of the team.

Duration of Play:

Youth

- Each game will be 40 minutes straight time with a 10 min warm up and no halftime break
- Changing ends does not occur in our indoor programs.

Adult

- 2 equal periods of 25 minutes
- half time – a period of 2 minutes between halves
- Changing ends does not occur in our indoor programs

Start & Restart of Play:

- One team will kick off to start match as determined by the match official.
- All players must be on own half when game starts or after a goal is scored
- Kick-off can be played in any direction
- Ball must move before the defending team can challenge for possession
- Defending team must remain outside the center circle until the ball is put in play (minimum 5 yards from ball)
- The player taking the kick off cannot touch the ball again until another player has touched the ball
- Defending players must allow appropriate distance (5 yards) on all indirect kicks, corner kicks, and goal kicks
- In case of injury the game will be started with a drop ball unless the injury involved a foul
- All fouls are indirect except the case of a penalty shot
- A goal cannot be scored directly from kick-off

Ball In & Out of Play:

- The ball is out of play if the whole ball passes completely over one of the two touch lines or two goal lines on the ground or in the air. If the ball strikes the ceiling and comes back into the field of play, the referee shall say “play on” and does not stop the play.
- The pitch / field of play have two touch lines. Balls out of play on the touch lines will result in a throw-in. Balls out of play on the goal lines will result in a goal kick or corner kick if not resulting in a goal.
- A drop ball restarts the game for any reason not mentioned elsewhere.

Method of Scoring:

A goal is scored when the whole ball passes over the goal line, between the goal posts and under the crossbar, provided that none of the rules of the game have been broken.

Offside:

There is NO off side in indoor soccer

Fouls & Misconduct:

A player, who intentionally commits any of the following 18 offenses, will be punished with an indirect free kick for the opposing team from where the offence occurred.

Major Misconducts:

1. - kicks or attempts to kick
2. - trips or attempts to trip
3. - jumps at an opponent
4. - charges an opponent
5. - strikes or attempts to strike an opponent
6. - Pushes/Pulls an opponent
7. - holds an opponent
8. - spits at an opponent
9. - handles a ball deliberately (except goalkeeper in their own goal area)
10. - punches an opponent

Minor Misconducts:

11. - playing in a dangerous manner
12. - slide-tackles an opponent without contact to the opponent
13. -Goalkeeper Handles Ball 2nd Time (Puts ball down and picks it up)
14. - Goalkeeper takes more than 6 seconds to put ball back in play
15. - Any Player plays in a Dangerous Manner
16. - Impedes progress (obstruction)
17. - Opposing player prevents the keeper from releasing the ball
18. - Commits any other offence not previously mentioned, for which play is stopped to caution/dismiss a player(s)

- Players committing a reckless foul or moderate misconduct may be penalized for two minutes on the first offence (blue card), and a yellow card and two minutes penalty for the second offence by the same player. A player receiving a second yellow (red card) for a third offense will leave the field (goes out in hallway) and his team receives a five-minute penalty. This includes the goalkeeper.
- A player on the field may serve the two-minute penalty for the goalkeeper, but if the goalie is ejected with a red card, goalie must leave the field/pitch, (goes out in hallway) and his/her team will play short one player for 5 minutes. The Ejected goalie may be replaced by one of the players on the field or the bench. The game will restart with the offending team having 1 less player for 5 minutes. If more than one player is removed from the same team for a 2 minute or 5 minute penalty, the second player serves the penalty after the first player has finished his/her time. There must be a minimum of 4 players on each team at all times.

A player may be given a two minute penalty (Blue Card) for any Cautionable offence i.e.

- the player persists to infringe the rules of the game
- the player by word or action, shows dissent towards the referee or another player
- the player is guilty of unsporting conduct
- delays the restart of the game
- fails to respect the required distance for indirect kicks, corner kicks and goal kicks
- Any Player who receives a Caution (Yellow card not Blue), the caution will be marked on the appropriate game sheet. If a player receives a red card, the referee will mark it on the appropriate game sheet and fill out an ejection form assisted by the referee convener.

NOTE:

The 2-minute or 5-minute penalty must be served in their entirety regardless of the number of goals scored during the penalty. If off setting penalties given, the teams may play 5 vs 5 with the offending players sitting out the 2 minutes before being substituted back into play.

A player committing a foul of excessive force or major misconduct will be shown a red card and their team will be penalized for five minutes, regardless of how many goals are scored against the team. Players who receive the red card may take no further part in the match, and must leave the field/pitch of play, i.e., go to the change area. The ejected player may be replaced after the five-minute penalty expires.

A player may be given a five minute penalty for any Dismissible offence i.e.

- a) Serious Foul Play
- b) Violent Conduct
- c) Spitting on the pitch/field in general, at an opponent, or any other person
- d) Denying a goal or an obvious goal scoring opportunity by handling the ball or by fouling an opponent by the goalkeeper.
- e) Denying an obvious goal scoring opportunity to an opponent moving toward the goal for a foul punishable by an indirect free kick (Major Misconduct 1-10).
- f) Using offensive, abusive or insulting language or gesture.
- g) Having received a second caution in the same game by the same player.

NOTE: Players are not allowed to leave their feet to challenge for the ball (slide tackle), or slide to keep the ball in play with an opponent near the ball (1-2 yards from the ball). They are penalized in the same manner as a penal offence (either an indirect free kick, or penalty kick, if contact was made with a player in the penalty area). Goalkeepers are permitted to slide when challenging for the ball in the penalty area only, but may not slide feet-first, and may not cause a foul by doing so.

Free Kicks: ALL FREE KICKS ARE INDIRECT

- Direct kicks will not be awarded in indoor soccer with the exception of a penalty kick
- Defending team MUST allow the other team a minimum of 5 yards to put ball in play, on all indirect free kicks, corner kicks, and goal kicks.
- A player cannot score directly from a free kick or kick-off except from a penalty kick
- If the ball is kicked directly into the opponents' goal, from a free kick, a goal kick is awarded If the ball is kicked directly into the players own goal, from a free kick, a corner kick is awarded to the opponents

Penalty Kick:

- Penalty Kick may be awarded when Law 12 is broken in the Penalty area or a certain goal opportunity has been taken away by one of the Major misconducts 1-10.
- A penalty kick shall be taken from the spot marked inside the penalty area for ages U4 to U9
- All players except the goalkeeper and the player taking the shot must remain outside the penalty area and behind the ball until the shot has been taken
- For all other age groups, the penalty will involve the ball being placed at center, and the player taking the penalty can carry the ball forward, and try to score on the goalkeeper in a one-on-one situation. The

ball must be in a forward motion at all times (zigzagging from side to side is allowed). Once the ball has stopped moving forward, a goal is scored, or saved by the keeper, the penalty shot is over. The goalkeeper may come off his goal line to defend, but cannot leave his crease. All other players must stay behind the half way line and cannot take part in the penalty shot. . If the goalie leaves the goal area or fouls the kicker and a goal does not result, a retake occurs. The goalie is cautioned and if he/she does it again, ejected and replaced.

- If an indirect kick is awarded inside the penalty area for a Minor Misconduct 11-18, less than 5 yards from the goal line, it must be taken 5 yards from the goal line, in line with the place the infraction occurred. All defenders including the goalkeeper must be at least 3 yards from the ball.

Throw-in:

If the whole ball goes over a sideline, the game is restarted by a throw-in from the spot the ball crossed the line. The required distance for the defender is 5 yards, if requested by the thrower or his team.

NOTE: A GOAL MAY NOT BE SCORED DIRECTLY FROM A THROW-IN.

Goal Kicks:

A goal kick is awarded when an attacking player kicks the ball over the defenders goal line not resulting in a goal. The goal kick is taken from the designated area (anywhere on the ground in the small goal crease)

NOTE:

- The goalkeeper during possession CAN kick or throw the ball.
- The goalkeeper CAN NOT score by throwing the ball into the opposing net unless the ball touches another player before going into the net.
- The goalkeepers can kick the ball from their hands, throw ball or kick from the turf, during open play, but once the goalkeeper places the ball on the turf in games that do not include use of the retreat line, the ball becomes live and in play
- The goalkeeper cannot be challenged inside the penalty area if the ball is in his possession.
- The penalty area encompasses everything inside the penalty area including the goal crease

Retreat Line

For ages U4-11, the retreat line is enforced. The retreat line is the half way line.

The Retreat Line will be positioned at halfway of the pitch

The Retreat Line will come into effect at two points during the game:

- At a goal-kick
- When the goalkeeper has the ball in his hands.

At these times, the "attacking" team is required to drop back to at, or behind, the Retreat Line.

- The goalkeeper can then pass the ball to one of his team-mates without the pressure of an opposing player nearby.
- The opposing players are only permitted to move inside the "Retreat Line" once the goalkeepers team-mate has touched the ball, or if the Referee deems that the player has the ball "under control" for a period of 3 seconds, no touch will be required.
- The 3 second rule avoids a situation where a coach advises his player to not touch in order to waste time!
- After all, the Retreat Line has been introduced to aid the technical development of our players not to be a time wasting tactic!
- Referees and coaches are therefore reminded of this and that fact that the goalkeeper releasing the ball is NOT the activation point.

Ball across the Retreat Line

In some instances, instead of the goalkeeper choosing to "play out from the back", they may decide to kick the ball directly over the Retreat Line.

Referees and coaches are advised that this is not against the rules (although clearly against the "spirit" of the Retreat Line), and so the game should not be stopped.

Also, be advised that when the ball crosses the Retreat Line, it can be touched by any player on the field and can be deemed "live and in play".

Goalkeeper Release:

Should the goalkeeper elect to release the ball from their hands, and hence, obviously plans to play out to a team-mate, the opposing team are still required to wait until the first touch of the team-mate (or use the 3 second rule explained above) before moving inside the Retreat Line.

Referees should be watchful of the time taken by the goalkeeper to pass the ball to a team-mate, and should enforce the 3 second rule here also if they feel time-wasting is occurring.

Corner Kicks:

A corner kick is awarded if a defending player kicks the ball over their own goal line not resulting in a goal.

NOTE: A GOAL MAY NOT BE SCORED DIRECTLY FROM A CORNER KICK.

Common Sense:

The referee / players /coaches /spectators and all other in attendance are reminded to use common sense and good judgment during the game!