HR SPORTSPLEX MODIFIED

INDOOR SOCCER/ FUTSAL RULES

**EQUIPMENT**

**MUST WEAR SHINGUARDS**

**ONLY FUTSAL BALL USED**

**INDOOR SHOES OR TURF SHOES ONLY - NO CLEATS**

**DURATION**

**22 MINUTE RUNNING CLOCK – NO TIMEOUTS**

**FORMAT**

**5V5 FOR ALL GAMES – CAN BE MODIFIED T0 4V4 OR 6V6**

**RESTARTS/GOAL KEEPER RULES**

**GOAL KICKS, KICK INS AND CORNERS, CEILING TOUCHES**

**TEAMS MUST PROVIDE 6 FEET OF SPACE FOR ALL RESTARTS**

**RESTARTS MUST BE DONE WITHIN 5 SECONDS**

**GOALIE RESTARTS BY HAND ONLY - CAN TRAVEL THE LENGTH OF THE FIELD**

**AFTER A SAVE A GOALIE CAN DROP THE BALL AND PLAY IT**

**A GOALIE CANNOT PICK UP THE BALL FROM A PASS FROM THEIR TEAMMATE**

**GOAL KEEPERS CAN ACTIVELY BE A PART OF A TEAM’S POSSESSION WITHOUT PENALTY – REPEATED TOUCHES**

**NO PUNTING – BALL CAN TRAVEL THE LENGTH OF THE FLOOR**

**ALL FREE KICKS ARE DIRECT – ONLY ONE PLAYER ALLOWED IN A WALL AT A 2 YARD DISTANCE**

**OUT OF BOUNDS - ALL KICK INS ARE INDIRECT**

**BALLS HITTING THE CEILING ARE RESTARTED FROM NEAREST SIDELINE**

**NO GOAL CAN BE SCORED DIRECTLY FROM GOAL KICKS, KICK INS, OR CEILING TOUCHES (INDIRECT FREE KICK)**

**OTHER RULES**

**NO SLIDE TACKLING – ONLY KEEPERS IN THE BOX**

**YELLOW CARD INFRACTIONS ARE 2 MINUTE PENALTY OR UNTIL A GOAL IS SCORED BY TEAM WITH ADVANTAGE**

**2 YELLOW CARDS = EJECTION AND POSSIBLE SUSPENSION**

* **TEAMS MUST HAVE A MINUMUM OF 3 PLAYERS TO START AN OFFICIAL GAME**
* **ALL PARTICIPANTS/ GUEST PLAYERS MUST HAVE A WAIVER FILED WITH THE SPORTSPLEX**
* **ANY UNSPORTSMANLIKE CONDUCT CAN LEAD TO DISMISSAL OF THE PLAYER AND/OR PARENT OR SPECTATOR FROM THE SPORTSPLEX**

 **THANK YOU FOR YOUR PARTICIPATION**

**IN THE VA. PENINSULA INDOOR PREMIER LEAGUE!**

**POSTED STANDINGS ARE ONLY KEPT IN THE HS AGE LEVELS AND ABOVE**

**WINNING TEAMS WILL RECEIVE OFFICIAL HR SPORTSPLEX LEAGUE CHAMPIONSHIP TSHIRTS.**

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