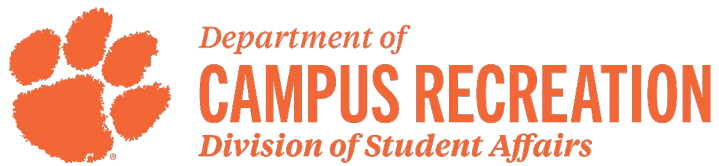


Indoor Soccer Rules

Revised December 2022



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1. Players and Equipment

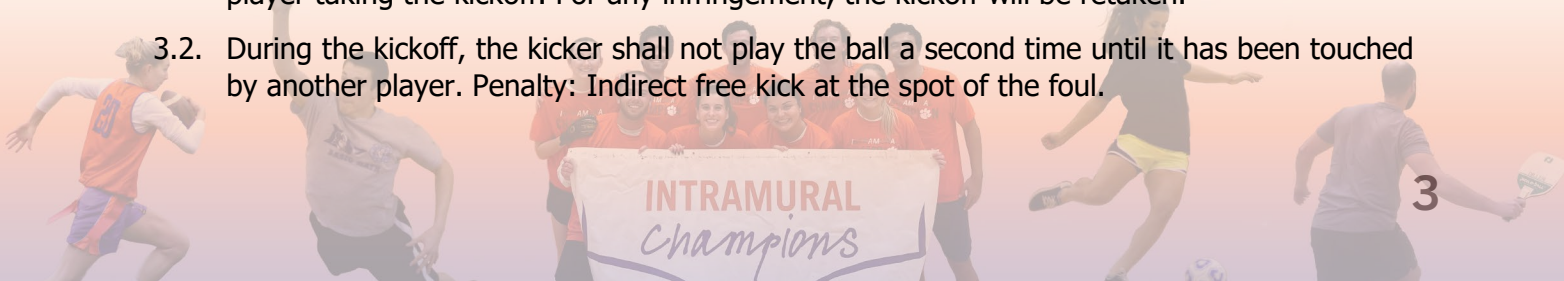
- 1.1. Each Men's, Women's, and Co-Rec team will consist of five players. A minimum of four players must be present at game time to begin. Co-Rec teams must always have a minimum of two players of each gender on the court throughout the game.
- 1.2. Each team is advised to bring their own soccer ball; however, some soccer balls will be available for checkout. Every team will use a regulation-sized futsal ball.
- 1.3. Players may not wear baseball-style caps or other rigid headwear. Knit and stocking caps are permitted. Players may wear a headband no wider than two inches and made of non-abrasive cloth, elastic, fiber, soft leather or rubber. Bandanas and other headgear with knots are prohibited. Rubber or cloth elastic bands may be used to control hair.
- 1.4. No jewelry or any other item deemed dangerous by Sport Programs staff may be worn. Any player wearing exposed permanent jewelry (e.g., body piercings) will not be permitted to play.

2. Game Factors and Timing

- 2.1. Each game will consist of two 20-minute halves with a running clock. The clock will only stop for major incidents per the official's discretion.
- 2.2. Mercy Rule: If a team is ahead by ten or more points with five minutes or less remaining in the game OR by five goals with two minutes or less in the game, the game will end.
- 2.3. Overtime: If the score remains tied at the end of regulation play, one five-minute golden goal period will be allotted. If the score remains tied after this period, there will be a six-person shootout (three from each team).
 - a. A coin flip will determine which team will defend or kick first in each overtime period.
 - b. Goalkeeper changes may occur only at the beginning of a shootout and only if the new goalkeeper was on the court at the end of the overtime period.
 - c. During a shootout, teams will alternate after each shot. Co-Rec teams will alternate genders.
 - d. If still tied after six shooters, a sudden victory (1v1, or one shooter per each team) shootout will ensue. Shooters for sudden victory must be different from the first five shooters. Players on the bench become eligible after all eligible players have shot. If a team does not have any additional bench players, their rotation will repeat in the same order.
- 2.4. Substitutions: Substitutions can occur at any time at the discretion of the substituting team.

3. Start of Play

- 3.1. At the referee's signal, the game will be started by a player kicking-off while the ball is stationary in the center spot of the field. The ball must be kicked and clearly move any direction. All players will be in their team's half of the court and not less than 10 feet from the ball until it is kicked. The ball will be deemed in play as soon as it is touched by the player taking the kickoff. For any infringement, the kickoff will be retaken.
- 3.2. During the kickoff, the kicker shall not play the ball a second time until it has been touched by another player. Penalty: Indirect free kick at the spot of the foul.



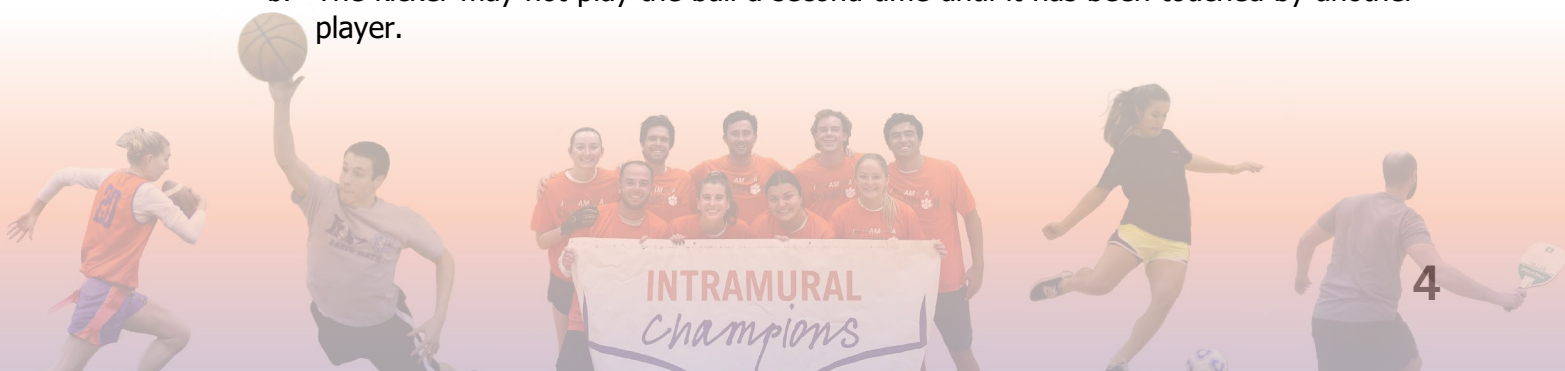
- 3.3. After a goal is scored, the team scored against will restart play by a kickoff.
- 3.4. To start the second half, teams will attack the opposite goal. The team who did not receive the kick off to begin the first half will kick off to begin the second half.

4. Scoring

- 4.1. A goal is scored when the entire ball legally passes entirely over the goal line. A ball on the goal line is not considered to have crossed the goal line and will not result in a goal.
- 4.2. A goal may be scored during the play directly from a:
 - a. Direct kick;
 - b. Kickoff;
 - c. Goal kick;
 - d. Penalty kick; or
 - e. Corner kick.
- 4.3. A goal cannot be scored from a kick-in.

5. The Ball In and Out of Play

- 5.1. The ball is only considered out of play when it fully crosses any sideline or end line. Any ball that strikes an official or goal post and remains within the bounds of the court is still in play.
- 5.2. If the ball fully cross either sideline, in the air or on the ground, the team that did not touch the ball last will be rewarded a kick-in from where the ball crossed the line. Kick-in procedure is a follows:
 - a. The ball must come to a complete stop before it can be kicked into play.
 - b. The kicker may not play the ball a second time until it has been touched by another player.
 - c. Defending players many not be within three yards of the kick-in spot.
 - d. A goal may not be scored on a kick-in.
- 5.3. If the ball fully crosses the end line, either on the air or on the ground, and was last touched by an offensive player- the defense will be awarded a goal kick. A goal kick can be taken from anywhere inside the goal box. Goal kick procedures are as follows:
 - a. The ball is not in play until it has left the penalty area. If the ball is touched before it leaves the penalty area, the goal kick will be retaken.
 - b. The kicker may not play the ball a second time until it has been touched by another player.
- 5.4. If the ball fully crosses the end line, either on the air or on the ground, and was last touched by a defensive player- the offense will be awarded a corner kick. Corner kick procedure is as follows:
 - a. The defense may not be within five yards of the corner kick spot.
 - b. The kicker may not play the ball a second time until it has been touched by another player.



6. Free Kicks, Fouls, and Violations

- 6.1. Free kicks are either considered an “Indirect Free Kick” from which a goal may not be scored until it has been touched by another player or a “Direct Free Kick” from which a goal may be scored. Free kick procedures are as follows:
 - a. Free kicks may be taken from anyone on the offended team that was on the court during the offense at the spot of infringement in any direction.
 - b. The ball must be stationary before a free kick is taken.
 - c. The kicker shall not play the ball a second time until another player has touched it.
 - d. No opposing players may be within five yards of the free kick spot, unless they are standing on their goal line between the goal posts.
- 6.2. Offenses for which a direct free kick may be awarded include the following violations:
 - a. Handling the ball with hands or arms;
 - b. Tripping an opponent;
 - c. Pushing or holding an opponent; and
 - d. Charging an opponent in a dangerous manner.
- 6.3. Offenses for which an indirect free kick may be awarded include the following violations:
 - a. Playing the ball a second time before it has been played by another player at the kickoff, a free kick, penalty kick, corner kick, goal kick or kick-in;
 - b. Improper substitution;
 - c. Misconduct resulting in caution or disqualification;
 - d. Illegal obstruction (interfering with an opponent’s movement without the ball);
 - e. The goalkeeper taking more than the allotted six seconds at any one possession;
 - f. Charging the goalkeeper or not allowing him or her to move with the ball; and
 - g. Play determined dangerous by the officials.
- 6.4. A player will be cautioned (yellow card) if they:
 - a. enter the playing court before the player being substituted for has left it entirely;
 - b. demonstrate, by words or actions, dissent from a decision of the officials;
 - c. engage in unsporting behavior; or
 - d. slide tackle.
- 6.5. A player will be ejected (red card) from the game if they
 - a. Are guilty of serious foul play or violent conduct;
 - b. use foul or abusive language;
 - c. are guilty of persisting in misconduct after cautioning (a second yellow); or
 - d. (other than the goalkeeper within their own penalty area) deny their opponent a goal or an obvious goal-scoring opportunity by intentionally handling the ball; or
 - e. slide tackle during a clear goal scoring opportunity or with dangerous intent.
- 6.6. If a team has two players ejected with red cards, the offending team will forfeit the game.

7. Penalty Kicks

- 7.1. A penalty kick is awarded if a direct kick or intentional rule infraction takes place in the penalty area by the defensive team. It is not awarded for infractions that call for an indirect free kick.



- 7.2. A penalty kick may be taken from anywhere on the penalty mark.
- 7.3. A penalty kick may be taken by any player of the offended team on the field of play at the time of the offense. In Co-Rec play, the person taking the penalty kick must be of the same gender as the person who was originally fouled.
- 7.4. All players except the goalkeeper must stay outside the penalty area and at least five yards from the penalty mark.
- 7.5. The goalkeeper must stand on the goal line and may not move forward until the ball is kicked. The goalkeeper may move laterally.
- 7.6. The kicker must wait for the official's signal to start play. The kicker must kick the ball forward. If the ball is not put into play properly, the kick will be retaken. Any action to deceive the goalkeeper by the kicker is illegal.
- 7.7. Following the kick, the ball is deemed in play; however, the kicker cannot play the ball a second time until it has touched another player from either team.
- 7.8. For any infringement by the defending team, the kick will be retaken if a goal has not resulted. For any infringement by the attacking team other than by the kicker, the kick will be retaken if a goal has resulted.

8. Goal Keeping

- 8.1. The goalkeeper has possession of the ball when they are touching the ball.
- 8.2. The goalkeeper has six seconds to release the ball upon gaining control of it in their hands.
- 8.3. The goalkeeper may not touch the ball with their hands after releasing it from their hands until another player has touched it. Penalty: Indirect free kick
- 8.4. The goalkeeper may not pick up the ball if their own teammate kicks it back to the goalkeeper with his or her feet. Penalty: Indirect free kick.

