



INDOOR SOCCER RULES

FIFA rules shall apply for play, with the exceptions listed below as follows. All players and coaches are responsible for knowledge and interpretation of the FIFA and Total Fitness house rules.

I. Player Identification

All eligible players must be on a team roster and have a signed waiver form and payment or they will not be permitted to play. **Every team must have at least 2 female players, with one on the Playing field at all times.**

II. The Field of Play

Field Size: 80' Length and 75' width

Goals Size: 12' Width and 6' Height

Endlines: If the ball crosses the end line it is out of play. If caused to go out by the defense, a corner kick shall be awarded. If caused by the offense, it shall be put back into play by a kick-in.

Sidelines: If the ball crosses the sideline, it shall be put back into play by a kick-in. No throw ins will be allowed.

Penalty/Goal Area: The penalty area will be 5 feet on either side of the goal and 8 feet to the front of each goal post. Scoring is restricted inside the penalty area.

Penalty Kick: A spot will be marked 20 feet from the midpoint of each goal line. NOTE: if the ball's flight exceeds 12 feet in height or strikes the lights or superstructure above the playing field, the referee shall award an indirect free kick to the opposing team. The kick shall be taken from the place where the infringement occurred on the playing field. If the infringement occurred above the penalty area, the ball shall be placed on the penalty kick mark and the indirect free kick taken by the appropriate team.

III. Game Balls

Game balls will be provided. Only official indoor soccer balls will be used.

IV. Players

A player may only play for one team. Minimum 7 players/team. All divisions will be allowed 5 field players and one goalkeeper. The minimum number of players needed to start a game is 4.

Substitutions may be made on the following occurrences:

A. After a goal

B. On an injury time out

C. On Goal Kicks

D. On your own corner kicks

E. On your own kick-ins

F. After a yellow or red card is issued

G. At the halftime or between quarters

H. (Goalkeepers) during any dead ball situation.

I. Players and subs must have the referee's permission to enter or exit the field of play

J. Each rostered player shall play in the game.

V. **Players Equipment & Uniforms**

1. No cleats are allowed.
2. Casts, must be at least ½ inch thick and approved by Referee before player is allowed to play.
3. Shin guards are **MANDATORY**.
4. All players, with the exception of the goalkeeper, are encouraged to wear same color shirts.
5. Goalkeepers must wear shirts which are distinguishable from all other players.
6. Players are not allowed to wear jewelry of any kind (earrings, necklaces, bracelets, etc.)

VI. **Referees**

1. Referee's decisions are final!
2. Referee shall caution players and coaches and bench personnel who:
 - a. Dissent
 - b. Are guilty of misconduct or unsporting behavior
 - c. Display persistent infringement of the laws of the game
 - d. Enter / exit the field of play without permission
 - e. Verbally abuse the referee
 - f. Display persistent encroachment
3. Referees shall eject players or coaches and bench players who are guilty of:
 - a. Violent conduct or serious foul play
 - b. Use of foul or abusive language or gestures
 - c. Persistent misconduct after having been cautioned
 - d. Intentional foul denying a goal scoring opportunity
4. No slide tackles will be allowed, however goalies will be allowed to slide in the penalty area while defending against a goal, provided contact is avoided with the opposing players. It is the referee's discretion to take action for violating this rule.
5. Referees must report all yellow cards and red cards issued to the site director immediately after the game.

VII. **Length of the Games**

1. All games will be (2) twenty minute halves with one 5 minute halftime break.
2. Clock will run continuously and will only stop at the referee's discretion.
3. **EACH TEAM MUST PROVIDE ONE PERSON TO KEEP TIME CLOCK/SCORE.**

VIII. **Start of Play**

1. Games will start promptly on time. Forfeit time is 5 minutes after the scheduled time.
2. ***Shots on goal are not allowed in pregame.***
3. Minimum players to start a game needed is 4.
4. The home team decides the choice of goal. The visiting team shall kick-off first. The home team is listed on the schedule first.
5. The succeeding half shall start with a kick-off from the center circle by alternating teams.
6. The ball may be played in any direction.
7. **Kickoff is indirect free kick.**

IX. **Ball in and out of play.**

1. The ball shall be considered out of play when:
 - a. It hits the lights or superstructure
 - b. It lodges behind the net. Note: last touched by defender – corner kick. Last touched by offensive player – goal kick.

2. The ball is put back into play by:
 - a. Sideline – Kick-in from the touch line.
 - b. Endline --Goal Kick or corner kick (see Rule II)
 - c. Players have 5 seconds to put the ball into play after the ball had been placed on the spot for the kick in or corner kick.
 - d. Kick-in or corner kick not entering into the field of play; (opponent's ball) kick-in from the same spot of goal kick.

X. Scoring

1. A goal is scored when the ball had completely passed over the goal line, between the goal posts, and under the crossbar, provided it does not violate Rule X. 2 noted below.
2. No goal may be scored by directly striking the ball within the penalty area (i.e. any type of shot from within the penalty area). However, a player may enter the penalty area to play a ball, but may NOT directly score from within the penalty area. The ball must be played outside of the penalty area before an attempt to score is made.

XI. Three Line Violation

When the ball is played over the 2 red lines and the center line in the air without being touched by a player or hitting the floor, the opposing team shall be awarded the ball at the center circle (indirect free kick).

XII. Fouls & Misconduct

1. A player who intentionally commits any of the following offenses shall be penalized by an indirect free kick from the point of the infraction, unless in the penalty area where a penalty kick will be awarded to the offended team.
 - a. kicking or attempting to kick an opponent
 - b. tripping or attempting to trip an opponent
 - c. jumping at an opponent
 - d. charging violently or in a dangerous manner (including goalkeeper)
 - e. striking or attempting to strike an opponent
 - f. holding an opponent
 - g. pushing an opponent
 - h. handling the ball
 - i. slide tackles of any kind are illegal (except as noted in Rule VI. #4)
2. Any player committing any of the following offenses shall be penalized by an indirect free kick awarded to the offended team:
 - a. dangerous play
 - b. impeding
 - c. delaying the game – keeper has 5 seconds to get rid of the ball (Restart from the penalty mark by the appropriate team)
 - d. encroachment: not giving 10 ft. on a restart until the ball is played, or on a kick-in.
3. Players guilty of the above also may be cautioned by the referee
4. Any player receiving a yellow card must be substituted for and may not re-enter until 5 minutes had elapsed and there is a normal substitution situation. A minimum of 3 players must be on the field at all times.
5. Any player receiving a red card shall leave the field of play. The offending team shall play short handed for 5 minutes. After 5 minutes the team may substitute another player for the red-carded player. **The player receiving the red card shall not be allowed to participate in the current game or the next scheduled game.** A minimum of 3 players must be on the field at all times.

6. Coaches, assistant coaches and any bench personnel guilty of any of the above fouls, misconduct or offenses will be subject to the same penalty card restrictions and the offending team will also play short handed for 5 minutes.
7. Anyone involved in a fight, on or off the field, will be immediately expelled from further competition.
8. A minimum of 3 players must be on the field at all times during the game and at the conclusion of the game.

XIII. Penalty Kick

1. All players, except the player taking the penalty kick and the opposing goalkeeper, shall be outside the penalty area behind the penalty mark, but within the playing field until the ball travels forward. Time shall be extended for the purpose of taking the penalty kick.
2. Punishment for any infringement of this law:
 - a. by the defending team, the kick shall be taken again if a goal has not resulted
 - b. by the attacking team other than the player taking the kick, if a goal is scored, it shall be disallowed and the kick retaken.
 - c. by the player taking the penalty kick, committed after the ball is in play, a player of the opposing team shall take an indirect free kick from the spot where the infringement occurred.
 - d. goalkeeper movement shall be on the goal line per FIFA laws. If a goal is scored, it shall be deemed good; if a goal is not scored the referee shall award a second kick
3. In the event that penalty kicks (as per FIFA rule book) must be used to determine a league winner the following format will be used:
 - a. each team will select 5 players to kick. The players on the field at the conclusion of the 2nd overtime must be selected first to kick
 - b. teams will alternate kicks. First team to kick will be determined by a referee coin toss
 - c. if the score is still tied after kicks, teams will alternate kicks, one at a time until a winner is determined. All eligible players must be given an opportunity to kick before any player may have a second turn.
 - d. goalkeepers may be changed after any shot.

XIV. Kick-In

1. Any ball passing over the sideline, either in the air or on the ground, shall be put back into play by an indirect kick-in by the team not causing the ball to go out of the field of play.
2. The ball must be put into play within 5 seconds after the ball is placed at the point that the ball left the field of play. Goalkeepers may handle any kick-in that they receive from an opponent or their own team.
3. The offense shall be given approximately 6 feet by the defense in which to put the ball back into play. Persistent encroachment will result in a yellow card.
4. A bad kick-in (ball not entering into play) will result in a turn over allowing the opponents to put the ball into play from the point of the original restart.

XV. Goal Kick

When the whole ball passes over the endline and is last touched by an offensive player, it shall be put back into play by a goal kick from the defending team. The ball shall be placed anywhere in the penalty area and must travel outside the penalty area before the ball is in play. A goal may be scored directly from a goal kick provided the three line rule is not violated.

XVI. Corner Kicks

1. The ball will be placed on the sideline even with the front edge of the goal post.
2. The corner kick not entering into play; (opponents ball) goal kick or kick in per rule IX. 2d
3. All corner kicks are indirect

XVII. Goalkeeper Restrictions

1. The goalkeeper may handle the ball anytime according to the following:
 - a. players are allowed to directly pass the ball to their own goalkeeper
 - b. once the ball had been released from the goalkeepers hand to a teammate, the keeper may not handle the ball again.
 - c. Exceptions:
 1. ball touched by opposing team
 2. the ball passes over the half line
 - d. violation of the aforementioned rule shall result in an indirect kick being awarded to the opposing team from the point of infringement except within the penalty area; ball will be placed on the penalty mark.
2. Time Limitations: the keeper has 5 seconds to release the ball from within the penalty area once they have established control with their hands. Dribbling is not restricted.

XVIII. Discretionary Powers

1. The referee has the discretionary powers to stop, suspend or terminate the game whenever, by reason of the spectators, players, coaches, or parents, he/she deems such stoppage necessary.
2. The referee has the power to make judgments pertinent to the game on any of the rules not fully covered in the laws stated.
3. The soccer commissioner in charge shall have the authority to remove any person from the league for unsportsmanlike conduct. This authority shall be exercised only when the action in question is outside the referee's jurisdiction.

XIX. Point Scoring System

1. In the event of a forfeit, a score of 2-0 shall be awarded to the winning team.
2. Teams will receive 3 points for a win, 1 point for a tie, and 0 points for a loss
3. If 2 teams are in a tie for points following league play, the following tie-breakers will be used:
 - a. winner of most games
 - b. head to head competition
 - c. fewest goals allowed
 - d. most goals scored
4. Each team must supply a person to run the time clock and keep score.

XX. Coaches/Parents

All coaches are responsible for the conduct of their fans throughout the league. Abusive language and actions by spectators will not be tolerated. The referee has the power to verbally warn, caution, or eject the team coaches for the conduct of the spectators. Teams are only allowed no more than 2 coaches on the sidelines.

All communication with parents must go through Coaches. Coaches are responsible for notifying parents of schedules, rules, etc. Parents must relay questions/concerns to their Coaches, not Total Fitness.