

# Official Rules & Regulations

## **PLAYING FIELD**

1. The length of the field is 160 feet and 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 with a red line painted 40 feet into each half designating the "three lines."

## **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 cleared of snow and dirt before entrance to the field will be permitted.
2. All jerseys on a team must be alike in color; home team is responsible for furnishing an alternate color.
3. Goalkeepers must wear colors which distinguish them from the other players and referees.
4. No equipment which is dangerous to another player may be worn. NOTE: Plaster casts are considered dangerous and must be padded to the referee's discretion. Jewelry is not allowed.
5. For any infringement of these laws the player will be sent off to fix the equipment. If a player returns to the field and has not fixed the equipment they will be issued a 2-minute card.
6. Shirts must be worn at all times when on the premises of the Soccer House.
7. All players must wear shingaurds.

## **NUMBER OF PLAYERS**

1. Under 6 age group will have eight (8) players NO goalkeeper.
2. Under 8 age group will have eight (8) players including the goalkeeper.
3. Under 10 age group will have seven (7) players including the goalkeeper.
4. Men's Division will have five (5) players including the goalkeeper.
5. All other age groups will have six (6) players including the goalkeeper.
6. A team may elect to play with more or less of what is allowed 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.

### **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 by 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 off a kick-off.
4. The ball is in play when it has rolled 3 inches.
5. A player may not touch the ball twice until another PLAYER has touched the ball.

### **BALL IN AND OUT OF PLAY**

1. The ball is out of play when:
  - a. The ball completely crosses over the red line on the perimeter wall.
  - b. The ball travels over the three lines without hitting a player, ground, or 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; never stop playing until you hear the whistle.
2. The ball is in play when:
  - a. The ball has moved three (3) inches.
  - b. The ball is in play until the referee blows the whistle.
3. All kicks are INDIRECT, meaning it cannot be directly kicked into the goal for it to score. Another player from either team must touch the ball before it goes in.
4. Only the kick-off requires the referee's whistle to take the kick.
5. Each team has five (5) seconds to take their free kick before it is awarded to the other team.
6. CORNER KICK:
  - a. When the ball hits the net after touching the defensive team last.
  - b. Placed on the dot in the corner of the field.
7. GOAL KICK:
  - a. When the ball hits the net after touching the offensive team last.
  - b. To be taken anywhere inside the goal box (small box).
8. PENALTY KICK:
  - a. There are NO penalty kicks.
  - b. Any infraction inside the box is to be moved to the top of the arc and an indirect kick is awarded.

## SUBSTITUTIONS

1. Substitutions are made on the fly.
2. Correct substituting procedure requires the player coming off of the field before the other player enters.
3. Any player who comes on before the other player comes off will receive a substitution violation penalty. The violating team may be issued one of the following:
  - a. A verbal warning.
  - b. An indirect free kick.
  - 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 stoppage or on the fly.
5. The referee's interpretations of these laws are THE final authority, NO EXCEPTIONS!

## GOALKEEPING RESTRICTIONS

1. The goalkeeper may not use his/her hands outside the goal area.
2. The goal keeper may not dribble the ball into the box and pick it up.

3. The goalkeeper may only pick up a pass that was given on the DEFENSIVE side of the red line.
4. The goalkeeper is only allowed to hold the ball in their hands for 5 seconds.
5. The goalkeeper may not play the ball from his hands and pick it back up until the opposing team has touched the ball.

## SCORING

1. A goal is scored when the entire ball has broken the plane of the goal line.

## FOULS AND OTHER MISCONDUCT

1. Any player who commits any of the penal offenses in the opinion of the referee:
  - a. BOARDING
  - b. CHARGING
  - c. HANDBALL
  - d. HOLDING
  - e. JUMPING
  - f. KICKING
  - g. PUSHING
  - h. STRIKING
  - i. TRIPPING
  - j. SLIDE TACKLING
  - k. OBSTRUCTION
  - l. SWEARING
2. Shall be penalized by the award of an indirect free kick to be taken by the opposing team from the spot where the offense occurred. For safety reasons there are NO DIRECT KICKS.
3. If any of the offenses are deemed by the referee to be serious in nature then they will be penalized by a 2-minute penalty.
4. Dangerous play will be penalized by an indirect free kick.
5. An opposing player must be 10 feet from the ball during all free kicks. This should be done so without the referee's request. Dissent will be dealt with according to FIFA guidelines.

## THREE-LINE VIOLATIONS

1. A player is guilty of a three-line violation if they pass the ball across the three lines in the air.
2. If the ball hits a player, wall, or ground before crossing all three line they are not in violation.

3. An indirect free kick is awarded to the opposing team at the point on the red line where the ball first crossed.

#### RED, YELLOW, 2-MINUTE & 5-MINUTE PENALTIES

1. Any red card will result in a suspension of one game not including the game from which the player was originally ejected. The team must play short for 5 minutes until the penalty expires.
2. 2-minute time penalties are awarded for major or minor fouls, and for unsportsmanlike conduct. When a team who is serving the 2-minute time penalty is scored on then their penalty time expires.
3. A yellow card issues a 2-minute penalty
4. A red card issues a 5-minute penalty.
5. 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.
6. Soccer House management also reserves the right to expel a player from league play for gross violations of the laws of the game, the House, Rules, or damage to Soccer House property.

#### GENERAL SOCCER HOUSE RULES AND OPERATING PROCEDURES

1. 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 go online and post your concerns.
2. **FIGHTING WILL NOT BE TOLERATED.** Soccer House reserves the right to escort any parties involved in a fight, as well as prohibit any future participation in activities at the Soccer House.
3. No spitting, smoking, or profanity will be allowed in the building.
4. 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.
5. We reserve the right to remove any one from the facility based on conduct. This is a family environment, act that way!
6. No pets are allowed in the facility.
7. 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](http://WWW.SOCCERHOUSE.ORG)

OR

515-287-8847

HAVE A GREAT SEASON OF INDOOR SOCCER!!