

# South Sound YMCA

## INDOOR SOCCER RULES

### EQUIPMENT

- A. All players must wear rubber-soled (tennis) shoes-no cleats of any kind will be allowed.
- B. No jewelry is to be worn.
- C. Protective pads may be worn.
- D. An official indoor soccer ball will be used. If referee does not have a game ball, home team will provide.

### TEAM

- A. Each team consists of 6 players - 5 field players and 1 goalie.
- B. There is no offside in indoor soccer.

### TIMING AND SUBSTITUTION

- A. The game consists of two 20 minute halves (15 minutes for Itty-Bitty).
- B. Halftime is 5 minutes. Time starts when the ball is kicked.
- C. The clock is running all the time except for an official's timeout.
- D. Substitutes may enter the game any time (even while the ball is in play) in a way that does not give advantage, i.e., neither team is immediately threatening to score.
- E. **Every player must play at least half of the game!!**

### TO START THE GAME OR KICK OFF

- A. The visiting team (white) will kickoff to start the game.
- B. The kickoff will be at midfield with two offensive players in the center circle.
  - The ball must roll forward.
  - The first player to touch the ball may not play the ball twice.
- C. All other players must be outside of the circle and on their sides of the field until the ball is kicked.
- D. A goal cannot be scored directly from the kickoff.

### THE GOALIE

- A. The goalie may touch the ball with his/her hands only when the ball is inside the box.
- B. For the 10-12 age division, the goalie may not pick up a ball that was passed by a teammate unless the ball was played off a teammates head.
- C. The goalie may **not** punt the ball, however, he/she may kick a ball that is played toward him/her.
- D. After making a save, the goalie must throw or roll the ball.
- E. The goalie may **not** throw the ball past mid-court unless it bounces in his/her own half or hits a player in his/her own half.
- F. The goalie may **not** be charged. He/She is to be left alone if he/she is in his/her own penalty area and in possession of the ball
- G. The goalie has 5 seconds to put the ball back into play.

## RESTARTING PLAY

- A. Goalie Throw - awarded if ball gets stuck behind net.
- B. Alternating Possession - awarded if ball is unplayable at sidelines. At least two offensive players must touch the ball before a goal can be scored.
- C. Direct Kick - awarded for team fouls. Kicking team must wait for signal from referee.

## FOULS

- A. Pushing.
- B. Tripping.
- C. Striking or swinging with the arms or legs.
- D. Reckless or deliberate kicking.
- E. Holding with the hands, arms, or legs.
- F. Handball being the entire arm from the hands to below the shoulders. (Note: only deliberate handballs are fouls. Accidental touching or movements to protect oneself are **not** penalized.)
- G. Charging in a dangerous manner or from behind.
- H. Dangerous play such as high kicking (foot above waist or kicking while on the ground), or blasting the ball (recklessly kicking the ball too hard)
- I. Infractions by the goalie will result in a direct kick from midfield. Infractions include:
  - Punting.
  - Throwing beyond midfield in the air.
  - Possession for more than 5 seconds.
- J. Misconduct \*
  - *Misconduct - may result in not only a direct kick, but also an ejection. Misconduct includes but is not limited to: a) Unsportsmanlike conduct; b) Arguing with the referee; c) Deliberate fouls; d) Constant breakage of rules; and e) Violent conduct such as striking, foul language, gesturing, or tripping from behind.*

For ages 10-12: Unsportsmanlike conduct may be penalized, at the discretion of the official, with a yellow or a red card. If a player receives two yellow cards or one red card during a game, he or she must be subbed out and may not play for the rest of the game.

**Official score will not be kept.**

## Sportsmanship

1. Coaches may not dispute calls, or argue a decision in front of players or spectators. If there is a dispute, address it at half time or after the game in the form of a question. If there is further dispute, contact the coordinator of your division.
2. If parents or spectators have concerns during the game, they will report to the coach or address the YMCA staff person (not the referee) on duty, or contact the coordinator.
3. Refer to Player/Parent Code of Ethics