

# **KINGDOM SPORTS INDOOR SOCCER RULES**

**RULE 1 – BALL SIZE** U6 to U12 use size 4, U13 and above use size 5

## **RULE 2 – NUMBER OF PLAYERS**

**U6:** 4v4 (half field)

**U8-U10:** 7v7 (*No less than 5 players on the field, one of whom must be the goalkeeper.*)

**U11-Adult:** 6v6 (*No less than 4 players on the field, one of whom must be the goalkeeper.*)

**\*Coed Divisions:** 6v6 (*must have 2 females on field at all times, one can be the goalkeeper.*)  
-if a team only has 1 female, they must play down 1 male (*4 males, 1 female*)

**RULE 3 – UNLIMITED SUBSTITUTIONS** Substitutions can be made at any time on an unlimited basis. The player substituted must be within six feet of the bench door and not interfering with play at the time the replacing player enters the field. Too many players on the field will be penalized with a direct free kick. Any teammate may change places with the goalkeeper as per regular substitution procedures. The goalkeeper must wear different colors from field players and referee

**RULE 4 – UNIFORM & EQUIPMENT** All players must have SHIRT – SHORTS/PANTS – SHIN GUARDS – SOCKS – INDOOR SOCCER SHOES  
(Adult Leagues – Shin guards are optional.)

### **ABSOLUTELY NO CLEATS**

Jewelry should be limited to stud earrings. Casts must be padded to the referee's Approval.

**RULE 5 – REFEREES' AUTHORITY** A one or two man system will be used at the discretion of the facility. The authority and exercise of the powers granted to referees by this official rule book commence when they enter the field of play

The referees' power of penalizing extends to offenses committed when play has been temporarily suspended or when the ball is out of play. Referees' decisions on points of fact connected with play shall be final, so far as the result of the game is concerned

**RULE 6 - DURATION OF THE GAME** The duration of the game will be (2) 25 minutes halves. If an injury occurs the referee will use his/her discretion in stopping the clock

**RULE 7 - THE START OF PLAY** Home team kick off first, playing the ball in any direction. Players on the team opposing shall remain not less than **15** yds from the ball until the kick off. A goal can be scored directly from a kick-off

**For restarts in unusual circumstances (i.e. after injury)** the game resumes with an indirect free kick for the team that had clear possession prior to the stoppage, from the location of the ball when play was stopped. If there is no clear possession, then the game will be restarted with a drop ball at the point where the ball was when the game was stopped

**RULE 8 - FIVE SECOND PLAY REQUIREMENT** For any restart, failure by a team to put the ball into play within five seconds, as signaled by the referee, results in a possession turnover

**RULE 9 - BALL OUT OF PLAY** The ball is out of play when it makes contact with the out of play area above the field (nets, building superstructure, anything above the boards) **OR** when the game has been stopped by the referee

When a team last touches the ball before it hits the ceiling/rafters/lighting a free kick is awarded to the opposing team directly below where the ball made contact with the ceiling/rafters/lighting. When a team last touches the ball before it hits the ceiling/rafters/lighting in their own goal box, a free kick is awarded to the opposing team at the hash mark just beyond the top of the goal box

**RULE 10 - METHOD OF SCORING** The last offensive player to touch the ball is the goal scorer. A goal is scored when the whole of the ball has passed over the goal line provided it has not been thrown, carried or otherwise propelled by hand or arm, by a player of the attacking side, except in the case of a goalkeeper within his own penalty area when he propelled the ball.

**2** goals are awarded in the coed league if the last offensive player who touches the ball is female. Any deviation from this rule must be agreed upon by both teams and the referee prior to play.

The team scoring the greatest number of goals will be declared the winner. Games can end in a tie, except for playoffs.

**RULE 11 - FOULS, MISCONDUCT AND TIME PENALTIES** Yellow card issuances will be punished by a **2-minute penalty time**, meaning the offending player leaves the field and a replacement does not enter the game. After two minutes, the offending player or any other team member may enter the game. A player who commits any of the following offenses shall be shown a yellow or red card by the referee and a free kick will be awarded to the opposing team, to be taken at the point of the infraction:

- (a)** Kicking or attempting to kick an opponent
- (b)** Tripping an opponent
- (c)** Jumping at an opponent
- (d)** Charging an opponent in a violent or dangerous manner
- (e)** Charging fairly at an improper time (i.e. playing with the shoulder when the ball is not within playing distance)
- (f)** Striking, elbowing or attempting to strike or elbow
- (g)** Spitting at an opponent
- (h)** Holding or pushing an opponent
- (i)** Handling the ball (i.e. carrying, striking or propelling the ball with the arm or hand)
- (j)** Boarding or checking (propelling an opponent into the wall) **players must sit for 5 minutes if receiving a yellow card for boarding**
- (k)** Dangerous play

- (m) Obstruction
- (n) Slide tackling

**SLIDING** - Due to the widespread restrictions on slide tackling and the potentially dangerous nature of the tactic in proximity to dasher boards, slide tackling is not permitted. Referees will use discretion for normal goalkeeper play within the penalty area. However, sliding is permitted with the consideration that **NO PHYSICAL CONTACT IS MADE WITH ANY OPPOSING PLAYER.**

**RULE 12 - YELLOW/RED CARDS** All yellow cards carry time penalties assessed against players for committing any of the offenses outlined in Section 11, unless noted as a **5-minute penalty**. Yellow cards and time penalties will also be assessed for unsportsmanlike conduct, if deemed severe enough by the referee. These will be assessed to both players and bench personnel, whether they are on the field of play or not. The time penalty will be assessed on the specific offending player or on the team in general, if the offense was committed by the coach, other bench personnel or an unidentified individual representing the team. If coaches/teams do not remove a player immediately after receiving a yellow card, the referee shall select a player to leave the field for two minutes.

The first yellow card time penalty assessed to a goalkeeper may be served by a field player chosen by the coach. The chosen player may return to play immediately after the penalty expires. If the goalkeeper receives a second yellow card, he will be ejected.

Red card issuances will be punished by an ejection of the specific players at fault with no re-entry. A player or non-player shall be ejected for incidents of:

- (a) Violent Conduct or Serious Foul Play
- (b) Foul or Abusive Language or Action
- (c) Accumulation of two yellow cards
- (d) Slide tackling deemed severe enough by the referee

\*Penalty kicks will be awarded for fouls in the penalty area depending on their severity and impact on the offended team

**RULE 13 - TEAM ACCUMMULATED FOULS** For every 5 team fouls a 2-minute team penal timed penalty will be assessed. For every 2 fouls thereafter another 2-minute penal timed penalty will be assessed.

**RULE 14 – GOALKEEPING** Privileges:

- (a) If a player intentionally obstructs the opposing goalkeeper in an attempt to prevent him from putting the ball into play, the referee shall award a free kick
- (b) Any player who intentionally commits a foul against the goalkeeper that falls short of foul play (ejection), in the opinion of the referee, **must sit for 5 minutes before reentering the game**

**(c)** The goalkeeper has clear possession of the ball when it is held by one hand or both **OR** pinned against the floor, wall, post or crossbar

Restrictions:

**(a)** A goalkeeper in possession of the ball within the penalty area, must distribute the ball outside of the penalty area or to another player within five seconds of having received the ball within the penalty area. Possession shall be defined as control with hand or foot

**(b)** A goalkeeper who receives or carries the ball outside the penalty area by foot, shall not handle the ball inside the penalty area prior to the ball being touched by another player or prior to a stoppage in play

**(c)** A goalkeeper first handling the ball within the penalty area and his momentum carries him outside the penalty area while handling the ball will result in a direct free kick at the top of the penalty area

**(d)** Intentional handball violations committed by the goalkeeper outside the penalty area to stop a goal require a **2-minute time penalty against the goalkeeper** and a direct free kick from the spot of the violation

**(e)** If the goalkeeper either intentionally strikes an opponent by throwing the ball violently at him or pushes him with the ball while holding it, the referee shall assess a **2-minute time penalty**. A penalty kick will be awarded if the offense was initiated in the penalty area

**RULE 15 - FREE KICKS** All of the opposing players must remain 15 feet from the ball until it is in play. The ball must be stationary when a free kick is taken and the kicker shall have five seconds within which to play the ball after being signaled to do so by the referee. The ball shall be deemed in play when it has traveled half its circumference (rolls once in any direction). Under no circumstances may the player taking any free kick play the ball again before it has been touched by any other player. Playing the ball twice includes playing the ball on the rebound off the perimeter wall, before it has been touched by another player

Free kicks shall be taken from the point of infraction subject to exclusions listed herein or elsewhere in the rules. The referee may allow a free kick to be taken from a point within a three-foot (3') radius of the point of infraction unless, in his opinion, a team gains an unfair advantage, in which case kick shall be retaken. For out of bounds behind the goal line (contact with the net or ceiling), the restart will be a corner kick

If a defending player within 15 feet intentionally interferes with the taking of a free kick, he shall be considered guilty of encroachment and unsportsmanlike conduct. A yellow card and 2-minute penalty will be assessed.

**RULE 16 - PENALTY KICKS** Should a player commit one of the fouls (listed in Rule 12) within his own penalty area, which warrants a yellow card time penalty or denies the opposing team a goal scoring opportunity, he shall be penalized by the taking of a penalty kick. Penalty kicks are taken from the midpoint of the 6-yard line. All

players, except the kicker, must be 10 feet from the ball. A penalty kick can be awarded regardless of the position of the ball at the time the offense is committed.

If, in the opinion of the referee, the foul leading to the award of a penalty kick was completely unintentional and not serious in nature, no 2-minute time penalty need be served by the offending player.

If a goal is scored directly from a penalty kick, the offending player shall be released from their time penalty regardless of the number or nature of other penalties

Play shall be extended at the end of each half to allow a penalty kick to be taken or retaken.

**RULE 17 - NO SHOW & SPIRIT OF THE GAME POLICY** If a team fails to show for a scheduled game, the game will be considered a forfeit and recorded as a 7-0 loss for the forfeiting team

Have fun and play smart – THANK YOU FOR CHOOSING KINGDOM SPORTS!