



Indoor Soccer Rules

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Team Requirements

Team may have a maximum 7 players on the roster.

Teams are allowed to have Two (2) Varsity Soccer Players on the team.

All teams must have representative at the captains meeting in the Humphreys to be eligible for the season.

Teams must also specify if they wish to play in the men or women's division. Co Rec teams will play in the men's division.

League Play and Tournament

Men's and Women's division will be divided up in to two groups.

Teams will be awarded two (2) points for a victory and (1) point for a tie. Teams that forfeit will receive a (-1) in the standings. If there is a tie for a playoff spot, the position will be given in the following order (1) head to head (2) goals allowed (3) goals scored (4) coin toss.

The top two teams out of each group will advance to the playoffs. Playing in league play does not guarantee an opportunity to play in the playoffs.

The playoffs will consist of a single elimination tournament.

The Game

Games will consist of two Twenty (20) minute halves. The clock will run until the last two minutes of each half. If teams are tie after the two halves there will be a five minutes of extra time added to the clock. Teams will play all of the five minutes regardless of goals scored. The clock will stop for the last minute of extra time. If teams are still tie after the extra time it will be declared a tie. In the playoffs, after teams have played extra time the game will then be played until a team scores.

Teams will consist of four (4) players on the court. Teams will not have a goalie. Teams must have 3 players to start a game.

Scoring

To score the team must be on their offensive half of the court.

Players will be allowed to sub during any stoppage of play. There is not limitation on subs but they will not be able to sub on the fly.

There will be no off sides.

Teams will be able to play the ball off of the wall, however goals must be scored by the direct kick.

Fouls, Free Kicks, and Penalty Shots

Kickoff. A coin toss will decided which will kick off. Teams must be on their defensive end of the court to begin the game. Kicks can be forward or backward.

General Rules of Soccer Apply

Free kicks will be taken at the spot of the foul. Defensive players must give a five yard halo around the free kick. Advantage maybe given to players in some situations.

All free kicks are indirect. Penalty Kicks will be allowed to be on goal.

Players are not allowed to play the ball while they have a hand on the wall.

If the net becomes dislodged by a player, the ball will be awarded to the other team. If a defensive player dislodges the net it will be a corner kick. If the referee believes that the net was dislodged intentionally in a scoring situation the goal maybe awarded.

Balls touching the walking track or basketball goal will be awarded at the spot at which the ball goes out of bounds. If the ball goes through the opening on the football field side of the court, the defensive team will have a free kick from the goal zone. If the ball is played off a defensive player and goes through the opening near the football field or touches the basketball goal, the offensive team will be granted a corner kick from the edge of the basketball boundaries.

The three point arch on basketball court will serve as the penalty area. Any fouls happening inside of this area will result in a penalty kick for the offensive team. Penalty kicks will be taken from the coaches' box lines extended. Any missed penalty kicks will be given to the defensive team for a goal kick.

Marked in front of the goal will be a no play zone. Neither offensive nor defensive players will be able to touch a ball in this zone. Players touching the ball in the zone can receive a yellow card depending on intent. If by the referees' judgment, the defensive player prevented a score the goal will be awarded to the offensive team.

Offenses deserving a Caution (Yellow Card)

- Player is guilty of unsporting behavior
- Player shows dissent by word or actions
- Player persistently infringes the Laws of the Game.
- Player delays the restart of the game
- Player fails to respect the required distance when play is restarted with a corner kick or free kick
- Player enters or re-enters the field of play without the referee's permission

Offenses deserving Dismissal from game (Red Card)

- Player is guilty of unsporting behavior
- Player shows dissent by word or actions
- Player persistently infringes the Laws of the Game.
- Player delays the restart of the game
- Player fails to respect the required distance when play is restarted with a corner kick or free kick
- Player enters or re-enters the field of play without the referee's permission

Referees will use their own discretion in using cards. Slide tackling is a mandatory yellow and can be penalized by a red. Fouls happening outside of the basketball boundaries will be enforced strongly by officials. Players will not be allowed to head the ball.

Players receiving a straight Red will have to sit a mandatory one game suspension. Players receiving a soft red (2 yellow cards) will have to meet with the League Director before being allowed to play.

Teams that have a player dismissed will have to play with a player down (3 on 4). Teams must have at least three players on the court at all time regardless the number of dismissals. If number of dismissals exceeds one then teams will remain three on four. Teams must have three legal players to complete a game.