

# **KINGDOM SPORTS INDOOR SOCCER RULES**

**ABSOLUTELY NO CLEATS  
FOR ANY LEAGUE**

**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 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 (unless agreed upon by all parties).

**RULE 4 – UNIFORM & EQUIPMENT** All players must have SHIRT – SHORTS/PANTS – SHIN GUARDS – SOCKS – INDOOR SOCCER SHOES – NO CLEATS  
(Adult Leagues – Shin guards are optional.)

**Jewelry is not permitted if it can be pulled or grabbed. Casts must be padded to the referee's approval. If any article of clothing is not permitted, players will be substituted until a change is made.**

**RULE 5 – REFEREEES' 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. Clock is rolling 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 **5 yards** 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 a drop ball for the team (other team clears out) 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.

If a team is down by 6 goals then they may add an additional player to the field. That player will not be required to leave the field until the goal difference is back down to 4 goals.

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

When scoring youth games, no more than a 7-score differential will be posted on scoreboards and recorded online.

**RULE 11 - FOULS, MISCONDUCT** Yellow card issuances will be punished by a **2-minute penalty time**

- (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) consistent with FIFA rules
- (j) Boarding or checking (propelling an opponent into the wall)
- (j) Double touching the ball upon a set piece/free kick.
- (m) Obstructions
- (n) Slide tackling
- (o) Dissent to refs and/or opposing teams (yellow and red card possibility depending on severity)
- (n) Heading **U11 & under** (In accordance with USSF guidelines). If player is playing in older age group, coach's discretion is advised.

**NO SLIDING** - Due to the widespread restrictions on slide tackling and the potentially dangerous nature of the tactic in proximity to dasher boards, sliding is not permitted within a playable distance that could create a dangerous circumstance. Referees will use discretion for normal goalkeeper play within the penalty area. However, sliding is permitted for goalkeepers with the consideration that **NO FOUL IS COMMITTED WITH ANY OPPOSING PLAYER OR SLIDING THAT IS CONSIDERED DANGEROUS PLAY.**

**RULE 12 - YELLOW/RED CARDS**

If a player is issued a **yellow card** the player must sit for 2 minutes, and the team will be down a player for those 2 minutes.

If a player is issued a **red card** the player is ejected from and must leave the facility for the rest of the night. The team then must play down a player for 5 minutes.

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

**RULE 13 – GOALKEEPING** Privileges:

- (a) Goalkeeper may NOT pick up the ball with their hands when their teammate intentionally passes the ball back to them unless done so with any surface other than feet.
- (b) Goalkeeper has 5 seconds to distribute the ball after picking it up

#### **RULE 14 - FREE KICKS – ALL FREE KICKS AND RESTARTS ARE DIRECT**

All of the opposing players must remain 5 yards 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 box line (contact with the net or ceiling), the restart will be a corner kick. For any fouls or infractions that occur beyond that line, restarts will be taken from the central hash mark.

If a defending player within 10 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 15 - 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 5 yards 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.

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

**RULE 16 - 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

ALL OTHER RULES WILL BE IN COMPLIANCE WITH UPDATED FIFA LAWS IF NOT CLEARLY SPECIFIED OTHERWISE.

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