



## Indoor Soccer Rules

### 1. Number of Players on the Field

U-8 through U-10	-	7 field players + 1 goalkeeper
U-11 through U-14	-	6 field players + 1 goalkeeper
High School	-	5 field players + 1 goalkeeper
Adult Coed	-	6 field players + 1 goalkeeper

### 2. Coaches & Team Contacts

The Iceoplex Soccer Office will deal with no more than two people from each team for administrative purposes (registration, scheduling, etc...), and no more than three for coaching purposes. This is to ensure consistency and proper communication between the teams and the Iceoplex.

**For all youth and high school leagues, at least one of the three designated coaches is required to be in attendance at each and every game. This coach must be a responsible adult capable of coaching, providing direction, and keeping the players under control. Iceoplex reserves the right to decide if the requirement is met.**

The attached **Zero Tolerance Policy** will be in effect at all times for coaches, players, and spectators, and will be strictly enforced.

### 3. Player Equipment

- a. Flat-soled or turf studded shoes designed for artificial surfaces must be used. **No spikes will be permitted.**
- b. Goalkeeper must wear colors to distinguish him/her from all other players.
- c. All team members must wear the same color jersey. Players should bring alternate colored shirts (dark and light) in the event both teams are the same color. Home team must change in the event of a conflict.
- d. **Shin guards are required for all players** (Youth, High School, Adult) and they must be completely covered by the sock. They must also be age and size appropriate. If they do not provide a reasonable degree of protection, the player will be forced to put on a different pair of shin guards. **NO EXCEPTIONS.**
- e. Helmets must be worn by **all** keepers (Youth and High School).
- f. All players starting with U-12 must wear a jersey with a number clearly displayed on the back. Each player is to wear the same number consistently.
- g. **No jewelry** will be permitted during a game. This includes but is not limited to **earrings, necklaces, bracelets, rings and watches.** Newly pierced earrings may be covered with band-aids at the referee's discretion.
- h. Casts or splints may be worn if: they are **completely covered** by ½" high density foam padding, and a **written, signed permission slip is provided to the soccer office by the physician that placed the cast.**
- i. **Referee decisions regarding equipment will be final.**

#### 4. Duration of the game

- a. The game shall consist of two 24-minute halves.
- b. Halftime will be 2 minutes in duration.
- c. There will be a 2 minute warm-up time for the teams coming onto the field. Teams should be ready to start the game at the scheduled time once they enter the field of play.
- d. After the time between games or after the halftime has expired, a whistle will be blown. If teams are not promptly ready to start play, the time will begin to run regardless of whether the teams are on the field.
- e. Once the time has started, the team with the kickoff has five seconds to play the ball. If these five seconds expire, they forfeit the kickoff to their opponent. If the opponent of the team with the kickoff is not on the field, the team with the kickoff will be permitted to take the kickoff and score once the clock has started.
- f. **OVERTIME-** There is no overtime for any regular season game. For playoff games, only for age group U-12 and up will have a 5 minute **Golden Goal style** extension, where the first team to score wins the game. If the game is still tied after the overtime period, there will be a shootout, with each team sending out three players. Each team rotates shooters until all three players for both teams have had one shot. In the event that the game is still tied, each team will send out **one player** at a time until one team scores and stops the other team. No one player is allowed to shoot more than once, until the entire team has had a chance in the shootout.

#### 5. Substitutions

Free substitutions are allowed. Players change while the flow of the game continues. The new player may not enter the field until the player exiting is within an arms length of the boards. Violation of this rule will result in a two minute bench penalty (see yellow card offenses).

#### 6. Rosters

All team rosters, Player Information Sheets with the **waiver form signed**, need to be turned into the Soccer Office prior to the start of the first game. The waiver form needs to be signed by the child's parents or legal guardian. All coaches need to carry birth certificates or the PA West game cards for each player on the team. There will be random checks on this throughout the season.

Additions to the roster may be permitted, but **must be approved through the Soccer Office**.  
**Please note: Teams bringing ineligible players will receive the following sanctions**

- a. **First Offense** – Removal of the player(s) and a 5 minute bench penalty assessed. (Team will play down one man 5 minutes regardless of number of goals scored by the opposing team).
- b. **Second Offense** – **The team will be ejected from the league. There will be no refunds and no appeals.**

If you arrive for a game and are short players, and there are age-eligible players from the prior game available, you may, with the referee's knowledge, use these players to play the game.

#### 7. Bench Area

Only rostered players/coaches may be in the bench area. There is a maximum of three (3) coaches allowed in each bench area during the course of any game. This rule will apply to all age groups.

## 8. Fouls

All fouls will be called in concordance with FIFA Law 12 except where otherwise noted on this rules handout.

## 9. Free Kicks

All free kicks will be direct free kicks. Also, kickoffs may be kicked in any direction. **A mandatory distance of 5 yards must be given on all free kicks.**

- **Three-line Violation**  
A three-line violation is defined as the ball having crossed, in the air, over both red lines without touching the perimeter wall or another player between the two lines. Punishment is taken with the opposing team receiving the ball on the line from which the infraction occurred.
- **Sliding**  
**No sliding will be permitted at any time.** The keeper may slide within his own penalty area to save the ball, however he/she may not slide outside of the goal area. A free kick will be awarded if the slide originates from inside the arc but ends up outside of the arc. The first violation of this rule by a player will be a warning. **The second violation will result in a 2-minute penalty** (see yellow card infractions). **A slide is defined as reaching for the ball by going to one knee.**
- **Passes Back to the Keeper**  
**Any passes back to the goalkeeper must be played with the keepers' feet.** Picking up the pass back will result in a direct free kick from the top of the arc. Passes back with any part of the body above the knee are permitted to be picked up by the keeper.
- **Delay of game**  
The goalkeeper will be called for **delay of game** if he does not release the ball from his hands within a 6-second time span. The offending team will be punished by giving the opposing team a direct free kick from the top of the arc.
- **Ball Leaving the Field of Play**  
Whenever the ball leaves the field of play, it will be **spotted where it leaves the field.** The opposing team is awarded the ball. This shall include the ball striking the ceiling.
- **Hand Balls**  
Intentional and deliberate use of the hands to play the ball. Ball is marked at the spot of occurrence and free kicked is awarded to opposing team.
- **Slide Tackling**  
Slide tackling an opponent refers to any player (whether going for the ball or not) hitting or kicking at the feet of an opposing player while the offending player is either in flight or motion of action or on the ground. A free kick will be awarded to the opposing team at the spot of the foul.

## **10. Time Penalties**

### **I. Yellow Card Offenses (2-minute penalties)**

1. Pushing of any sort at the conclusion of a play on the field.
2. Slide tackling-Referee's discretion.
3. Too many players on the field. (2-min bench penalty)
4. Obstruction of the keeper in their effort to distribute the ball.
5. Second violation of the no sliding rule. A slide is defined as reaching for the ball by going to one knee.
6. **Unsportsmanlike behavior (ex. arguing calls with officials, coaches, spectators, foul language, taunting, etc.) – NO WARNINGS**
7. Boarding- Referee Discretion
8. Persistent Infringement of the laws of the game.

### **III. Red Card Offenses (5 minute penalty served in its entirety, regardless of the number of goals scored by the opposing team). Offending player will be ejected from the game, and serve a minimum one game suspension. Offense will be reviewed by the Soccer Director and the issuing referees to determine the appropriate suspension for the player. This verdict will be reviewed and determined within 2-3 days.**

1. Second Yellow card infraction
2. Abusive Language (this includes loud use of foul language and vulgar gestures)
3. Serious foul play- Fighting, intentional pushing (during and/or after the play), boarding (referee discretion), leaving the bench during a fight.
4. Not immediately proceeding to the penalty box when given a penalty.
5. Spitting on the field/benches

## **16. Fouls in the Arc**

1. FIFA direct kick violations in the arc will be punished by a penalty kick from the spot inside of the arc. This includes slide tackling an opponent.
2. FIFA indirect kick violation in the arc will be punished by a direct kick from the spot located at the top of the arc. This includes a violation of the no sliding rule.