



## **Score Indoor Sports – Adult Indoor Soccer Rules** (Condensed Version / Revised 1/1/11)

### **Fundamentals**

- Games consist of two 24-minute halves, with a 2-minute half-time.
- 6 players per side (5 field players + goalkeeper) – except in the Women’s & Co-Ed Leagues, who have 7 players (6 field players + goalkeeper).
- All players must wear shin guards, & matching jerseys – except Goal Keeper’s who must have a different color jersey from both teams. NO CLEATS are permitted on the turf.
- At kick off the ball may be passed forward or backwards from the center line.
- Substitution is on the fly at any time, within 5 yards of the player’s box.
- If the ball hits the ceiling netting - free kick awarded to opposing team in the center of the red line, in the half where the ball was kicked from.
- If the ball hits the side netting above the walls – free kick to opposing team on the turf below the spot where the ball hit the netting (3 feet out from the wall).
- If the ball hits the side netting above the walls between the red dots on either side of a goal – goal kick (anywhere inside the white goal box) or corner (red dot next to wall).
- The ball may not be intentionally passed back over the red line in a team’s own half to another of its players – free kick to opposing team where the ball crossed the red line (except in the Women’s & Co-Ed Leagues). The free kick is awarded when a player on the same team receives the ball behind the red line, if they don’t touch it the opposing team may play the ball – if neither team plays the ball, the free kick will be awarded once the ball is stationary for 5 seconds.
- Outdoor FIFA rules apply when passing back to the goalkeeper – free kick to opposing team on white goal box line where ball crossed in to the box.
- A goal scored from behind the red line = 2 goals. The entire ball must be behind the red line when kicked, and may not be touched by any player on the same team before going into the goal.
- In Co-Ed games a team must have 2 females on field at all times. A goal scored by a female = 2 goals.

### **Free Kicks**

- ALL free kicks and spot kicks are direct, regardless of the location on the field (a player cannot pass the ball to themselves from a direct kick – including off the wall).
- A free kick awarded on a red line or a red dot – the referee must place the ball, and signal the restart with the whistle before the ball can be played (this will be done quickly, within reason). At this time the defending players must be back 5 yards without being asked (except on a corner kick – the white goal box line is ok).
- A free kick anywhere else on the field may be taken immediately without a signal from the referee, provided the ball is stationary and in close proximity to the foul/offense. The team awarded the free kick

may ask for 5 yards if they wish – in which case the referee will step it out, and then signal the restart before the ball can be played.

- If a player encroaches inside the 5 yards and is hit by the ball (when the free kick is from a red line/dot, or as set by the referee when requested), they will receive a yellow card.

## **Fouls**

- In addition to receiving a free kick, team fouls are awarded for any intentional contact fouls, slide tackles, or any intentional professional foul (e.g. hand ball) – except the Co-Ed Recreation League.
- 5 team fouls = Blue Card (team fouls reset at half time).
- 1<sup>st</sup> blue card = shoot out, plus team yellow card (player can return if a goal is scored within 2 mins).
- 2<sup>nd</sup> blue card = shoot out, plus team yellow card (player must remain in box for full 2 mins).
- 3<sup>rd</sup> blue card = shoot out, plus team red card (one player down for remainder of the game).
- 4<sup>th</sup> blue card = team forfeits the game.
- For serious offences players may be given a red or a yellow card, which results in the following:
- Yellow Card = 1 man down for 2 mins, the player must sit in penalty box.
- Red card = 1 man down for rest of game, the player must leave the field and sit the next game out.

## **General Rules**

- NO BOARDING! Boarding is when a player pushes another player in to the boards / walls surrounding the field (this also applies to shoulder-to-shoulder tackles). This is extremely dangerous and will not be tolerated – the player who committed the offense will receive a warning or a yellow card.
- NO SLIDING or SLIDE TACKLES! There is no sliding allowed– players must remain on their feet at all times. Any slide when making a tackle is considered a slide tackle – this includes an unintentional slide (ie. if a player slips) that results in a slide tackle. In addition to a ‘typical’ slide tackle, it will also be considered such if a player has one knee on the ground, and the other leg straight out.
- The goal keeper may slide when making a save, inside the goal box only.
- A slide tackle from behind is an automatic yellow card.
- A slide tackle (or attempted slide tackle), inside the goal box automatically results in a penalty kick.
- A player cannot play the ball from the ground (ie. when completely off their feet).
- Players have 5 seconds to play the ball from any spot kick, which begins when the ball is stationary (or when restart is signaled by referee, if applicable) – this also applies to the goal keeper when he has the ball in his possession.
- The goal keeper may not punt or drop kick the ball – free kick awarded to opposing team on the red dot at the top of the goal box.
- In the event that a goal keeper receives a yellow card, he/she must come off the field for a period of 2 minute. The team will have to substitute him/her with another player.
- NO SPITTING! Any player who spits on the turf will receive a warning, followed by a yellow card on their second offense.
- Absolutely no alcohol, smoking, or glass containers inside the building. No gum, food, drinks, or foul language inside the playing arena.

## **League & Competition Rules**

- Maximum of 15 players per roster, per team – which must be submitted after 2 weeks of competition (substitutions may be made after this for injured players by request, 2 maximum).
- Players may play for only 1 team per division.
- Points: Win = 3 points, Draw = 1 point, Loss = 0 points, Forfeit = -1 point.

- The maximum goal difference that a team can win by is 10 goals (mercy rule) – this does not apply to Men’s Open or Men’s Over 30 leagues.
- A team must field a minimum of 4 players at all times, or they will forfeit the game. Teams may only field players on their submitted team roster.
- In the event a team does not have 4 players at the start of a game, they have a grace period until the forfeit takes effect. The game clock will start on time, then the opposing team is awarded a goal after 6 mins, 7 mins, 8 mins, and 9 mins – at 10 mins the forfeit is official and the final score remains 4-0. If the team gets enough players to start during this time, play will begin and with the score as it stands at that time.
- If a team has less than 4 players on the field at any time due to yellow and/or red cards, they automatically forfeit (as stated above – minimum of 4 players at all times).
- The Home team must always bring two sets of shirts to the game, it is the Home team’s responsibility to change their shirt color if the guest team is wearing the same color.
- All game protests must be addressed to the management prior to the 2<sup>nd</sup> half of the game.
- Fighting will result in an automatic expulsion and a 1 year suspension.
- 3 red cards within a year of the 1st offense will result in a 1 year suspension.
- A player caught spitting on another player or verbally assaulting them with racial statements will receive a 2 game suspension for their first offense, and a 1 year suspension from the league their second offense (times).

**Thank you for taking the time to read the Indoor Soccer Rules as played at Score Indoor Sports.**

**We look forward to seeing you on the field!**