



Score Indoor Sports – Youth Indoor Soccer Rules
(Condensed Version / Revised 12/1/11)

Winter Youth league 2011/12

Age Group	Field	Players	Ball	Match Length
U6 Co-Ed	Small	5v5	Size 3	2 * 18 min
U7 Co-Ed	Small	5v5	Size 3	2 * 18 min
U8 Co-Ed	Small	5v5	Size 3	2 * 18 min
U10 Boys Rec	Large	7v7	Size 4	2 * 24 min
U10 Boys Select	Large	7v7	Size 4	2 * 24 min
U10 Girls Rec	Large	7v7	Size 4	2 * 24 min
U10 Girls Select	Large	7v7	Size 4	2 * 24 min
U12 Boys Rec	Large	7v7	Size 4	2 * 24 min
U12 Boys Select	Large	7v7	Size 4	2 * 24 min
U12 Girls Rec	Large	7v7	Size 4	2 * 24 min
U12 Girls Select	Large	7v7	Size 4	2 * 24 min
U14 Boys Rec	Large	7v7	Size 5	2 * 24 min
U14 Boys Select	Large	6v6	Size 5	2 * 24 min
U14 Girls Rec	Large	7v7	Size 5	2 * 24 min
U14 Girls Select	Large	6v6	Size 5	2 * 24 min
U16 Boys Rec	Large	7v7	Size 5	2 * 24 min
U16 Boys Select	Large	6v6	Size 5	2 * 24 min
U16 Girls Rec	Large	7v7	Size 5	2 * 24 min
U16 Girls Select	Large	6v6	Size 5	2 * 24 min
High School Boys	Large	6v6	Size 5	2 * 24 min
High School Girls	Large	7v7	Size 5	2 * 24 min

Fundamentals

- Games consist of two 18/24-minute halves, with a 2-minute half-time.
- 5/6/7 players per side (4/5/6 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.
- Substitution is on the fly at any time, within 5 yards of the player's box.
- At kick off the ball may be passed forward or backwards from the center line.
- 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).
- 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.
- There are no off-sides at any time during the game.
- 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 (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. Exceptions – U6/7/8 keepers may punt the ball if they wish, the same applies to Girls U9/10/11/12 keepers.
- 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.

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.

Fouls

- Blue Card = may be used as a warning or caution by the referee.
- Yellow Card = 1 man down for 2 mins, the player must sit in penalty box.
- Red card = 1 man down for 5 mins, the player is out for the remainder of the game and must also sit the next game out.
- In the event that a goal keeper receives a red or yellow card, he/she must serve the time penalty themselves. The team will have to substitute him/her with another player for the duration of the penalty.

House Rules

- NO SPITTING! Any player who spits on the turf will receive a warning, followed by a yellow card on their second offense. Players can spit in the trash cans in the player boxes if necessary.
- Absolutely no alcohol, or smoking 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 can be altered up until the 3rd week 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) – the game will continue & the full length of game time will be played.
- 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, or they can borrow our vests - 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 2nd half of the game.
- Fighting will result in an automatic expulsion and 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!