

# Planters Bank • Jennie Stuart Health

## SPORTS PLEX H O P K I N S V I L L E

### Indoor Soccer House Rules

(Revised 11/13/23)

#### **The Ball**

The ball size used will be size 4 for U8 – U13 and size 5 for all ages above U13 and ALL competitive levels unless otherwise specified.

#### **The Players**

In all ages, the minimum and maximum number of players allowed on the field will be a minimum of 5 players and a maximum of 7 players including the goalkeeper will be allowed.

Substitutions: Players may substitute freely provided the exiting player has entered the area within the touchline in front of their own team bench area before the entering player enters the field. Exiting player may not be a part of game play once the substituting player crosses onto the field. If there is any type of interference, play will stop and the opposing team will take possession.

#### **Equipment**

Players must be in uniforms of corresponding colors, shin guards and proper footwear. Jewelry and other accessories are prohibited. The goalkeeper must wear a jersey that does not conflict with either team or officials.

#### **Referee**

The Referee's decision is final.

#### **Duration of the game**

All competitive games will play two 20 minute halves with a 5 minute halftime (3 minutes for U8-U12).

- Overtime period and tiebreakers: Regular season games that end in a tie will remain tied. Postseason games that end in a tie will play a single 15 minute "golden goal" period. In two minute increments, each team will remove 1 player from the field. There are absolutely not substitutions allowed in the overtime period and there are no clock stoppages (with the exception of a serious injury). If a team has a player injured, that removed player will be considered the next player to leave the field. If, when

the play gets to 1V1 and they play three minutes, the extra period will end and penalty kicks will begin (Actual Penalty kicks from the penalty spot).

During penalty kicks, each team will designate 3 players to take a kick from the penalty spot. In alternating fashion, each of the three players will take a shot. If at the end of these shots, the score is still tied, the teams will alternate 1 for 1 until a winner is determined. A player may not repeat as a shooter until either they or the opposing team has exhausted all eligible shooters. If a player that participated in game play or was an eligible player on the team bench during game play must leave prior to taking a penalty shot (if needed), that team must take a "miss" for his/her position before allowing a shooter to repeat.

- Running clock: Except in the case of an unusual delay, determined by the referee, the game clock counts down continuously through each half and overtime period.

### **Start and restart of play**

A kickoff from the center mark starts play at the beginning of each half and after every goal. A player who starts play may not again play the ball until it touches another player. The ball does not have to move forward at kickoff.

The designated home team takes the kickoff for the first half. The visiting team takes the kickoff for the second half. Overtime periods will be determined by a coin toss. Referees will designate the defensive ends for the teams based on house rules.

Restarts take place by either a kickoff, free kick, goalkeeper distribution, or dropped ball. Other than kickoffs or as provided below, restarts occur within 3 feet from the spot of the ball at the moment of stoppage.

A team receives a free kick after stoppages other than when a dropped ball or goalkeeper distribution is required. NO THROW INS. Before the team takes the free kick, the ball must be stationary. All opposing players must be at least 15 feet from the spot of the free kick (or if within 15 feet of the opponent's goal, along the goal line. **Failure to observe the 15' rule to intentionally impede the opponents play will result in a blue card.** The spot of the free kick is that provided above, except:

- Within own penalty Arch: from any spot therein.
- Within opponent's penalty arch: At the Free Kick mark at the top of the arch.
- Kick-in: From the point on the touch line nearest where the ball crossed over the perimeter wall
- 3 line violation: From the offending teams restart mark
- Superstructure violation: From the restart mark nearer to where the ball was last played

If neither team has clear possession of the ball at stoppage, the referee restarts play with a Dropped ball. A dropped ball caused while the ball is inside a penalty arch takes place at the free kick mark.

Play restarts with a goalkeeper distribution anywhere within the penalty arch after an attacking player has last touched the ball before crossing an end perimeter wall.

### **The ball in and out of play**

A three line violation occurs when a player propels the ball in the air across the three marked crossing lines without touching the perimeter wall, another player or a referee on the field of play.

A superstructure violation occurs when the ball contacts any part of the building or cages/netting above the field of play.

## **Scoring**

A team scores a goal when the whole of the ball legally passes over the goal line. A goal may be scored directly from a kickoff or restart. ALL goals are scored as one (1) point for a team, regardless of location on the field or gender scoring.

## **Fouls and other violations**

A foul occurs when a player commits the following in a manner that the referee considers careless, serious, reckless, or involving excessive force:

- A. Kicks or attempts to kick an opponent
- B. Trips or attempts to trip an opponent
- C. Jumps at an opponent
- D. Charges or obstructs an opponent
- E. Strikes, elbows or attempt to strike or elbow an opponent
- F. Pushes an opponent

Or Who:

- G. Plays in a dangerous manner (e.g., boarding, slide tackling)
- H. Holds an opponent
- I. Handles the ball (except by the goalkeeper within his own penalty arch)

**Unsporting Behavior:** A free kick results for the following offenses:

- A. Leverage: Using the body of a teammate, wall or goal to gain an advantage
- B. Encroachment: Entering the protected area of an opposing player taking a free kick (after an initial warning)
- C. Dissent: (i) Referee Abuse; (ii) Breach of penalty area decorum;
- D. Other: Behavior which, in the referee's discretion, does not warrant another category of penalty (e.g., delay of game, taunting, foul language)

**Goalkeeper Violations:** The opposing team receives a free kick for the following violations by a goalkeeper:

- A. Illegal handling: Bringing the ball from outside the penalty arch to his hand within it, or receiving the ball again after a goalkeeper distribution without the ball's having first touched another
- B. Pass Back: Handling the ball having been passed deliberately and directly to him by a teammate; except that he may handle a ball which a teammate passes to him by the head, chest or knee without "trickery" (the use of a wall or foot to flick the ball to a head, chest or knee before making the pass.
- C. 5 seconds: Controlling the ball with either his hand or foot inside of his penalty arch for over 5 seconds.

**Team Violations:** The referee issues a Team penalty for the following violations by a team or unidentified person:

- A. Leaving team bench: players leave the team bench to join a fracas or confrontation with the opposition or a game official;
- B. Bench Dissent: After an initial warning, one or more unidentifiable players verbally abuse the referee.
- C. Other: Unsporting Behavior, which, in the referee's discretion, does not warrant another category of penalty (e.g. too many players on the field)

**Advantage Rule:** The referee allows play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from an existing offensive advantage.

**Flagrant Fouls:** A shootout is awarded for the following fouls committed by a defender in his or her defensive half of the field.

- A. A foul within the penalty arch or goal for which he receives a time penalty;
- B. A foul from behind against an attacking player, having control of the ball and one or no defensive players between himself and the goal; and
- C. Any foul where he or she is the last player on the team between the attacking player with the ball and the goal

**Blue Card:** Unless otherwise provided below, the referee issues a blue card for serious fouls and unsporting behavior by a player and for:

- A. Deliberate handball or handball by a goalkeeper;
- B. Goalkeeper endangerment;
- C. Boarding;
- D. Any foul by the goalkeeper during a shootout.
- E. Slide tackling or attempted slide tackling.
- F. Spitting on the turf
- G. Failing to reasonably yield a 15' distance on a free kick. (intentionally defending close to the ball to afford time for a defensive set.

**Yellow Card:** The referee issues a yellow card for:

- A. A second blue card
- B. Unsporting behavior by any non-player personnel.
- C. Dissent or foul language directed at the referee.

**Red Card:** A person receives a red card for fouls, which the referee considers violent or committed with excessive force, and for:

- A. Third-time penalty;
- B. Elbowing: Intentionally elbowing an opponent above the shoulder;
- C. Vicious slide-tackling: A tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him;
- D. Fighting
- E. Leaving the team bench or penalty area to confront the opposition or a game official;
- F. Extreme unsporting behavior: Committing particularly despicable behavior, including
  - 1. Spitting at an opponent or any other person
  - 2. Extremely abusive behavior
  - 3. Bodily Contact with a game official in dissent

### **Time penalties**

The following penalties apply to offenses for which a card is issued (subject to further action by the Administrative authority):

- A. Blue card: 2 minute time penalty in the penalty area
- B. Yellow card : Warning of the subsequent possibility of an ejection plus 2 minute time penalty

- C. Administrative red card (for a player's third blue card): 5-minute Time penalty and ejection.
- D. "Straight" Red card (for a player's third blue card): 5-minute time penalty and ejection. (Carded player will not be eligible to play in the first half of the team's next game)

Players are designated by their teams to serve Time penalties of their team, non-player personnel, and of teammates who receive red cards. Otherwise, the person who commits a carded offense serves the penalty. Players serving time penalties serve their time penalties, seated, until their expiration and the referee permits their release.

**Short-handed play:** For each time penalty being served by a player, his or her team plays with one fewer field player until its expiration; provided that, a team may not have fewer than the minimum required, regardless of the number serving time penalties. Should a player receive a time penalty, while two or more teammates are already in the penalty area, his or her team continues to play with the minimum while he or she joins his or her teammates in the area.

**Exceptions:** Under the following circumstances, time penalties either expire prior to their completed countdown, or have the beginning of their countdowns delayed:

- A. Powerplay Goal: If a team is scored upon having fewer players on the field of play due to one or more players serving time penalties, a player from the team is released from the penalty area into the field of play, unless otherwise prohibited, and the player's penalty or penalties are wiped out. If the team has two players in the penalty area, only the player whose time penalty or penalties are recorded earlier is affected.
- B. Multiple Penalties: If two teammates are serving time penalties when another teammate is penalized, his time penalty does not begin to count down until at least one of the teammates' time penalties has expired and his or her time penalty is next to begin.
- C. Maximum Time Penalty: No player may receive more than 5 minutes for penalties arising at the same time on the game clock, irrespective of the number or nature of accumulated offenses or the fact that one or more teammates may be designated to serve such time.
- D. End of Game: All time penalties carry over between periods and expire at the end of the game.

**Delayed Penalty:** In instances where referees would issue a blue card, but for the advantage rule, the referee acknowledges the offense by holding the card above his head until the earlier to occur of the following:

- A. Opponent's possession: The team of the offending player gains control of the ball;
- B. Stoppage: The referee stops play for any reason.

Once play is stopped, the offense is recorded and assessed, as customary. In the event of a powerplay goal, the time penalty is not served and the provisions above regarding early release from the penalty area remain applicable.

**Foul Count:** If a team commits 6 fouls during a game, the opposing team will receive a shootout opportunity. Foul count then resets for the offending team. If a team reaches a second 6 foul penalty in the same game, they must remove a player from the field and play down for the remainder of the game. Fouls do not reset at halftime.

### **Shootouts and Penalty Kicks**

**Shootout:** For a Shootout:

- A. Any player may take the shootout with the exception of a player who is serving a time penalty;

- B. All players serving time penalties are seated in their appropriate penalty area. All players of the attacking team stand on or behind the Halfway line and outside of the center circle;
- C. The ball is placed at the restart mark nearer the attacking goal;
- D. The goalkeeper has at least one foot on his Goal line and may not move off of it until after the referee whistles the shootout to begin;
- E. Once the referee whistles the shootout to begin, the ball is in play and the player taking the shootout may dribble in any direction before shooting but must shoot within 4 seconds.
- F. The play is dead when the initial shot is either successful or unsuccessful or when the goal keeper gains possession of the ball. In the event of an unsuccessful shootout attempt, the restart is from the mark at the top of the arch.

**Tiebreaker:** A Tiebreaker proceeds by penalty kicks:

- A. The referee designates the goal at which both teams shoot and the team which shoots first;
- B. All players, other than the player taking the shot and the defending goalkeeper, remain at the midfield line;
- C. Shots are taken directly from the penalty mark;
- D. Both teams have up to 3 shots, with players from each team kicking alternately;
- E. If, at any time, a team obtains a 2 goal advantage, the tiebreaker ceases and a winner is declared;
- F. If, after both teams have taken 3 shots, neither has an advantage, the tiebreaker continues, alternating one player at a time until both teams have taken an equal number of shots and one team has scored when the other has not;
- G. The player has five seconds to shoot after the referee's whistle.