

Indoor Soccer Rules & Regulations

Updated Spring 2019

Team entry registration and rosters:

1. There is a maximum of 18 players on a team. (Recommended roster sizes for U12 and below – 14 players, U13 and above – 12 players.) **Teams do not have to be registered WYSA teams. Players WYSA insurance does not apply towards your indoor season. You must play at your own risk. Individuals from various teams may form teams specifically for indoors. Roster must be filled out acknowledging Real School Liability Release. Real School is not liable or responsible for any injuries obtained during play at the facility; none of the clubs hosting events are liable or responsible for any injuries obtained during play at the facility.**
2. All players must be able to show proof of identification and age upon request. Players unable to show proof of identification and/or age will be unable to participate in said game.
3. **Players may only play on one team within a bracket.** (Unless approved by Director)
4. Player verification must be protested before the start of the game or during the half time. Coaches only can protest player verification. If a team is found guilty of having an illegal player, they must forfeit the game.
5. Youth teams must have a responsible adult on the bench. This person must be at least 21 years of age for teams in the U15-U19 age groups.

Fighting and serious foul play:

1. Fighting will result in an automatic 5-minute penalty and a red card expulsion from the current game.
2. The players involved will automatically receive a **ONE GAME SUSPENSION**.
3. A report will be filed with the management of the facility immediately after the game.
4. If management deems it necessary, the player may be suspended for an indefinite amount of time. No refunds will be given if a player is suspended from the indoor soccer leagues or tournament.
5. Any red card offenders will automatically be suspended for the following week of play, or next game. This suspension includes all games in all indoor leagues/tournaments at Real School for at least one week, or duration of tournament.

Rule 1: Players

Number of Players

Maximum roster size: 18 players for youth teams through adult teams.

U8-U10 7 field players and a goalkeeper

U11-U19 6 field players and a goalkeeper

Extra Player:

If a team is behind by 5 goals or more they may add an additional player until the goal differential is less than 5. If a team is ahead by 10 or more goals, the referee will discontinue keeping score until the goal differential once again is below 10 goals.

Penalties:

Only 2 players per team may be given a time penalty at a time. If additional players are penalized, the time penalty will be delayed until one of the earlier penalties is over.

Substitutions:

Substitutions may occur on “the fly” provided the player leaving the field and the player entering the field do not participate in play or seek to gain an advantage while they are simultaneously on the field of play. Any teammate may change places with the goalkeeper any time as per regular substitution procedures, provided that the goalkeeper wears a jersey that distinguishes him/her from the other players and the referee. All team bench personnel and players listed on the official lineup are subject to the authority and jurisdiction of the referee. No more than 2 non-playing personnel are allowed on the team bench.

Injured Player:

In cases of injury and a team’s representative is requested onto the field by the referee to attend to the injured player, that player, excluding the goalkeeper, must be removed from the field of play. That player may rejoin the game after it is restarted and they are ready to play again. Under no circumstances can a player be allowed to continue to play while he/she has an open wound and blood is evident. **Real School is not and cannot be held responsible for any injured players, and assumes playing at their own risk. This includes expense incurred for any medical treatment of any sort during game play, or after leaving property.**

Injured Goalkeeper:

If play is suspended more than one time as a result of a team’s representative being signaled to enter the field of play by the referee to attend to a particular injured goalkeeper, that goalkeeper must be removed from the field of play. That goalkeeper shall not be permitted to rejoin until the next substitution opportunity after the referee restarts the game.

Team Captain:

A captain shall be appointed by each team and the captain alone will be informed by the referee of any questions relating to interpretation of the rules which may arise during the game. In the event of a dispute or problem the referee will inform the team captain of the decision and each captain will advise their coach/ person responsible for the team.

Rule 2: Equipment

Player Equipment

Compulsory equipment consists of shirt, shorts, shin guards (completely covered by socks or stockings), and shoes. Goalkeepers must wear colors which will distinguish them from all other players and referees. Once the game has started and the referee notices a player has come onto the field wearing no shin guards (made of approved materials commercially available designed specifically to protect the shins), the referees must issue the offending player a 2-minute penalty for unsportsmanlike conduct. Team plays short-handed. The opponent will take possession and the restart will take place at the spot where the ball was when play was stopped. In the event that possession was gained in the defensive penalty area the restart will take place at the top of the restraining arc.

Dangerous Equipment:

Jewelry may not be worn if it poses a threat to his/her self or any other players. The threat of injury will be determined by the referee or Park Management if necessary. Absolutely no casts of any type are allowed. Shoes must be tennis shoes, traditional turf shoes or molded cleats. No screw-in /replaceable cleats are allowed. Knee braces with metal must be covered with a protective sleeve or ace bandage. If the referees find that a player is wearing articles not permitted by the rules and/or which may constitute a danger to him/her or other players, the referees shall order the player to remove the dangerous articles. If the player fails to carry out the referee's instruction, the player shall not be permitted to participate.

Rule 3: Referees

One or two referees (of equal authority) will be responsible for control of the game. Referee's decisions on points of fact connected with play shall be final so far as result of the game is concerned.

Rule 4: Duration of Game

Game duration will be determined by the individual leagues. Time shall be stopped for injury and when a time penalty issued or as otherwise determined necessary by the referees.

U8 - Adult 40 minute games, no half time

Tournaments 1 x 40 Minute game or 2 x 20 minute halves (1-minute half time to switch sides)

Rule 5: Start of Play

The visiting team has possession in the first period, the home team in the next period. Teams change ends after each period.

Rule 6: Ball In and Out of Play

The ball is out of play when it passes over the perimeter wall (netting), when it hits the ceiling, when a goal is scored or when the referee stops play. The ball is in play at all other times, including when it rebounds from the referee, perimeter wall, goal post or Plexiglas.

Rule 7: Method of Scoring

A goal is scored when the whole ball passes completely over the goal line providing no infraction has been committed by the attacking team.

Rule 8: Three Line Violation & Delay of Game Violation

Three Line Pass:

If a player plays the ball over three lines in the air towards the opponent's goal line without it touching another player, the perimeter wall, or the referee on the field of play the referee shall award a free kick to the opposing team at the center of the first large white line that the ball crossed. **Goalkeepers for ages U7-U10 may not punt the ball over the three lines. NO PUNTING FOR U11 and above (NO DROPKICK)!**

Exception: A goalkeeper while standing in his/her penalty area may legally throw the ball over all three lines. A goalkeeper may throw the ball into the opponent's goal while in his/her own defensive penalty area. Result is a goal scored.

Rule 9: Fouls and Misconduct

A player who kicks, trips, strikes, elbows, jumps at, pushes, holds, charges, commits a dangerous play, obstructs or intentionally handles the ball (except the goalkeeper in his/her own penalty area) shall be penalized by awarding a free-kick to the offended team. Any of the above fouls committed by the defending team in its penalty area shall result in a penalty kick and a two or five-minute time penalty. An offense committed in the penalty area by the defending team which is not worthy of a time penalty (e.g. obstruction or dangerous play) shall not result in a penalty kick and play shall be restarted with a free kick to the offended team at the top of the restraining arc. **Slide tackling on a player is not allowed.**

Penalty Time Penalties:

Penalties may be assessed against players for committing any of the twelve offenses outlined above while the ball is in play. A time penalty must be assessed for incidents of **boarding, elbowing, striking, spitting, and other offenses deemed severe, tactical or blatant in nature.** These two or five minute penalties shall be administered by the showing of a **Blue, Yellow, or Red card** by the referee, and a power play shall be awarded to the offended team.

Unsportsmanlike Conduct Penalties:

Penalties may be assessed at the discretion of the referee, to the players while the ball is out of play. The only exception is a shin guard violation. These penalties shall be administered by the showing of a **Blue or Yellow Card** and the resulting power play for the offended team shall be two minutes in length. The restart for any unsportsmanlike conduct offense shall be a free kick to the offended team if the offense occurred while the ball was in play. Examples of unsportsmanlike conduct include encroachment (interfering with the taking of a free kick or restart), Leaning on a teammates shoulder in order to play the ball, unauthorized exit of penalty box and delay of game (tactics used to delay restart of play).

Dissent Penalties:

Penalties may be assessed against players who show abusive disapproval by, word or action, of the decision of the Referee. These penalties shall be assessed a Blue or Yellow Card and the resulting power play shall be two minutes in length. If any non-playing personnel (coaches, trainers, team officials) exhibit unsportsmanlike conduct likely to bring the game into disrepute or such other misconduct, they shall be assessed a Blue or Yellow Card and a two minute time penalty to be served by any player from the field or bench. The referee shall report the misconduct to the League for disciplinary action.

Delayed Time Penalties (Blue Card Advantage):

In situations where the referee would want to penalize a player for an infraction by issuing a time penalty while at the same time wishing to apply the advantage clause, the referee shall acknowledge the foul. He/she shall signal that the advantage is being continued by raising a Blue Card above the referee's head and maintaining that signal until such time as:

- **Opponent Possession:** The offending team gains control of the ball upon which the referee shall signal the foul by means of a whistle and appropriately penalize the offending player. Possession shall be defined as a player having clear control of the ball for more than one second. The opponent will take possession and the re-start will take place at the original point of infraction. If a foul is committed during the advantage worthy of a second time penalty, both time penalties are assessed and appropriately served. If both penalties are assessed against a single offender, the offender shall not return to play until both penalties are served. No time penalty/penalties shall be served if a goal is scored by the offended team. If a goal is scored by the offending team, penalty/penalties shall be recorded for accumulation purposes.

Send-off Penalties:

At the discretion of the referee, a red card may be shown for intentionally charging the goalkeeper while the latter is in full possession of the ball, spitting on an opponent or referee, physically contacting a game official, leaving the box to engage in misconduct or confrontation, or other incidents of unseemly behavior. In addition, a player shall be sent off for violent conduct, serious foul play and/or foul/abusive language. The game shall not be restarted until the player that was sent off has left the bench area. A teammate of the player that was sent off shall serve a full five minute penalty and the opposing team shall be awarded a power play (regardless of how many goals the opposing teams scores). The sent off player must leave the building after the issue of the red card and cannot be on the team bench during the length of time of his/her suspension.

Power Play Return:

If one team is reduced by penalties to fewer players on the field than its opponents and the team having more players scores a goal, then the player having the least remaining penalty time can return to the game. Only one penalized player may return on each goal. If a single player is responsible for concurrent penalties, that player shall not return to play until both penalties are served.

Equal Number/Simultaneous Penalties:

If members of both teams are simultaneously penalized or sent off from the game, teams shall play shorthanded (5v5 or 4v4 includes goalkeepers) and the full penalty time shall be served.

Goalkeeper Restrictions:

If the goalkeeper fails to distribute the ball to another player within 5 seconds of having received the ball in hand, if a teammate passes the ball back to the goalkeeper and the goalkeeper plays the ball with his/her hands, or if the goalkeeper having attained possession of the ball with his hands distributes and then repossesses the ball prior to a stoppage in play or the ball being touched by an opponent, a free kick shall be awarded to the opposing team taken from the top of the restraining arc. Goalkeepers (U7-U10) are allowed to punt ball but not over three lines or they may play the ball out with their hands.

Penalty against Goalkeeper:

When a two minute penalty is assessed against a goalkeeper, it shall be served by a teammate.

Rule 10: Denying a Goal Scoring Opportunity

Denying a goal scoring opportunity is not a mandatory red card, but can be deemed so by the referee.

Rule 11: Free Kicks

For any infraction of the rules, a free kick shall be awarded to the offended team. **A goal may be scored directly into the attacking team's goal from a free kick or any other restart.** A team will have five seconds to restart play after having been signaled to do so by the referee. If the team does not put the ball in play in the allotted time then possession of the ball is awarded to the opponent. Opposing team must yield 15 feet.

Rule 12: Penalty Kicks

A PK is awarded for an offense committed by a player inside the team's penalty area. The kick is taken from the penalty spot by any player on the offended team. The goalkeeper must stand on the goal line. All players except the kicker and the goalkeeper must be outside of the penalty area and off the restraining arc and behind the ball. The ball is in play as soon as it travels forward.

Rule 13: Restart – Ball over the Perimeter Wall or Hitting Ceiling

Kick-in:

When the whole ball passes over the perimeter wall or hits the net along the touchline, or hits the ceiling, it shall be put back in play by a direct free kick at the point where the ball went out. The ball shall be in play immediately after it has been played.

Goal Kick:

When the ball crosses over the perimeter wall between the corner markings after being last touched by a member of the offensive team, play shall be started by the goal keeper distributing the ball within his/her own penalty area. After obtaining possession of the ball in their hands, inside the penalty area, the goalkeeper has 5

seconds to distribute the ball. Once the goalkeeper gives up hand control by placing the ball on the ground or distributing the ball in the air, the ball is in play. The goalkeeper may dribble the ball after releasing it into play. The goalkeeper may throw the ball over all three lines (see Three Line Pass: goalkeeper exception) and a goal may be scored directly from such a restart.

Corner Kick:

When the ball crossed over the perimeter wall between the corner markings after being last touched by a player of the defensive team, play shall be restarted with a corner kick from the nearest corner spot to where the ball left the field.

Point System and Tiebreaker Regulations

Divisional or group play will be determined by the following point structure:

3 points for a win
1 point for a tie
2 points for a shutout
0 points for a loss

1 point for each goal up to a maximum of 3 goals

A forfeit win is recorded as 3-0, giving that team the maximum number of points (8) for that game.

Tie-breaker Regulations
(Only at the end of Divisional Play)

If at the end of DIVISIONAL PLAY if two or more teams are tied in points a shoot-out by penalty kicks will determine the winner.

Best of luck!