



Score Indoor Sports Indoor Soccer Rules

At Score Indoor Sports, soccer is played for fun, recreation, and exercise. Please keep this in mind when competing and please read and obey the rules. We are using the US Indoor Soccer Rules with a few house rule adjustments.

The referee and fouls

1. **The referee** helps guide the game by calling fouls and makes calls based on their **interpretations** of the game. Calls are made to assure fair play, to protect the players and to keeping control of the game.
2. **Simple fouls** are fouls that are for illegal procedure and that are unintentional or not interpreted as serious fouls. These include but are not limited to; holding an opponent, handling the ball (unless by goalkeeper inside goal arch), slide tackling, obstruction, impeding progress of an opponent while not playing the ball, leverage, preventing the goalkeeper from releasing the ball.
3. **Simple fouls** inside the goal arch (area in front of the goal), or the goalkeeper picking up a pass back from teammates feet, results in a free kick from the **red** dot on the top of the arch. The defense may create a wall, or defend shots from the goal arch, but must be 5 yards away from the ball.
4. Referee may issue **Time Penalties + Shoot-out** (blue card). After the **5th team foul**, the team is penalized by removing one of their players from the field of play for two minutes, and the opposite team is awarded a shoot-out. If the opposite team scores within the two minutes, the penalized team may return to full strength. After the **10th team foul**, the team is penalized again and must remove a player from the field, a shoot-out is awarded to the opposite team, and the team must remain with a player down the entire 2 minutes (equivalent to a yellow card), even if the opposite team scores. After the **15th team foul**, **the team must play a man down** for the remaining duration of the game (equivalent to a red card), and the opposite team is awarded their final shoot out. No additional shoot-out will be awarded following the 3rd blue card, however, the team can still accumulate team fouls resulting in two minute penalties.
5. Team fouls doesn't carry over into the second period.
6. Shoot-Outs are awarded on every 5th team fouls up to 15 fouls. The ball is placed on the red line and all remaining players must be behind the mid-field line. The goalkeeper must start from his goal line at the start of the whistle.

7. **Penal fouls** are fouls that are considered careless, reckless, serious or involving excessive force and could receive a time penalty. These include but are not limited to; kicking, tripping, charging, striking, elbowing, slide tackling from behind, or pushing an opponent.
8. Referees may issue **Time Penalties** (yellow card). Two minute penalties can be given for serious or penal fouls, or for unsportsmanlike behavior. Time penalties include but are not limited to; talking back to the referee, intentional fouls or recurring fouls (after being warned), delay of game or encroachment on restarts, taunting opponents and foul language.
9. Players must sit in the **penalty box** while serving two minute penalties. Teams will play down while player(s) are in the penalty box. Players may re-enter when called on by the referee at the end of the two minutes. The penalized team may return to full strength if the opponent scores a goal.
10. **A yellow card** is issued for a two minute penalty. Two yellow cards equal a red card (an ejection from the game).
11. **Yellow card offense; dissent to the officials and opponents, strikes, elbows, attempts to strike or elbow, boarding i.e., propelling an opponent into the perimeter wall & encroachment of the 5 yard rule)**
12. **Red card offense; Fighting, Spitting on or at an opponent or game official, violent conduct or serious foul play, head butting, 1st & 3rd man into altercation.**
13. If a player or coach receives a **red card**, they must leave the field of play for the remainder of the game. They must also sit out one or two games, depending on the severity of their infraction.
14. **Zero Tolerance. Fighting or Retaliation** from any players will result in a direct expulsion from the field of play, one or two game suspension and a \$35 dollar fine.
15. **3 consecutive red cards** within the same calendar year will result in a permanent expulsion from the league and the facility.
16. **Penalty Kicks** - Intentional or flagrant fouls inside the goal arch, by the last player between the ball and the goal, or from behind an attacking player may result in a penalty kick.
17. **On a PK**, the ball is placed on the red dash line (FIFA rules apply).
18. **Restarts, or kick-ins** are used to start play after a penalty is called or after the ball hits the net or goes out of bounds. Restarts, kick-ins, and corner kicks must be taken within 5 seconds or the ball is awarded to the other team. All restarts are direct free kicks and can be scored directly from the kick.
19. The defending team should be 5 yards away from the ball on the restart.
20. **A mandatory 5 yard rule** will apply to all restarts and spot kicks (top of the arch and corner kicks). Encroachment within the mandatory 5 yard rule will result in the issuance of a yellow card.

Field of play and technical rules

21. **For ages 13 and older**, a team may carry up to 12 players on their roster and play with 6 players (5 field players + goalkeeper, blue card rule in effect). For

- ages 12 and under**, a team may carry up to 15 players on their roster and play with 7 players (6 field players + goalkeeper, No blue card rule).
22. A team can **add players** to their roster during the first 3 weeks of registration Only. After that period, a player can only be added if an existing player can no longer play due to injuries.
 23. **Games are 54 minutes long**; two 26 minute halves with a 2 minute half time.
 24. Games start with a kick off from the center spot. The ball may be played forward or backward. The player kicking off may only touch the ball once before another player touches the ball. Contacting the ball twice results in a re-kick.
 25. At the beginning of each periods, the kick-offs will always start from the Home side of the field of play.
 26. **Substitutions** occur on the fly at anytime. The player coming on the field must wait for the player coming off the field to be within 5 yards of the box and should wait until the player is off if the ball is in the area.
 27. Goalkeepers should have a different color uniform than field players and referees.
 28. **There is no sliding by field players.** No sliding means not even when sliding for a ball when there is not another player close by. Goalkeepers may slide if it is safe and they may not go cleats up or tackle over the ball. **A knee touching the ground is considered a slide).**
 29. **There is no offside rule** in indoor soccer but the ball may not be played forward in the air over the **3 lines** on the field without the ball touching another player or a part of the field including the wall or a referee. A 3 line violation will result in awarding the opposite team the ball, placed on the red line where the pass broke the field of play.
 30. The goalkeeper may not handle a ball that is outside the arch. If the goalkeeper is inside the arch and is touching a ball that is outside the white arch line, it is considered a hand ball.
 31. **Out of Bounds** – The ball is considered out of bounds when it hits the net or part of the player’s bench over the wall.
 32. The ball is placed below the area where the ball went out of bounds, unless the ball hits the top net.
 33. If the ball hits the back net between the two red spots, and his last touched by a defensive player, the ball is placed on one of the spots. If the ball is last touched by an offensive player, the ball is played as a goal kick or spot where the ball went out, if further from the goal.
 34. **Goal clearances** – when the ball goes out of bounce behind the goal area and is last touched by the offensive player, the ball will be placed within 6 yards of the goal line for a goal kick. The ball must be stationary and be kicked within the 5 second time line. Referees should give a warning before calling 5 seconds. A thrown clearance, or forward pass by the keeper may not pass the 3rd line. (see rule #26).
 35. **Points / Wins** – a win = 10 points, tie = 5 points, loss = 0 points, shutout = 1 point, goals = 1 point up to a max of 4 points. Max possible points/game = 15 points (a 4-0 win or forfeit).

36. **2-Points goal** – a goal score from behind the red line is ruled a two point goal.
37. **Coed teams:** Each coed team must have a least two players from each sex on the field at all time (not including the goalkeeper). If a red card is given to a male player, the team must play short one male player for the remainder of the game. The same rule apply to female player. If, for any reason, a team is only able to field 4 total players they must field two men and two women (including goalkeeper) in order to play.
38. A women's goal counts as a 2 point goal.
39. **Youth coed teams ages 12 and under:** There are no restrictions in this league regarding the gender of the players. Boys and Girls may play as long as they fit age requirements. No blue card rule.
40. Youth teams (U18 and younger) must have a parent coordinator on the sidelines at all times. Failure to do so will result in a forfeit.
41. Each youth team (U18 and younger) must have parent coordinator who will accept all responsibility for securing all registration, money, and forms, as well as player conduct on the field.
42. There will be a 1 minute grace period after the scheduled starting time for a team who is late or cannot field enough players to start the game. An additional 4 minutes will be added to the grace period and one goal awarded to the opposite team for each ending minutes. At the end on the full 5 minutes, a forfeit will be declared and the opposing team will be awarder with a 4-0 win.

**Thank you for taking the time to review the indoor soccer rules.
The management team at Score Indoor Sports.**