

Indoor Soccer

Play is governed by the basic concepts of FIFA Futsal and US Indoor Soccer, with the following modifications:

I. AREA OF PLAY

- A. All Indoor Soccer matches will be played on the Multi-Activity Courts.
- B. The active playing area is designated as the entire court surface within the walled perimeter.
- C. Defined Areas:
 - 1. Goal: the recessed area at the end of each court
 - 2. Goal Area: the area in front of each goal, marked with white boundaries.
 - 3. Penalty Area: the full area, closest to the goal, inside the court perimeter.

B. Game Timing

1. The game will consist of two 20-minute halves with a running clock.
2. The clock will not stop for any reason unless directed by the Official.
3. There will be three (3) minutes between halves (goalies change ends).
4. There will be two (2) 60-second time-outs per game (team possession is required).
5. Overtime
 - a. Regular season games will not have an overtime period, where tied games will remain a tie.
 - b. Overtime periods during tournament play
 1. There will be one four (4) minute period with regular timing rules. If the game remains tied after the overtime period, the final stage will be alternating penalty kicks.
 2. Alternating Penalty Kick Shootout
 1. The designated visiting team will kick first during penalty kicks. This designation will not change during the shootout.
 2. For Co-Rec games
 1. Players must alternate male/female.
 2. A team will be allowed to kick male-male only if the entirety of the roster has been used.
 3. Only the first three rounds will be attempted, represented by three shots by each team. Additional rounds will be performed if the game remains tied at the conclusion of the first round.
 4. The shootout will be concluded when one team's score exceeds the other team's score at the end of the first three rounds, or during any additional the round without an equal score by the opposing team during the same round.
 5. The final score for the winning team will be one (1) goal plus the original score at the end of timed play.
6. Regulation game time shall be extended to permit a penalty kick being taken at or after the expiration of the normal period in either half or overtime.
7. Ball in Flight
 - a. A ball in flight at the call of half or full time will immediately be considered dead. All goals must be scored before the call of half or full time.

V. SCORING

- A. Each goal counts as one (1) goal. A goal is scored when the whole ball passes over the goal line, between the goalposts and under the crossbar. Regular goal scoring will apply to all players for all leagues.
- B. A ball may be kicked, headed, or deflected with any other part of the body other than the hands or arms through the opponent's goal.
- C. Mercy Rule: If any team gains a point differential matching the outlined criteria, the game will be ended
 1. Ten (10) goals with 10-minutes remaining in game
 2. Eight (8) goals with 5-minutes remaining in game
 3. Five (5) goals with 2-minutes remaining in game

VI. START AND RESTART OF PLAY

- A. Kickoff:
 1. A kickoff shall take place at the beginning of the game, the second half, overtime, and after each goal.
 2. For a legal kickoff, the ball must be intentionally moved by the foot from a stationary position, in any direction, and must be played by another player before the original kicker can play the ball.
 3. The defensive team must be two (2) yards away from the ball, outside the circle (if provided) until the ball is kicked.
 4. Each team must be on their own half of the field before the officials will whistle for the kickoff.
 5. To start:
 - a. The match captains will rock-paper-scissors to choose who gets first possession.

- b. This process will be repeated for overtime during playoffs.

B. Dropped Ball

1. If, while the ball is still in play, the referees are required to stop play temporarily and there was no clear possession of the ball at that time, the game will resume with a drop ball. If play was stopped while the ball was in the penalty area, the drop ball will occur at the point on the Penalty Area line closest to where the stoppage occurred.
2. Play begins when the ball touches the ground.
3. Only one player from each team will compete in the drop ball. All other players must be five (5) yards away.

C. Free Kicks

1. Any member of the offensive team may take a free kick.
2. The ball may be played in any direction after the free kick is awarded.
3. Defensive Play
 - a. All members of the opposing team must be at least five (5) yards away from the ball.
 - b. Women may protect the chest only on free kicks
 - c. Men may protect their groin only on free kicks
 - d. The protection cannot be used as an advantage on any free kick
4. Direct Kick: A goal may be scored on this kick and will be given to an offended team after a foul.
5. Penalty Kick: A penalty-kick results whenever a direct free kick is awarded to the offensive team inside the penalty area regardless of where the ball is in play.
6. Indirect Kick: A goal may not be scored on this kick unless the ball is touched or deflected by any player before going through the goal.

VII. BALL IN & OUT OF PLAY

- A. All kicks as a result of the ball exiting play will restart as an Indirect Kick.

B. Free Kick

1. Any time the ball leaves the field and touches the side netting or ceiling, or enters a team's dug-out, the team not causing the ball to leave the field will receive a free kick.
2. The free kick must be completed in one motion.
3. The free kick will happen at the nearest spot outside of the three point basketball arc from where it became out.
4. If the out of play spot is near the sideline the kick can be moved five(5) feet from the side wall

C. Goal Kick

1. When the ball hits the back netting behind the goals or goes off out of the court behind the goals, then a goal kick will be called and awarded to the defending team.
2. The goal kick may be taken by any player on the team.

VIII. VIOLATIONS & FOULS

- A. The following offenses are penalized by a Direct Free Kick at the point of the foul:

1. Touching the ball with hands or arms, except as goalkeeper in the goal area.
2. Holding, punching, hitting, kicking or tripping an opponent.
3. Placing the hands or arms on an opponent in an effort to reach the ball.
4. Slide tackling/Charging an opponent.
5. Flagrant, dangerous play (pushing/running players into the boards)

- B. The following offenses are penalized as an Indirect Free Kick:

1. Playing the ball a second time before being touched by another player during any free kick.
2. Interfering with the goalkeeper when he is attempting to clear the ball.
3. Non-flagrant, dangerous play (high kicking, low heading)
4. The goalkeeper handling a directly passed ball kicked by a teammate.
5. Obstruction

**No advantage will be played in the case of a foul. The ball will become dead and a free kick will take place at the spot of the foul. **

- C. Cautions, Ejections, & Forfeitures

1. A yellow card (caution) may be issued at any time when warranted, at the official's discretion. Verbal warnings or cautions are not necessary for a yellow card.
2. Player Ejection

- a. Any player receiving two yellow cards or one red card will be ejected from the game.
 - b. This player's team will continue one player short for the remainder of the game.
 - c. Violent conduct will result in an ejection (red card).
3. Game Forfeit
- a. Any game forfeited will result in a score of 10 goals, or the current goal total if higher, and 0 goals for the losing team.
 - b. The game will be forfeited if
 - 1. Any team has two or more player ejections
 - 2. Any team receives four yellow cards
 - 3. Any team receives a red card and two additional yellow cards
4. Slide Tackling:
- a. If a player attempts to slide tackle towards an opponent, then that player will be ejected without caution.
 - b. If a player slips and initiates contact while attempting to defend against another player, they may be cautioned by the Official (Official's Discretion).
 - c. Any player, other than the Goal Keeper, intentionally playing the ball while lying on the ground (or otherwise not in a standing position) will cause play to stop for dangerous