

SOCCER HOUSE

Official Rules & Regulations

PLAYING FIELD

1. The length of the field is 160 feet and it is 60 feet wide.
2. The center circle and penalty arc are 10 feet in radius.
3. The perimeter wall is part of the playing surface.
4. The center of the field is marked by a white line. Each defensive end is designated with a red line painted 40 feet from each goal line. These are the “three lines” used to figure “three line violations”.

PLAYERS EQUIPMENT

1. Shoes with molded or removable studs are NOT permitted. Tennis shoes are adequate. Players should carry, not wear their playing shoes into the building. Shoes must be clear of snow and dirt before entrance to the field will be permitted.
2. All jerseys on a team must be alike in color. All teams should have an alternate option. In the event of a color conflict, the home team is responsible for furnishing an alternate option.
3. Goalkeepers must wear colors which distinguish them from the other players.
4. No equipment which is dangerous to another player may be worn. Note: Plaster casts or hard braces must be padded to the referees’ discretion. Jewelry is not allowed.
5. Any player who gets blood on themselves or their equipment must sufficiently bandage the injury and replace the soiled equipment before they return to the field.
6. For any infringement of these rules the player will be removed from play until the equipment is corrected. If the player returns to the field without corrected equipment, they will be issued a 2-minute penalty.
7. Shirts must be worn at all times while on the premises of the Soccer House.
8. Properly sized shinguards are required for all youth players. Adult players are encouraged to protect themselves with appropriate equipment.

NUMBER OF PLAYERS

1. Under 6 age group teams will have eight (8) players on the field with NO goalkeeper. A minimum of five (5) players are needed to field a team.
2. Under 8 age group teams will have eight (8) players on the field including a goalkeeper. A minimum of five (5) players are needed to field a team.

3. Under 10 age group teams will have seven (7) players on the field including a goalkeeper. A minimum of five (5) players are needed to field a team.
4. Adult Recreational teams will have five (5) players on the field including a goalkeeper. A minimum of four (4) players are needed to field a team.
5. Adult Competitive teams will have six (6) players on the field including a goalkeeper. A minimum of four (4) players are needed to field a team.
6. All other age groups will have six (6) players on the field including a goalkeeper. A minimum of four (4) players are needed to field a team.
7. A team may elect to play with more or less than the official number of players only if they have been given permission by both (1.) the opposing team, and (2.) the referee. If at any time the referee deems the game to be unsafe the game will be returned to the official number of players.

COMPETITIVE BALANCE RULE

In an effort to offer more balance to each game, the “Number of Players” rules are amended as follows:

When the score differential reaches 7 goals, the trailing team may add one extra player. Should the differential reach 11 goals, the trailing team may add another extra player (total of two).

If / when the score differential returns to 7 goals, the second extra player will be removed. Should the differential reach 3 goals, all extra players will be removed and the teams will play with the standard number of players.

THE BALL

1. Teams in the U6 and U8 division will use a size 3 ball.
2. Teams in the U10 and U12 division will use a size 4 ball.
3. Teams in the U14 and older division will use a size 5 ball.

GAME DURATION

1. For Under 6 and under 8, the game will consist of TWO periods, each lasting 17 minutes. There will be a 1 minute break between periods.
2. For Under 10 through High School, the game will consist of TWO periods, each lasting 20 minutes. There will be a 90 second break between periods.
3. Adult games will consist of (2) 25 minute halves.
4. Should the games start running behind for whatever reason, Under 6 and Under 8 games will be shortened 1 minute per half. Under 10 and above will be shortened 2 minutes per half until all games are back on schedule.

5. The time clock is continuous and will only be stopped at the referee's discretion.
6. Each team is allowed 1 timeout per half not to exceed 30 seconds. The time-outs do not carry over.

KICK-OFF

1. The team on the visitor's side will kick the ball off first half.
2. The ball does not have to go forward at the kick-off.
3. A goal cannot be scored directly from a kick-off in recreational divisions. A goal can be scored directly from a kick-off in Adult Competitive.
4. The ball is in play when it is touched.
5. A player may not touch the ball twice until another PLAYER has touched the ball.

THE BALL IN AND OUT OF PLAY

1. The ball is in play when touched and remains in play until the referee blows the whistle.
2. The ball is out of play when:
 - a. The ball completely crosses over the red line on the perimeter wall.
 - b. The ball completely travels over the three lines without hitting a player, the ground, or the wall.
 - c. The ball hits the ceiling.
 - d. The ball hits the net at either end of the field.
 - e. The referee blows the whistle. Remember; play to the whistle.
3. All kicks are INDIRECT in the recreational divisions. A goal cannot be scored directly from an indirect free kick. The ball must be touched by another player of either team before it crosses the goal line. An indirect kick that goes straight into the goal will result in a goal kick for the defense.
4. Kicks in the Adult Competitive division are DIRECT unless otherwise specified in the Laws of the Game or these rules.
5. Only the kick-off requires the referees' whistle unless the referee has requested it.
6. All opponents must be at least 10 feet from the ball on all kicks unless the kick is taken within 10 feet of the opponent's goal line. In that case, opposing players may be on the goal line.
7. Each team has five (5) seconds to take their free kick before it is awarded to the other team.
8. A CORNER KICK is awarded when the ball hits the net after touching the defensive team last. The ball is placed on the dot in the corner of the field.
9. A GOAL KICK is awarded when the ball hits the net after touching the offensive team last. The kick may be taken anywhere inside the goal box (small box). The ball must

completely exit the penalty area before it is touched by either team or the kick must be retaken.

10. There are NO PENALTY KICKS in the recreational divisions. A foul committed by the defense in the penalty area will result in an indirect free kick from the top of the arc.
11. In the Adult Competitive division a foul committed by the defense in the penalty area WILL result in a penalty kick. The ball will be placed on the edge of the penalty area in the center of the arc. All players must be behind the ball and outside the area and arc at the time the kick is taken. Infractions made by any player will be handled according to standard FIFA rules.

SUBSTITUTIONS

1. Substitutions are made on the fly.
2. Correct substituting procedure requires the player coming off the field before the other player enters.
3. Any player who intentionally engages in play before the other player comes off will receive one of the following:
 - a. A verbal warning.
 - b. An indirect free kick awarded to the opposing team from the location of the infraction.
 - c. A 2-minute penalty
4. GOALKEEPER SUBSTITUTIONS: Any player may change places with the goalkeeper provided the referee is informed before the change is made. The change may be made during a stoppage or on the fly.
5. Any player who jumps over the player box wall during a substitution will be given a 2-minute penalty.
6. The referee is the FINAL authority on the implementation of these rules.

GOALKEEPING RESTRICTIONS

1. In the recreational divisions the goalkeeper:
 - a. May NOT use their hands to receive an intentional pass from a teammate UNLESS the pass originates within their defensive zone.
 - b. May NOT dribble the ball into the penalty area and pick it up.
2. In the Adult Competitive division the goalkeeper:
 - a. May NOT use their hands to receive an intentional pass from a teammate at any time.
 - b. MAY dribble the ball into the penalty area and pick it up.
3. The goalkeeper may not handle the ball outside of the penalty area.

4. The goalkeeper has 5 seconds to put the ball into play once they have controlled it with their hands.
5. Once the goalkeeper puts the ball into play with their hands, they may NOT handle the ball again until the opposing team has touched it.

SCORING

A goal is scored when the entire ball has crossed the goal line.

THREE-LINE VIOLATIONS

1. A player is guilty of the three-line violation if they kick or throw the ball completely across the three lines in the air.
2. If the ball touches a player, the wall, or the ground before completely crossing all three lines, there is no violation.
3. In the recreational divisions an INDIRECT FREE KICK is awarded to the opposing team at the point the ball crossed the first red line. In the Adult Competitive division a DIRECT FREE KICK is awarded at the same spot.

OFFSIDE

There are NO offside violations at the Soccer House.

FOULS AND MISCONDUCT

1. When a penal offense is committed in the recreational divisions an INDIRECT FREE KICK will be awarded at the spot of the offense. In the Adult Competitive division a DIRECT KICK will be awarded at the spot of the offense.
2. A player has committed a penal offense if they, in the opinion of the referee, engage in one of the following:
 - a. BOARDING: forcing a player into the wall
 - b. CHARGING
 - c. HANDBALL
 - d. HOLDING
 - e. JUMPING AT OR INTO AN OPPONENT
 - f. KICKING OR ATTEMPTING TO KICK
 - g. PUSHING
 - h. STRIKING
 - i. TRIPPING OR ATTEMPTING TO TRIP
 - j. SLIDING OR SLIDE TACKLING
 - k. SWEARING

I. SPITTING

m. INTERFERING WITH A GOALKEEPER DISTRIBUTION

3. In the Adult Competitive division dangerous play and obstruction will be penalized with an INDIRECT FREE KICK.
4. If any of the offenses are deemed by the referee to be severe in nature they may be penalized by a 2-minute or 5-minute penalty.
5. All opposing players must be 10 feet from the ball during all free kicks. This should be done without the referee's request. Persistent encroachment to delay a restart shall result in a 2-minute penalty.
6. Dissent will not be tolerated and will be dealt with according to FIFA guidelines.

CAUTIONS AND EJECTIONS

1. A caution may be given to a player for severe or dangerous play and unsporting conduct. A cautioned player must leave the field and may not be replaced for 2 minutes (2-minute penalty). If a goal is scored on the penalized team, the penalty expires. A yellow card may be shown to the player but it is not required.
2. An ejection may be given to a player for an extreme violation of the rules. An ejected player must leave the field and may not be replaced for 5 minutes (5-minute penalty). The team must play short for the entire 5 minutes. The ejected player must leave the players box and spectator areas. A red card may be shown to the player but it is not required.
3. A player receiving a second caution in the same match will be ejected.
4. Soccer House reserves the right to expel anyone who uses vulgar language in a harming manner. This includes racial, ethnic, or religious comments. This behavior is intolerable and could result in permanent expulsion from the Soccer House.
5. Soccer House management also reserves the right to expel a player from league play for gross violation of the Laws of the Game, the House Rules, or damage to Soccer House property.

SUMMARY OF ADULT COMPETITIVE EXCEPTIONS

1. Teams will have six (6) players on the field including a goalkeeper. A minimum of four (4) players are needed to field a team.
2. Kicks in the Adult Competitive division are DIRECT unless otherwise specified in the Laws of the Game or these rules.
3. In the Adult Competitive division a foul committed by the defense in the penalty area WILL result in a penalty kick. The ball will be placed on the edge of the penalty area in the center of the arc. All players must be behind the ball and outside the area and arc at

the time the kick is taken. Infractions made by any player will be handled according to standard FIFA rules.

4. In the Adult Competitive division the goalkeeper:
 - a. May NOT use their hands to receive an intentional pass from a teammate at any time.
 - b. MAY dribble the ball into the penalty area and pick it up.
5. In the Adult Competitive division dangerous play and obstruction will be penalized with an INDIRECT FREE KICK.

GENERAL SOCCER HOUSE RULES AND OPERATING PROCEDURES

1. All rules conform to FIFA Laws of the Game except where noted.
2. The Soccer House hires certified referees to officiate each soccer game. Please remember that the referee's decision on points of fact connected with play shall be final. Please do not confront or argue with our referees concerning a game. Please direct any questions you may have to the Soccer House management. Or you may go online and post your concerns.
3. FIGHTING WILL NOT BE TOLERATED. Soccer House reserves the right to escort any parties involved in a fight off of the premises, as well as prohibit any future participation in activities at the Soccer House.
4. No spitting, smoking, or profanity will be allowed in the building.
5. Intoxicated persons will not be allowed to take part in any activity at the Soccer House. In fact, we won't even let you in the front door.
6. We reserve the right to remove any one from the facility based on conduct. This is a family environment, act that way!
7. No pets are allowed in the facility.
8. No chewing gum, food, or drink is allowed in the players boxes.

RESCHEDULING

1. The Soccer House goes to great lengths to satisfy every patron. It would be impossible to schedule every game to the convenience of every team.
2. If a game time does not work out for your team we will do everything in our power to resolve the matter.
3. You are not guaranteed a reschedule for games you cannot make. Any rescheduling is done so at our discretion. We appreciate your business and will try to work with you as best we can.
4. You must give us as much prior notice as possible for a reschedule.

THESE RULES ARE ENFORCED TO ENSURE THE SAFETY OF THE PLAYERS
AND SPECTATORS. SOCCER HOUSE RESERVES THE RIGHT TO ALTER ANY
OF THESE RULES AT ANY TIME.

ANY QUESTIONS OR COMMENTS CAN BE DIRECTED TO:

WWW.SOCCERHOUSE.ORG

OR

515-287-8847

HAVE A GREAT SEASON OF INDOOR SOCCER!!