

THE OFFICIAL RULES OF INDOOR SOCCER

Modified for the use of VA Legacy Indoor League

Youth and Amateur Edition (2004)

FIFA RULES APPLY EXCEPT WHERE MODIFIED BELOW

Abridged: For Players and Spectators

Rule 1 - The Field Of Play

The Field of play is 180 X 80 Feet

Rule 2 - The Ball

The ball is size 4 for U12 and below and size 5 for U13 and up.

Rule 3 - The Players

Number: Teams U12 and below shall have no fewer than 5 or more than 7 players on the field at a time, including a goalkeeper. For U13 and above, no fewer than 4 or more than 6 are allowed. During an Overtime Period, neither team shall play with more than the minimum provided.

Substitutions: Each team may substitute players freely; provided that (a) Players must substitute off the field of play (player being subbed must leave the field of play before substitute enters). (b) Substitution must be done at such a time that the ball is away from the team bench. (c) No substitutions are allowed during the first 3 attempts of penalty kicks. (d) The substitution does not interfere with the progress of play (i.e. substitute enters the field when play is in front of where he/she is entering) (e) The team substituting does not gain unfair advantage from the substitution being made (i.e. the player coming on, enters while his/her team is attacking, and the player coming off is doing so from a defensive position...this gives the substituting team an extra player on offense, because the defensive player was too tired to make the run on the attack).

Substitutions: Each team may substitute players freely; provided that (a) players must substitute off the field of play or within the Touch Line in the area of their Team Bench and (b) no substitutions are allowed during the first 3 attempts of penalty kicks.

Rule 4 - The Players' Equipment

Players wear their team's uniform, consisting of the same colors, shin guards, and indoor footwear. Jewelry and other accessories are prohibited. The Goalkeeper wears jersey colors distinguished from all other field players and from the Referees.

Copyright 2004 by United States Indoor Soccer Association. To obtain a legal copy or use, please e-mail admin@usindoor.com for permission and include the purpose of your request, along with your facility name and title.

Flat-soled shoes are required. Turf shoes may be used on the turf. However, they may not be used on the sport court surface.

Rule 5 - The Referee

The decisions of the Referee regarding facts connected with play and interpretations of the Rules are final.

Rule 6 - The Duration of the Game

A regulation game consists of two Halves, with duration according to “house rules” and the following:

- a) *Running Clock*: Except in the case of an unusual delay, determined by the Referee, the Game Clock counts down continuously through each Half or Overtime Period.
- (b) Games are 48 minutes in length (24 minute halves). Half times will be 1 minute in length

Rule 7 - The Start and Restart of Play

A **Kickoff** from the Center Mark starts play at the beginning of each Half and after every goal. A player who starts play may not again play the ball until it touches another player.

The Home Team takes the Kickoff for the First Half Kickoff and any Overtime Period, and the Visiting Team takes the Kickoff for the Second Half. The Referee designates the teams’ defensive ends, according to “house rules.”

Restarts take place by either a Kickoff, Free Kick, Goalkeeper Throw-In, or Dropped Ball. Other than for Kickoffs or as provided below, Restarts occur within three feet (3') from the spot of the ball at the moment of stoppage.

A team receives a **Free Kick** after stoppages other than when a Dropped Ball or Goalkeeper Throw-In is required. Before the team takes the Free Kick, the ball must be stationary. All opposing players are at least 15 feet from the spot of the Free Kick (or, if within 15 feet of the opponent's Goal, along the Goal Line). The spot of the Free Kick is that provided above, except:

- (a) *Within Own Penalty Arch*: from any spot therein.
- (b) *Within Opponent's Penalty Arch*: at the Free Kick Mark ("Top of the Arch").
- (c) *Delayed Penalty*: (i) according to the ensuing stoppage, as normally administered, or (ii) in case the defending team obtains possession of the ball during play, at the spot of the original offense. (See unabridged Rules where the original offense would have resulted in a Shootout.)
- (d) *Kick-In*: 1 yard from the spot where the ball crossed over the Perimeter Wall.
- (e) *Three Line Violation*: from the offending team’s restart mark.

(f) *Superstructure Violation*: from the nearer Restart Mark.

(See unabridged Rules for additional exceptions.)

(f) *Curtain line*: When the ball strikes the curtain line above the field a free kick is awarded to the opposing team directly below the spot where the line was hit.

If neither team has clear possession of the ball at a stoppage, the Referee restarts play with a **Dropped Ball**. A Dropped Ball caused while the ball is inside a Penalty Arch takes place at the top of the arc.

Play restarts with a **Goalkeeper Throw-in** anywhere within the Penalty Arch after an attacking player has last touched the ball before crossing an end perimeter wall.

Rule 8 - The Ball In And Out Of Play

A **Three line Violation** occurs when a player propels the ball in the air across the two Red Lines and the halfway line towards the opponents goal without touching the Perimeter wall, another player or a Referee on the field of play.

A **Superstructure Violation** occurs when the ball contacts any part of the building above the field of play or the ball leaves the field of play over the net (with the exception of the players boxes). *This will result in a 2 minute blue card violation.*

Rule 9 - The Method of Scoring

A team scores a goal when the whole of the ball legally passes over the Goal Line. A goal may be scored directly from a Kickoff or Restart.

Rule 10 - Fouls and Other Violations

A **Foul** occurs if a player:

- (a) Holds an opponent;
- (b) Handles the ball (except by the Goalkeeper within his Penalty Box/Arch);
- (c) Plays in a dangerous manner;
- (d) Slide tackles;
- (e) Impedes the progress of an opponent ("Obstruction"), or
- (f) Prevents the Goalkeeper from releasing the ball from his hands;

and when a player commits the following in a manner that the Referee considers careless, serious, reckless, or involving excessive force:

- (a) Kicks an opponent;
- (b) Trips an opponent;
- (c) Jumps at an opponent;

Copyright 2004 by United States Indoor Soccer Association. To obtain a legal copy or use, please e-mail admin@usindoor.com for permission and include the purpose of your request, along with your facility name and title.

- (d) Charges an opponent;
- (e) Strikes or elbows an opponent; or
- (f) Pushes an opponent.

Unsporting Behavior: A Free Kick results for the following offenses:

- (a) Leverage: Using the body of a teammate or any part of the field to gain an advantage;
- (b) Encroachment: Entering the protected area of an opposing player taking a Free Kick (after initial Warning);
- (c) Dissent: (i) Referee Abuse; (ii) Breach of Penalty Area Decorum; (iii) Entering the Referee Crease without permission;
- (d) Other: Behavior which, in the Referee's discretion, does not warrant another category of penalty (*e.g.*, taunting, foul language.)

Goalkeeper Violations: The opposing team receives a Free Kick for the following violations by a Goalkeeper:

- (a) *Illegal Handling:* Bringing the ball from outside of the Penalty Box/Arch to his hand within it, or receiving the ball again after a Goalkeeper Distribution without the ball's having first touched another player (*e.g.*, no drop-kicking or bouncing the ball);
- (b) *Pass Back:* Handling the ball, having been passed deliberately and directly to him by a teammate; except that he may handle a ball which a teammate passes to him by the head, chest, or knee and without "trickery" (the use of a wall or foot to flick the ball to a head, chest, or knee before making the pass);
- (c) *5-Seconds:* Controlling the ball with either his hand or foot inside of his Penalty Arch for over five (5) seconds.
- (d) Goalkeeper may not punt or drop kick the ball. No Two Bounce Rule! Goalkeeper may not let the ball bounce twice and then punt it. This is considered a drop kick.
- (e) Goalkeeper may not throw the ball past the third line in the air. It must hit the ground first. The result will be a three line violation.

Team Violations: The Referee issues a Team Penalty for the following violations by a team or unidentified person:

- (a) *Leaving Team Bench:* Players leave a Team Bench to join a fracas or confrontation with the opposition or a Game Official;
- (b) *Bench Dissent:* After an initial "Warning," one or more unidentifiable players verbally abuse the Referee.
- (c) *Other:* Unsporting Behavior, which, in the Referee's discretion, does not warrant another category of penalty.
- (c) No spectators allowed behind players benches. Coaches and players only!!!
- (d) Open doors in front of players box will result in a 2 minute penalty for occupying team (after initial Warning)

Advantage Rule: The Referee allows play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from an existing offensive advantage.

Flagrant Fouls: A Penalty kick is awarded for the following Fouls committed by a defender:

- (a) A Foul within the Penalty Arch or Goal for which he receives a Time Penalty;
- (b) A Foul from behind against an attacking player, having control of the ball and one or no defensive players between himself and the Goal; and
- (c) Any Foul where he or she is the last player on the team between the attacking player with the ball and the Goal.

Blue Card Offenses: Unless otherwise provided below, the Referee issues a Blue Card for serious Fouls and for:

- (a) Deliberate Handball or Handball by a Goalkeeper;
- (b) Goalkeeper Endangerment;
- (c) Boarding;
- (d) Unsporting Behavior by a player; and
- (e) Team Violations.

Cautionable Offenses: The Referee issues a Yellow Card for reckless Fouls and offenses described directly above, and for the following:

- (a) Second Blue Card;
- (b) Unsporting Behavior by any non-player personnel;
- (c) Provoking Altercation: Making physical contact with an opponent (e.g., pushing or poking), short of fighting, or using the ball in so doing.

Ejectionable Offenses: A person receives a Red Card for Fouls and offenses described directly above, which the Referee considers violent or use of excessive force, and for:

- (a) Third-Time Penalty;
- (b) Elbowing: Intentionally elbowing an opponent above the shoulder;
- (c) Vicious Slide Tackling: A tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him;
- (d) Fighting;
- (e) Leaving Team Bench or Penalty Area to engage in a fracas or confrontation with the opposition or a Game Official;
- (f) Extreme Unsporting Behavior: Committing particularly despicable behavior, including:
 - (i) Spitting at an opponent or any other person;
 - (ii) Persistent use of extremely abusive language or behavior toward a Game

Official;

- (iii) Bodily contact with a Game Official in dissent.

Rule 11 - Time Penalties

The following penalties apply to offenses for which a Card is issued (subject to further action by the Administrative Authority):

- (a) Blue Card: 2-minutes (i.e., in the Penalty Area)
- (b) Yellow Card: 2-minutes for a second carded offense and 4-minutes (2 + 2) for a straight Yellow;
- (c) Red Card: 2-minutes (for accumulation) or 5-minutes (other), plus ejection.

Players are designated by their teams to serve Time Penalties of their team, their Goalkeeper, non-player personnel, and of teammates who receive Red Cards. Otherwise, the person who commits a carded offense serves the penalty. Players serving Time Penalties serve their Time Penalties, seated, until their expiration and the Referee permits their release.

Short-Handed Play: For each Time Penalty being served by a player, his team plays with one fewer field player until its expiration; provided that a team may not have fewer than the minimum required, regardless of the number serving Time Penalties. Should a player receive a Time Penalty, while two or more teammates are already in the Penalty Area, his team continues to play with the minimum while he joins his teammates in the Area.

Exceptions: Under the following circumstances, Time Penalties either expire prior to their completed countdown, or have the beginning of their countdowns delayed:

- (a) *Powerplay Goal:* If a team is scored upon having fewer players on the field of play, due to one or more players serving Time Penalties, a player from the team is released from the Penalty Area into the field of play, unless otherwise prohibited, and the player's Penalty or Penalties are wiped out. If the team has two players in the Penalty Area, only the player whose Time Penalty or Penalties are recorded earlier is affected.
- (b) *Multiple Penalties:* If two teammates are serving Time Penalties when another teammate is penalized, his Time Penalty does not begin to count down until at least one of the teammates' Time Penalties has expired and his Time Penalty is next to begin.
- (c) *Simultaneous Ejections:* When two simultaneous Red Cards carrying the same Time Penalties are assessed to opposing players, their Time Penalties are not served.
- (d) *Maximum Time Penalty:* No player may receive more than 5 minutes for penalties arising at the same time on the Game Clock, irrespective of the number or nature of accumulated offenses or the fact that one or more teammates may be designated to serve such time.
- (e) *End of Game:* All Time Penalties carry over between periods and expire at the end of the game.

Delayed Penalty: In instances where the Referee would issue a Blue Card or a Yellow Card, but for the Advantage Rule, he acknowledges the offense by holding the Card above his head until the earlier to occur of the following:

- (a) *Opponent's Possession:* The team of the offending player gains control of the ball;
- (b) *Stoppage:* The Referee stops play for any reason.

Once play is stopped, the offense is recorded and assessed, as customary. In the event of a powerplay goal, the Time Penalty is not served and the provisions above regarding early release from the Penalty Area remain applicable.

Rule 12 – Point System

- (a) Point system is in affect: Win = 3 points Tie = 1 point Loss = 0 points. No Bonus Points
- (b) Blowout Rule – this rule is implemented when there is an eight goal differential. Game will be recorded as is. Game will continue but goals will not be recorded.

Rule 12 - Penalty Kicks

Penalty Kick:

- (a) The ball is placed at the top of the arc of the goal box;
- (b) The Goalkeeper has at least one foot on his Goal Line until the ball is in play; and
- (c) The player taking the Penalty Kick may not touch the ball a second time until after the ball has been touched by another player. The play stops if a goal is scored or the ball touches the net or leaves the field of play.