

INDOOR SOCCER RULE BOOK

**SportsZone: Indoor Soccer General Guidelines**

**Any rule not addressed below will default to U.S. Indoor Rules.**

**Mission Statement**

Thank you or choosing the SportsZone as your indoor soccer league. Our mission is to foster a family friendly environment where teams can experience an enjoyable and competitive recreational league. The SportsZone has a zero tolerance policy towards intentional aggressive play, fighting, or verbal abuse from any party on or off the field. Such actions will result in removal from the facility and further review by SportsZone management. The SportsZone expects all teams, players, coaches, and parents to conduct themselves in a positive manner. Individuals who willfully taunt or physically abuse any other individual within the facility will be addressed by management. Our expectation is for teams to come and enjoy all their games while being respectful of all participants. Any and all concerns must be brought to management’s attention at which point they will be addressed accordingly.

**Items Prohibited From the SportsZone**

The following items are prohibited from being worn during game play:

- Jewelry (i.e. necklaces, bracelets, rings, etc.)

- Medical Bracelets are allowed as long as they are taped over.

- Food and beverages are not allowed on the fields or players benches. (Water and sports drinks are permitted).

**Team Fees and Deposits**

Team fees are due by the 2nd week for all 8 weeks leagues and by the 4th week for all 10 and 12 week leagues. $100 deposits are due at the time of registrations. A $50 late fee will be applied for all open balances beyond the due date. Team’s credits from winning a previous session will not be accepted as a deposit payment.

**Forfeit / Postponement Rules**

Games must start on time. The game clock will begin running 5 minutes after the scheduled start time regardless of whether all team players are present or still warming up. (In the event that a referee is late the game clock will start immediately upon his/her arrival). Teams will be allotted 5 minutes after the hour for the full team to show up or a forfeit will be given. Teams must have at least 5 players to commence the start of the game. Less than 5 players will result in a forfeit.

Postponements will be taken into consideration but not guaranteed by SportsZone management. Forfeits will result in a 5 – 0 score in favor of the winning team.

**SportsZone: Indoor Soccer Rules**

**Roster Requirements / Coaches / Number of Players on Field**

Rosters must be submitted in full by week 2 of any league. Players not on the roster after the 2nd week who are found playing will result in a forfeit for that team. Only rostered players and up to two coaches are allowed within the players bench area. **Team captains are responsible for the management of their team’s rosters and payments.**

All teams must have an active waiver for each player. For coed leagues all teams must have at least 1 girl or boy on the field at all time. Field 1 runs 7 v 7 and Field 2 runs 6 v 6. All teams will be required to sign in on the roster sheet before each game.

In the playoffs, individuals on multiple teams will be allowed to play in all games. It is up to the discretion of the team player to choose the team he plays if he is rostered on the two opposing teams. That player is not allowed to substitute between teams during the game.

**Required Sports Wear**

Teams are required to show up with a dark and white color. All team players must have matching colors.

Every player must wear shin guards. No player will be permitted to play without them.

**Game Time Procedures**

Games run for two 25 minute halves. Time stoppage/ reset will only be allowed during injuries or for any player deliberately delaying the game (See Definition of fouls). Teams will be allowed 3 minutes of warm up and a 2 minute half time break.

**Out of Bounds**

The ball is out of bounds in the following situations:

- When it touches the side netting, falls into the bench area, or lands on the tops of the dashers. Ball is played one yard off of the dasher boards.

- When it hits the netting wall above the goal. Corner kick when last touched by the defensive player and goal keeper distribution when last touched by offensive player.

- When it touches the structure (i.e. beams) in the ceiling. Ball is restarted below where the ball hit. It is restarted at mid-point of zone if touched in the attacking third and deflected by the defending player.

- When it hits the ceiling netting above the goal area or hits netting and drops in to the goal area. (No goal will be counted if it lands in the goal). Ball is restarted for goalkeeper redistribution if last touched by attacker. Ball is reset at the mid-point of the third half if last touched by defender.

**3 Line Rule**

The ball cannot travel across the three zone lines in air (Contact with the ceiling net is considered in air). The restart is at the midpoint of the first zone in which the ball originally left from. These kicks must be acknowledged by the referee’s whistle in order to restart.

**Free Kicks**

All free kicks are direct with a 15’ distance for defenders. The player has 5 seconds to put the ball back in play. Requests for space will only be made upon immediate request before the 5 seconds is up.

All kicks are considered quick kicks except for when a referee signals for a ceremonial restart in instances where deemed appropriate (i.e. Captain and referee discussion, kicks in or near goal area, kick for 3 line violation). If a quick kick is taken that strikes a defender within 15’, it is not considered encroachment unless the defender intentionally steps into or moves to block the kick while inside the 15’ distance (See above for requests for distance checks).

**Overtime Rules**

Penalty kicks will only be implemented in playoffs. Tied games during the regular season will result in a tie in the standings.

**Substitutions**

Substitutions can be made at any point during the game. The player coming off has to be within 5 yards of the bench before the new player comes on and neither can touch the ball until the player is off. A free kick for the other team will result. If a player is beyond the 5 yards and plays it while the other is not off then a blue card will be issued.

A two minute penalty will be given to any team that has extra players on the field.

**Definition of Foul Cards**

Blue Card – Simple foul. Player comes off and team plays short for 2 minutes or until a goal is scored by opponent.

Yellow Card – Shown after a players 2nd blue card or for misconduct at the referee’s discretion. It also comes with a 2 minute penalty.

Red Card – Shown after a players 3rd blue card, after the first yellow card, or for serious misconduct or violent altercation.

**Handballs**

An intentional handball results in a yellow card and 2 minute penalty. An intentional handball by the defensive team within the box will result in the card and a penalty shot. If the penalty shot results in a goal the player is released, no penalty is served. If the penalty shot does not result in a goal the player serves the two minute penalty from that point forward or until a goal is scored.

**Boarding / Wall Leverage**

Running, squeezing, or forcing an opponent into the boards is not permitted and is an automatic blue card or red card if deemed excessively violent. Players will also not be allowed to use any player or part of the facility to gain advantage. However, players can place their hands on the walls to protect themselves or to "feel" the walls when they turn.

**Sliding and Slide Tackling**

Sliding is prohibited at all times except for the goalie in an attempt to make a save (Only within the box). Sliding fouls are defined as follows:

1) A reaching shot (one or both knees on the ground). Results in a free kick. 1

2) A slide toward an opponent and the ball. Results in a blue card, a two minute penalty, and a free kick.

3) An intentional slide tackle towards a player’s body will result in a red card.

4) When a player slides within playing distance of an opponent. Results on loss of possession and direct free kick.

5) Any “sliding” in the penalty area. When done by a defensive player it will result in a penalty shot. If performed by the attacker, see 1) above.

**Goal Keeper Distribution Rules**

There are no goal kicks. Instead, the keeper has 5 seconds from the point of collection to release it with a throw or onto the ground. The goal keeper can only hold the ball in hand within the box. The goal keeper may not dribble it back into the box or have a teammate pass it to him/her before picking up.

Any infractions of the above rules will result in a free kick from the third line closest to the attacking half of the field.

**Playoff Rules**

Tied games will be decided through penalty kicks only. Only the top 4 seeded teams will be placed on the single elimination bracket. Seeding is determined by the following order: 1) Win % 2) Point Differential 3) Head to Head Win.

Games are 25 minutes.

**Penalty Kicks**

Penalty kicks are defined as a shot from the top of the arch. They are given as a result of the following fouls:

1) A foul in the penalty box

2) A take down from behind on a scoring chance.

3) A takedown by last defender (normally keeper) on a direct scoring chance.

Penalty kicks will take place in the event of a tie only in playoffs. Each team will select 5 players to shoot. PK’s will continue until there is a winner.

**Bicycle Kicks/ High Kicks**

Bicycle kicks and high kicks are not permitted regardless in any situation. If a player is struck by another player performing a bicycle kick/high kick it will result in a blue or red card (Depending on the severity of the play/ discretion of referee).

**Fighting/ Swearing**

Team captains and/or teammates must restrain their fellow players from playing dangerously or recklessly, from dissent toward officials, from taunting the opponents and from fighting. Officials are not expected to break up physical altercations. Fighting will result in suspension from the facility and may result in charges being pressed and the police being called.