

# Indoor Soccer Rules 2009/10

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**Unless otherwise explicitly stated in these rules, FIFA laws and decisions are always followed.**

1. All games are played in the Com Dev Indoor Soccer Park (745 Fountain St. N.)
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  - a) **u5 & u7 teams** will field 4 players (3 plus goalie). Each team will take part in a 25 minute practice session (where ALL players participate) followed by a 5 minute break. The second 25 minutes will be a game, using the Pugg Nets and a 'smaller field', with the coaches on the field as the game 'officials'. Standings/results will not be kept at u5 and u7.
  - b) **u9 & u11 teams** will field 7 players (6 plus goalie). A match may not start if either team has less than 6 players. Teams are given 5 minutes of grace past the scheduled kick-off to get 6 players. The game then begins as soon as the 6th player arrives.
  - c) **u14 teams** will field 6 players (5 plus goalie). A match may not start if either team has less than 5 players. Teams are given 5 minutes of grace past the scheduled kick-off to get 5 players. The game then begins as soon as the 5th player arrives.
  - d) **u18 teams** will field 5 players (4 plus goalie). A match may not start if either team has less than 4 players. Teams are given 5 minutes of grace past the scheduled kick-off to get 4 players. The game then begins as soon as the 4th player arrives.
3. The match lasts two equal periods of 25 minutes. The game clock will begin the 25 minute countdown on the hour/half hour, regardless if the team is ready. Games will also start whether or not the game official is present. Players are entitled to a 5 minute half-time interval, followed by another strictly timed (by the game clock) 25 minute half. All matches will conclude 5 minutes prior to the hour/half hour. For no reason whatsoever, will a game last longer than the allotted 55 minute time slot.
4. Once the half time/full time buzzer sounds, all play will come to an immediate stop (similar to the end of a hockey period).
5. A player must not use equipment or wear anything that is dangerous to himself / herself or another player. All casts or hard coverings must be adequately padded and approved by the referee. No **jewellery or jeans** are permitted on the field!
6. Player footwear must be appropriate for a turf field. Outdoor soccer cleats are preferred! No boots, metal studs or formal shoes.
7. **All players must wear shin guards.** Shin guards must be covered entirely by socks or pants.
8. The penalty area encompasses everything inside the penalty area.
9. The penalty spot is marked with a spot, inside the penalty area.
10. The field of play has four touchlines. Balls out of play on the sidelines will result in an indirect kick-in. **For kick-ins, the ball may be placed 1foot inside the line** (to compensate for space restrictions). Balls out of play on the goal lines will result in a goal-kick/corner kick.

11. Kick-offs can be played in any direction but may only be touched once by a single player. All opponents must be outside of the center circle.
12. The ball is out of play if it passes completely over one of the four touchlines.
13. All fouls will result in an indirect free kick. Direct kicks will not be awarded in indoor soccer (with the exception of a penalty shot).
14. Opponents must be at least **5 metres** away from the ball on free kicks. The only time defenders may be closer is if they are on their own goal line, between the posts.
15. If directly off a restart, the ball is kicked into the opponents' goal, a goal kick is awarded. If it is played directly into the players own goal, a corner kick is awarded to the opponents.
16. Penalty kicks are awarded against players who commit penal offences within their own penalty area. Penalty kicks are considered over once the kick has been taken and a goal is not scored (either saved or missed the net). The proper restart is a goal kick. All other players must be on the other side of the halfway line.
17. The goalkeeper **CAN** kick or throw the ball over half. They **CANNOT** score by throwing the ball into the opposing net.
18. Drop balls restart the game for any reason not mentioned elsewhere.
19. Substitutions are unlimited. They may occur at these stoppages: goal kicks, kick-offs, and throw-ins. They may not occur at corner kicks, penalty kicks, or free kicks. **Substitutions may also be made while the play is in progress.** Substitutes must remain on the team benches when not playing. They must remain within several yards of the bench at all times.
20. To replace a player with a substitute, the substitute must enter the field of play at the point where the player left and only when the player has completely left the field. Players must leave on their own half of the field.
21. For substituting a goalkeeper, the referee must be informed before the change and the change must occur at a goal kick or kick-off.
22. Players are not allowed to leave their feet to i. challenge for the ball (slide tackle) or ii. keep the ball in play. They are penalized in the same manner as a penal offence (either an indirect free kick or penalty kick depending on where the infraction occurred). Goalkeepers are permitted to slide when challenging for the ball but may not slide feet-first.
23. Players committing reckless fouls or moderate misconducts are shown a yellow card and penalized for two minutes. This includes the goalkeeper. Players committing fouls of excessive force or major misconducts are shown a red card and their team is penalized for five minutes. Another player must serve the 5-minute penalty. Players who receive red cards may take no further part in the match. In a 2-minute penalty, if a goal is scored by the non-penalized team, the player may return to the field.
24. There are no off sides.
25. WATER ONLY ON THE FIELD PLEASE (no other food or drink)!!