

2021 YOUTH INDOOR SOCCER RULES

Program Philosophy

The Green River Parks and Recreation Youth Soccer Program was created to fulfill the recreational needs of the youth in the community. The major objectives of this program are equal participation, skill development, sportsmanship, and fun. Records of wins and losses are not kept in this league.

Participation

Each participant is required to play an equal amount of time, no matter the skill level of the player. Exceptions to this rule are if a player gets hurt or sick, player demonstrates bad sportsmanship, or if a player requests to be taken out of the game.

RULES

No Heading Rule: Heading of the ball is not allowed in any age group. The player will be warned and the other team will receive an indirect kick at the spot of the infraction.

Preschool/Kindergarten Special Rules

1. All fouls result in an Indirect Free Kick with the opponents 5 feet away.
2. No penalty kicks are taken.
3. Teams will defend the same goal the entire game. Teams will not change ends of the field in the third quarter.

Flooring Rule (No Offside)

There is no offside in Indoor Soccer. The flooring rule is in effect here, as follows:

When the Goalie distributes the ball from their half of the court either by punting, rolling, or throwing, it must touch the floor in the front court, another player, or a wall before crossing the half court line.

Flooring rule is in effect if a goalie gains control of the ball with their hands, sets the ball on the floor, and kicks the ball (ball must touch the floor in the front court, another player, or rebound off the wall before crossing half-court).

NOTE: The ball can cross the half court line without touching the floor in the front court, another player, or wall if the Goalie kicks the ball directly instead of throwing, rolling, or punting the ball, and does not touch the ball with his/her hands.

Penalty: Indirect free kick at the point where the ball crossed the half court line.

No Throw-Ins

There are no throw-ins for Indoor Soccer. Ball is put back in play by kicking it in.

1. When the ball goes out of play between the back of the goal net and the wall:
 - a) An indirect corner kick is taken by the attacking team if the defending team last kicked or touched the ball. Corner kicks are taken from the nearest corner of the court.
 - b) An indirect goal kick is taken by the defending team if the attacking team last kicked or touched the ball. Goal kicks are taken from any point along an imaginary line 5 feet in front of the goal mouth. The flooring rule is not in effect during a goal kick. Any player can take the goal kick.
2. The ball is out of bounds when it lands in the spectator area, comes in contact with the ceiling or light fixtures, or travels out of the court area. An indirect kick is awarded to the other team. If the ball is knocked back into play by a spectator, the referee may let the teams play the ball if there is no advantage given to either team.

Protection of the Goalie

When the goalie is attempting to pick up the ball, opposing players are not allowed to kick the ball. PENALTY: If a goal is scored due to this infraction, the goal is canceled. A goal kick is taken by the defending team on all occurrences of this infraction.

No Slide Tackles

To prevent serious injuries, a no slide tackle rule is in effect for all ages.

1. A slide tackle is defined as when a defender slides on the ground and attempts to take the ball away from the ball handler.
2. Slide tackle violations **will result in a yellow card offense** and will be a direct free kick. If a slide tackle occurs in the penalty area, a penalty kick is awarded (except in Preschool/Kindergarten)

Player Equipment

1. **Shin guards are mandatory for all players to participate in the game.** If a player does not have their shin guards, the Parks and Recreation Department will provide shin guards for that player to borrow for the game. Long socks or sweats should be worn to cover the shin guards to prevent injury to other players.
2. Uniforms consist of the reversible blue/white shirt purchased at the Green River Recreation Center, and any color shorts or sweats provided by the player.
3. No jewelry of any kind is allowed. Watches, rings, necklaces, and earrings will have to be removed before the participant is allowed to play.
4. Rubber bands, soft hair ties or headbands can be worn.
5. Water bottles are strongly recommended for practices and games.

Number of Players on the Court

Number of players on a team is six (this includes one goalie). Teams may play with four players or borrow players from other team.

Officials

1. One center referee is responsible for officiating the game. The referee shall have total jurisdiction before, during, and after the game. All decisions are final.
2. The referee will keep record of the time and goals scored.

Duration of the Game

1. Preschool/Kindergarten: Four 8 minute quarters.
2. 1st/2nd Grade: Four 8 minute quarters.
3. 3rd-6th Grades: Four 10 minute quarters.
4. Interval between 1st and 2nd quarter and 3rd and 4th quarter shall not exceed 2 minutes.
5. **Interval between 2nd and 3rd quarter shall not exceed 2 minutes.**
6. There are no time-outs unless the referee stops the game.

Home Team/ Away Team

1. The team listed first on the schedule, is the Home Team. The Home Team shall wear the white shirt.

Start and Restart of Play

Kick-off

1. Each quarter shall begin with a kick off at the center of the court on the referee's signal. Start of play after a goal will also begin in this manner.
2. On the kick-off, all players must be in their own halves of the court, and players on the team not kicking off are at least ten feet from the ball until the ball is kicked.

3. **During a kick-off, the ball can travel forward or backward.** No certain distance is required.
4. The player kicking off must not play the ball again until it has been touched or played by another player (either team). Penalty: Indirect Free Kick.
5. The kick-off is an indirect free kick. A goal can not be scored from a kick off.
6. The Home Team (wearing white) will kick off to start the game. Teams alternate kick offs each quarter.
7. Restart after a Goal: The team scored against kicks off after a goal is scored.

Dropped Ball

1. A drop ball occurs after a temporary suspension of play (referee unsure of possession, injury, opponents kick the ball out of bounds at the same time).
2. A drop ball must hit the ground before it can be played.
3. A goal can not be scored from a dropped ball.

Scoring

1. The ball must cross the goal line entirely and must pass under the crossbar between the posts of the goal.

Direct Free Kick

1. A goal may be scored by kicking the ball directly into the opponent's goal, without the ball touching a player other than the kicker.
2. If the ball does touch another player before going into either goal, it is also a valid score.
3. Direct free kick is given for penal fouls.

Indirect Free Kick

1. A goal may be scored only if the ball touches or is played by one or more players (either team) after it is kicked into play and before it enters either goal.
2. The referee signals an Indirect Free Kick by putting one arm straight up and holding it up until the ball touches or is played by another player (either team), or until the ball goes out of play.
3. Indirect free kicks are awarded for non-penal fouls.

Penal (Direct Free Kick) Fouls

1. Kicking or attempting to kick an opponent
2. Tripping or attempting to trip an opponent
3. Jumping at an opponent (whether or not contact is made)
4. Charging an opponent
5. Striking (hitting) or attempting to strike (hit) an opponent
6. Pushing an opponent
7. Slide tackling an opponent
8. Holding an opponent
9. Spitting at an opponent (this is also a Red Card Offense and player must leave game)
10. Deliberately handling the ball, except by a goalkeeper within his or her own penalty area. Handling the ball is when a player touches the ball with any part of the hand or arm while *intending to control the ball*. The referee should not call the 'hand ball' foul if a player: a) is not trying to control the ball
b) is instinctively protecting himself or herself from injury.

Non-Penal (Indirect Free Kick) Fouls

Non-Penal Fouls That Apply to All Players

1. Dangerous play. Examples of dangerous play are trying to head a low ball that an opponent is about to kick, or trying to kick a high ball that an opponent is about to head.
2. Impeding the progress of an opponent. It is illegal for a player to move into the path of an opponent to block the opponent's movement.
3. Preventing the goalie from releasing the ball from his or her hands.

Non-Penal Fouls that Apply to Goalkeeper

1. Violation of the Flooring Rule
2. Taking more than 6 seconds while controlling the ball with the hands before releasing it from his or her possession. The goalkeeper may take as many steps as he or she wishes during these 6 seconds.
3. Touching the ball with the hands after it is deliberately kicked by a teammate to the goalie.
4. Touching the ball with the hands after releasing it from his or her possession, without it having touched another player. Possession includes deliberately handling the ball, it does not include the ball rebounding from a save.

Non-Penal Fouls Committed by Defending Team within their own Penalty Area

1. If the defending team commits a non-penal foul within their penalty area, the indirect free kick is placed at the nearest point outside the penalty area.

Penalty Kick

1. Taken when penal foul occurs in defensive penalty area.
2. All players must be outside penalty area, except the kicker and the goalkeeper.
3. If offensive team encroaches into the penalty area before the kick is taken, the goal is not counted.
4. If defensive team encroaches into the penalty area before the kick is taken and no goal is scored, a re-kick will occur.
5. The defending goalie must remain on the goal line, between the goalposts, facing the kicker, until the ball is kicked. The goalie may move laterally along the goal line. If the goalie moves off the goal line before the ball is kicked and the shot does not score, the Penalty Kick is retaken.
6. Administered at the top of the 3 point basketball line for 3rd-6th Grades, and one foot above penalty box or 1st/2nd Grades.

Penalty Area

The penalty area for 3rd-6th Grade Indoor Soccer is the area within the 3 point basketball line. The penalty area for 1st-2nd Grade Indoor Soccer is designated with floor tape.

Misconduct (Yellow Card & Red Card Infractions)

Yellow Card Infractions Include:

1. Unsporting behavior. Blatant holding or pushing, and hard fouls.
2. Arguing with the official
3. Continually breaking the rules
4. Delaying the restart of play
5. Failing to respect the required distance at a corner kick or free kick
6. Violating the no slide tackling rule

A player or coach that receives a Yellow Card is still allowed to remain in the game. ***A second yellow card infraction that occurs in the same game carries the same penalty as a Red Card Offense (the player or coach must leave the game).***

Red Card Infractions Include:

1. Serious Foul Play. This includes penal fouls where intentional violence is used when competing for the ball against an opponent. Serious foul play can occur only when the ball is in play.
2. Violent conduct, such as maliciously kicking or hitting anyone. Can occur with the ball in or out of play.
3. Spitting at anyone
4. Using offensive, insulting or abusive language and/or gestures
5. Receiving a second yellow card in the same game

A player or coach that receives a Red Card must leave the game. A team is not allowed to replace a player that receives a Red Card.

Restarting Play after a Misconduct Infraction

If the ball is in play and referee stops play to caution or send off a player, the opposing team restarts play with:

1. An indirect free kick if the offense did not include a penal foul.
2. A direct kick or penalty kick, as appropriate, if the offense did include a penal foul.
3. The referee may warn, caution or send off a player who is guilty of misconduct occurring while the ball is out of play, but the referee may not give a free kick for that misconduct. The restart is the same as though the misconduct had not occurred.

Communicable Disease Procedure

1. If excessive bleeding occurs, play will be stopped and the player will be substituted for.
2. If uniform is contaminated with blood, it must be changed before the player is allowed to return.