



Indoor Soccer Rules

1. Number of Players on the Field

U-4, U-6	-	4 field players with no goalies
U-8 and 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 and Mens	-	5 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. Away 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. (incl. HS and Adults).
- 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 1 minutes in duration.
- c. There will be a 3 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. However, the new player may not enter the field until the player exiting is within an arms length of the boards. **The new player is not permitted to play the ball as soon as he/she gets on the field. They must engage in the play and not get the ball as soon as they come off the bench area, giving their team an advantage. This call is up the referee's discretion on whether or not the substituting team has gained an advantage through the substitution. The coaching staff should look to substitute when the ball is out of play or not near their bench area.** Violation of this rule will result in a two minute bench penalty (see yellow card offenses). Players may change for offense or defense and be on the field while the substituting player is still on the field if the ball is not in that area of the field. **Ex. Team A can substitute a defenseman out while they have the ball on offense and a new player can go on the field even if the exiting player is still on their way off the field. The player coming on for Team A must go to their defensive spot, and not join the offense until the person for which he/she came on for is on the bench.**

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. Additions to the roster will be accepted before the **third game** of the season. 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.**

Rosters need to be limited to 17 players. Additions to the roster may be permitted, but **must be approved through the Soccer Office.** Additions to the roster will be accepted before the **third game** of the season.

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.

Adult Co-ed Leagues- These leagues are designed to allow teams with both males and female participants to play together in a fun and less aggressive environment. All co-ed teams must have a minimum of 4 women on their roster. **Each team is required to keep at least one woman on the field at all times.** This is to assure consistency and competitiveness amongst all teams in these leagues.

Men's league- There are no restrictions on the men's league in regards to female participants. Any team with women on the roster can play in the men's leagues if they so choose.

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 and can be kicked to score a goal. **A mandatory distance of 5 yards must be given on all free kicks.**

- **Goal Kicks-**

A goal kick occurs when the opposing team hits the ball out of bounds inside the two red lines that are on the corner walls. The goal keeper may punt, throw or place the ball on the ground and kick it. The ball does not become "live" until it goes outside of the goal arc (the white line around the goal area). Neither the opposing team nor anyone else on the goal keepers' team may touch the ball inside the goal arc during a goal kick. Only the goal keeper may take a goal kick (unless the team has pulled their goalie, where by only one defender may take the kick). The ball may be placed down anywhere inside the arc, but has to be stopped (**not rolling**) before the goal keeper can place it. Once the goalie has thrown or placed the ball on the ground, he/she cannot pick the ball up again to throw or punt it. If this happens, it will be an indirect kick violation, with the opposing team getting the kick at the top of the arc. When the ball leaves the plane of the arc, it is considered a "live" ball and play continues.

- **Three-line Violation- * Rule Change as of winter 2010***

A three-line violation is defined as the ball having crossed, in the air, over both 28' lines without touching the perimeter wall, the ground, or another player between the two lines. These lines are displayed on the field by a small white line at the end of each team's bench. **Punishment is taken with the opposing team**

receiving the ball on the yellow line located in the middle of the field on the side 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.** Also, goal keepers are permitted to bring the ball from outside the arc to inside the arc and pick it up with their hands. They may also play the ball with their feet inside the arc, dribble outside the arc, and then dribble back inside the arc and pick up the ball with their hands. However, they are only allowed to do this once before they have to get rid of possession. **If the goal keeper picks the ball up inside the arc twice in the same possession, a whistle should be blown for Delay of Game. The offending team will be punished by giving the opposing team a direct free kick from the top of the arc. This is an indirect kick violation and the offending team can create a wall inside the box, 5 yards from the ball.**

- **Ball Leaving the Field of Play- *Rule Change as of winter 2010***

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. The ball will be placed right under the part of the ceiling that was hit, regardless of where the ball is kicked. **When the goalie has the ball inside the arc (whether it is for a goal kick, or from saving a shot on goal) and he/she kicks, throws or punts the ball out of bounds, the ball is to be placed on the yellow line closest to the goal from which it was kicked.** The reason for this is to not allow teams to waste time by saving a shot on goal and then kicking the ball all the way down the field into the netting or balcony. It will be a free kick for the opposing team.

- **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)-** Players are to be sent to the box (except if it is a bench penalty, where in that case the team would just have to play a man down for

the 2 minutes). If a goal is scored within the two minute penalty, then the player is permitted to come back on the field or to the bench.

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.**

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. **** The penalty kick area for High School and Adult games is the top of the arc.**
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. **The opposing team may form a wall during any indirect kick violations that are in the box.**

Zero Tolerance Policy

In an effort to keep youth sports a more desirable and rewarding experience for all participants, we have mandated that all participants adhere to certain points of emphasis relating to sportsmanship. This campaign is designed to require all players, coaches, officials, team officials and administrators and parents/spectators to maintain a sportsmanlike and educational atmosphere before, during and after all games. Thus, the following points of emphasis must be implemented:

PLAYERS

1. Do not openly dispute or argue any decision by an official.

2. Do not use obscene or vulgar language at any time, including any swearing, even if it is not directed at a particular person.
3. Do not visually demonstrate any sign of dissatisfaction with an officials decision.

COACHES

1. Do not openly dispute or argue any decision by an official.
2. Do not use obscene or vulgar language.
3. Do not visually display any sign of dissatisfaction with an officials decision, especially with the intent of inciting the officials, players, or spectators.

PARENTS/SPECTATORS

The game will be stopped by officials when the parents/spectators displaying inappropriate and disruptive behavior interfere with other spectators or the game. The officials will identify violators to the coaches for the purpose of removing parents/spectators from the spectators viewing and game area.

Once removed, play will resume. Lost time will not be replaced and violators may be subject to further disciplinary action, which may include criminal charges being filed, and/or not being permitted entry into the facility in the future. This inappropriate and disruptive behavior shall include, but is not limited to:

Use of obscene or vulgar language in a boisterous manner to anyone at any time. Taunting of players, coaches, officials or other spectators by means of baiting, ridiculing, threats or physical violence

Throwing of any object in the spectators viewing area, players bench, or playing surface, directed in any manner as to create a safety hazard.

Iceoplex reserves the right to remove anyone at any time, if, in the judgment of the staff or referees, they are being disruptive.

Iceoplex reserves the right to remove all spectators from the viewing area at any time the staff or referees judge this to be necessary.