



**MOCKINGBIRD
VALLEY**

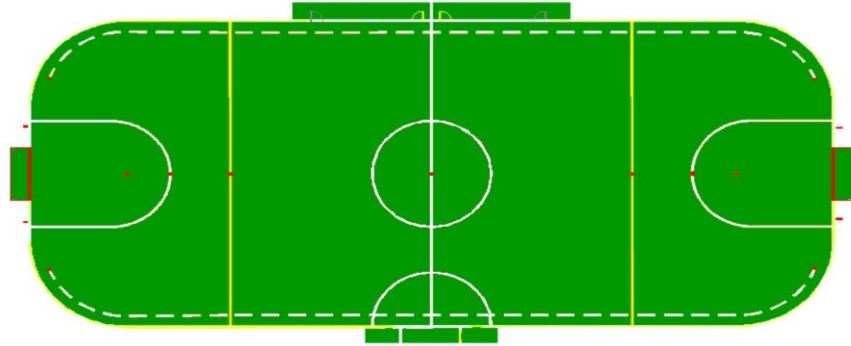
SOCCER CLUB

Playing Rules for Indoor Soccer

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Rule 1: The Field of Play



- **Marking:** The field of play shall be marked with distinctive white lines. The center of the field of play shall be indicated by a nine-inch (9") circular mark. A yellow/red line across the field fifty (50ft) from each goal line.
- **Penalty Area:** At each end of the field of play Penalty Areas are placed.
- **Penalty Kick Mark:** A nine-inch (9") mark within the penalty area.
- **Free Kick Mark:** A nine-inch (9") mark at the top of penalty area.
- **Corner Mark:** A Nine-inch (9") mark approximately 20ft from the inside of the nearest goal post

Rule 2: The Ball

Qualities and Measurements

The Ball is spherical, made of leather or other suitable material. The ball should be properly inflated to manufacturers specifications list on the ball.

The ball should be proper sized for the age group playing.

Size 3: Youth matches for 5-6 year olds

Size 4: Youth matches for 7-11 year olds

Size 5: Youth matches 12+ year olds, and for all matches – High school and adult

Rule 3: The Number of Players

Adult and High School:

A match is played by two teams, each consisting of not more than 6 players, one of whom is the goalkeeper.

Teams are required to field a minimum of 3 field players and a goalkeeper.

There is no maximum or minimum for bench players

Youth Matches Ages 7-13:

A match is played by two teams, each consisting of not more than 6 players, one of whom is the goalkeeper.

Teams are required to field a minimum of 3 field players and a goalkeeper.

There is no maximum or minimum for bench players

Youth Matches Ages 3 - 6:

A match is played by two teams, with players divided evenly and one to be goalkeeper.

Rule 4: Player Equipment

Safety: A player must not use equipment or wear anything which is dangerous to themselves or another player (including any kind of jewelry).

Basic Equipment:

Proper footwear – Cleats and sandals are not allowed.

Shinguards – Must covered entirely by the sock

Are made of rubber, plastic or a similar suitable material.

Provide a reasonable degree of protection

Jersey or Shirt – The goalkeeper are required to wear a different color than either team.

Rule 5: The Referee

The referee:

- Enforce the rules of the game
- Control the match in cooperation with 2nd referee
- Ensures that any ball used meets the requirement in Rule 2.
- Ensures that the players equipment meets the requirement in Rule 4.
- Acts as timekeeper and keeps record of the match
- Ensures that any player bleeding from a wound leaves the field and only return if the bleeding is stopped.
- Allows play to continue when a foul has been committed a team will benefit from the foul
- Never touch player in a confrontation with that player.

Referee Equipment:

- Whistle
- 2 minute blue, Yellow and Red Cards
- Black shorts
- Yellow, Red, Black, Blue or Green shirt (both referees to match and remained tucked in throughout match)
- Socks - Black with 3 white strips or Black with 2 strips

Rule 6: Game Duration and Timeouts

All adult and high school matches will consist of 2 equal halves of 24 minutes. The clock will not stop during match except under the following conditions:

- Timeout by either team: (1) One per team per match. The timeout can be used on a dead ball restart for their team and if the goal has legal possession of the ball.
- A goalkeeper change can be requested on a dead ball restart for their team.
- An injury requiring assistance and player is required to leave the field.

Youth Matches game duration:

- 4-6 year olds: (4) Four 5 minute quarters
- 7-16 year olds: (4) four 12 minute quarters.

Rule 7: Substitutions

Teams are allowed free substitution during the match except for goalkeepers.

Substitutions are valid under the following conditions:

- The substituting player must remain off the field until the player being substituted is within ten (10) feet of the exit to the field.
- Once the substitute enters the field of play, the player being substituted for is not allowed to interfere in active play.
- Players are only allowed to substitute one for one.
- Players are only allowed to enter and exit the field at their respective bench while substituting.
- Goalkeepers can only be substituted when the ball is out of play and the team substituting will be taking the restart or the ball in their possession.

Rule 8: The Start and Restart of Play

Kick-off

- At the start of the match
- After a goal has been scored
- At the start of the second half of the match
- At the start of each period of extra time.

A goal maybe scored directly from the kick-off.

Restart

- The ball hits the net on side of field. A kick-in is taken within 5 feet of where the ball hit the net.
- The Ball hits the netting above the field. The restart will be taken at the Red line white dot or Yellow line on the red dot.

- Three line violation: The restart will be a free kick taken by the opponent of the offending team at the Red line white dot or Yellow line at the red dot.
- Foul outside of a penalty area: the restart is taken by the team fouled at the spot of the foul.
- Foul inside the penalty area: If the foul occurs against a team in their defensive penalty area the restart will be at the top of the arc of the penalty area.
- Foul inside the penalty area: If the foul occurs against the attacking team in the opponent's penalty area the restart will be taken at then penalty mark within the penalty area.
- All other stoppages during play: This will include any stoppages for injury, misconduct away from the ball, or any other referee initiated stoppage. The restart will be a free kick for the team in possession of the ball. Exception is for a keeper change while in possession of the ball. The restart is a free kick on the mark at the top of the penalty area.
- All other incidents when the play has already been stopped the play will resume with the original stoppage restart.

Rule 9: The Ball In and Out of Play

The ball will be deemed out of play when:

- It completely crosses the goal line for a goal
- Touches the side or top net for out of bounds
- Passes through a hole in the net
- Touches an illegal object or player on the field
- When the referee indicates a stoppage of play with a whistle

The ball is in play at all other times.

Rule 11: Goalkeepers and Pass Backs

The goalkeeper will have use of their hands to play the ball within the penalty area. A goalkeeper can legally use his/her hands to play the ball if the ball was last touched by an opponent or the ball was played back to the goalkeeper by a teammate after gaining possession inside the red or yellow line.

Rule 12: The Method of Scoring

A goal is scored when the ball completely over the opponents goal line.

Note: Suggested to cap the scoreboard scoring around +9 or +10 goals for a team

Rule 13: Fouls and Misconduct

A foul occurs if a player does any of the following:

- Holds an opponent
- Deliberately handles the ball
- Slide tackles
- PLEASE NOTE

Due to the widespread restrictions on slide tackling and the potentially dangerous nature of the tactic in proximity to the boards or players, slide tackling or sliding to play the ball whether you are near an opponent or another player is not permitted! Referees will use discretion for normal goalkeeper play within the penalty area. Note: A player is not allowed to play the ball when one or either knee is touching the turf.

- Kicks an opponent
- Trips an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes an opponent
- Pushes an opponent

All fouls listed above are direct free kicks from the location of the foul only exception is in the penalty area. The restart is at the penalty mark if the foul was committed by the defending team.

- Commits an Unsporting Behavior act to include:
Dissent, Encroachment, or other actions that do not warrant another category of offenses
- Plays in a dangerous manner
- Obstructs an opponent
- Prevents the goalkeeper from releasing the ball

The restart for an Unsporting Behavior Act and above fouls in the penalty area if committed by a defender the restart will be taken at the mark at the top of the penalty area.

Dangerous Play Defined:

Players will be penalized for dangerous play for any action that puts themselves or others at risk of injury. This includes high kicks, lowering their head below reasonable level during a play while other players are present, and attempting to play the ball while laying on the ground and other players are present and the referee deems it can be dangerous.

Rule 14: Cards and Time Penalties

- Blue Card: Player leaves the field for 2 minutes penalty
- Yellow Card: Player leaves field for 4 minute penalty
- Red Card: Player must leave the facility team is assessed 5 minutes

Blue Card issued for the following offenses:

- Too many players on the field(see substitution rule)
- Persistent Infringement (PI) – PI occurs when a player repeatedly commits foul after foul on the opposing team.
- Boarding
- Slide Tackles
- Unsporting Behavior – Dissent, encroachment or other actions that do not warrant another category of offense.
- Careless, reckless play or excessive force
- Goalkeeper Endangerment
- Deliberate handling the ball
- Delay of Game
- Deliberate fouling of the attacking player by the last defender
- Leaving the bench area to enter the field illegally

Yellow Card shall be issued for the following offenses:

- Taunting
- A 2nd blue Card
- Provoking an Altercation
- Flagrant fouls

Red Card shall be issued for the following offenses:

- Striking another player
- Spitting on another player
- A blue or yellow card after already receiving a yellow
- Fighting
- Vicious slide tackling
- Bodily Contact
- Leaving the bench area during an altercation.

Red cards are always considered HARD PENALTIES and the time must be served full by the offending team. If a player refuses to leave the facility the game will be terminated and the offending team will forfeit the game.

A penalty kick is the only reason that time will be extended past the allocated time of the match.

Rule 15: Penalty Kicks

A penalty kick is awarded against a team which commits one the 9 offenses for which a direct free kick is awarded inside its own penalty area and while the ball is in play.

Procedure

- The player taking the penalty kick must be properly identified
- The ball must be placed on the penalty mark
- The goalkeeper must remain on his goal line, facing the kicker
- All other players must be on or behind the red/yellow line until the kick has been taken.

Infringements

- If the keeper moves forward before the kick is taken and the ball goes into the goal: A goal is awarded, restart with Kick-off
- If the keeper moves forward before the kick is taken and the ball goes does not go into the goal: Stop play and retake the kick.
- If the keeper does not move forward, and an attacking player crossed the red/yellow line before the kick is taken and the ball does not go into the goal. Stop play, and award a free kick for the defending team from point of encroachment by the attacking player.
- If the keeper does not move forward, and defending player crossed the red/yellow line before the kick is taken and the ball does not go into the goal. Stop play, and award a free kick for the attacking player
- If the keeper does not move forward before the kick is taken and the ball goes into the goal and a defending player crosses the red/yellow line: A goal is awarded, restart with Kick-off

Rule 16: Match Conclusion and Tiebreakers

The match is considered concluded when the scoreboard clock reaches zero time. All regular league games and youth games will end in a tie with no zero overtime.