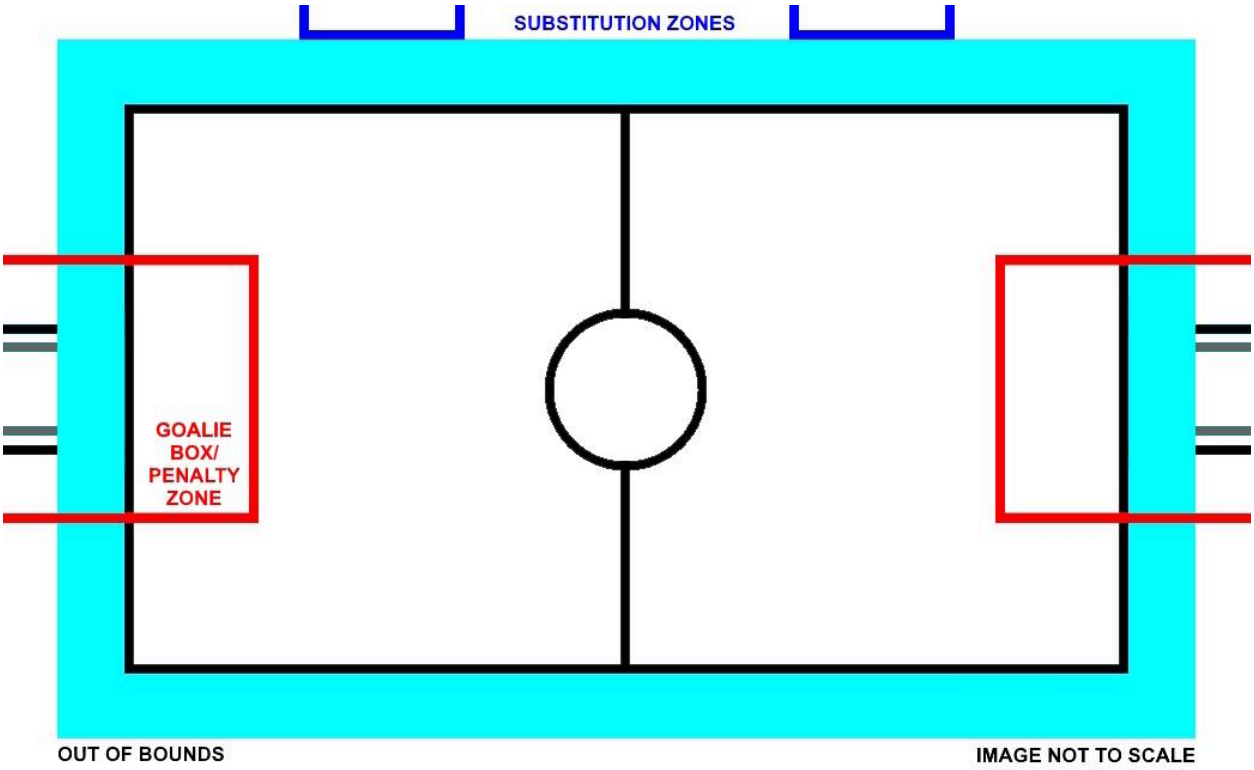
2026 INDOOR SOCCER/FUTSAL RULESET

Playing Court



- The large cyan borders encompass the playable court (58.4' x 95' or 23m x 37.4m) with the edges of said borders serving as the touch (long) and goal (short) lines.
- The only **black lines** necessary are the halfway line, center circle, free throw line (not pictured), and goals. The gray represents the smaller goal for ages 4-6.
- The red indicates the penalty zones, and the blue shows the substitution zones.

General Rundown of Program Procedure

- Participants include coed divisions for kids aged 4-6, 7-9, and 10-12. The dates range from kids turning 4 January 1st to kids turning 13 April 1st; for divisions, apply the same dates.
- Parents are encouraged to list one size up for their child's jersey size, e.g. L instead of M.
- A Combine held on January 16th will assess each child's height, weight, shirt size, and abilities. This is mandatory for all players in the 7-9 and 10-12 divisions.
- All games take place on Saturdays. Regular season will begin January 24th and run through February 28th with the exception of February 21st, then a post-season tournament for ages 7-9 and 10-12 runs for three weeks on March 7th through March 21st.
- The post-season is a double-elimination tournament seeded based on each team's performance in the regular season.

- ℹ Practice schedules vary according to each team, and as such the coach must be referred to. Coaches may schedule a scrimmage in the Carpenter Center gym or another court.
- ℹ Games run on Saturdays from 9 AM to 4 PM, each game having two 20-minute halves (ages 4-6 have 12-minute halves), an ongoing running clock, and one 5-minute halftime.

Equipment

- ℹ Ages 4-6 will play with a smaller goal. They will also use a size 3 futsal ball. Otherwise, all ages will play with the standard goal size and a size 4 futsal ball.
- ℹ Jerseys are provided; usual attire is shorts but sweatpants are permitted.
- ⚠ All players must have shin guards.
- ⚠ Players wear sneakers or futsal shoes only. Cleats are DISALLOWED in the building.
- ⚠ Jewelry must be taken off, and any earrings must be taped up or removed.

Players, Goalkeepers, and Substitutions

- ℹ Teams are comprised of five players, one being the goalkeeper, and between four and seven substitutes. The match must begin with five but may finish with as few as three.
- ℹ All substitution are on the fly except for the goalkeeper. The goalkeeper may substitute out during clock stoppage or with the permission of a referee.
- ℹ The goalkeeper will wear a pinny (mesh overshirt) to signify they are the goalkeeper. The pinny shall be a contrasting color to the jersey.
    - They may also wear extra padding as deemed safe by the Main Ref.
- ⚠ Substitutes must wait to enter the match until the player leaving the match is at the touchline in the substitution zone.
- ⚠ All substitutions must take place in front of the team bench.
- ⚠ Substitutes cannot take penalty kicks. Only a player on the field at the time of the foul may take a penalty kick.
- ⚠ As the league is coed, the number of boys and girls on the field for each team should match. If three boys and two girls are on one team, the other team must have three boys and two girls. A team may be inequal if their team cannot substitute in another player.

Staff

- ℹ **The Main Referee:**
    - is located opposite of the player benches.
    - enforces rules and stops the game when rules are broken or when a player is injured as well as signals a restart after every stoppage.
    - keeps a record of incidents before, during, and after the game.
    - corrects players guilty of rule-breaking and explains why a foul is a foul.

    - allows no others to enter the court.
        - For ages 4-6, an exception may be made if a child needs a parent to encourage or guide them closely.
    - decides if the ball meets requirements.
    - overrides Assistant Referee calls if necessary.
- **The Assistant Referee:**
    - is located adjacent to player benches.
    - keeps track of yellow- and red-carded players as well as two-minute punishment period for ejections.
    - otherwise has the same responsibilities as the Main Referee.
- **The Timekeeper:**
    - is located further behind the Assistant Referee (between the bleachers).
    - starts game clock after kickoff, stops it when the ball is out of play, and restarts it after all restarts.
    - indicates the end of first half and the match.
    - helps the Assistant Ref with keeping track of cautions and ejections.
    - keeps track of score and who scored as well as fouls per team, injuries, and who served as goalkeeper and for what time.
- There are two coaches per team. One coach from each team will serve as the two referees. If needed, they may swap coaches at half time.
- Coaches can decide who will do timekeeping for their games, whether it be a parent or other volunteer. If needed, the Assistant Referee will do timekeeping.

Clock

- Each game has two 20-minute halves with a five-minute half-time with the exception of ages 4-6, who will have 12-minute halves.
- The clock only stops for injuries. No time-outs or stoppage when the ball is out of play.
- The clock starts as soon as the ball leaves the center circle after the coin toss.

Full Game Procedure

- A coin toss determines who starts with the ball. The coin toss winning team has one player in the center circle with the other players close behind. The opposing team must be outside the center circle and both goalkeepers at their respective goals until the ball is in play. The ball is in play when it exits the center circle after kickoff and another offensive player touches the ball.
- When a goal is scored, the ball will return to the center of the court, and the team that was scored on will perform the kickoff.

- ℹ A goal is scored when the whole ball legally crosses the goal line between the goal posts and under the crossbar of the goal. Two players from the offensive team must touch the ball before it is considered a goal.
- ℹ At half-time, the teams will switch sides, including goals and can switch substitution zones. The team who did not win the coin toss at the start will do kickoff for the second half.
- ℹ During the regular season, the score will stay tied if a game ends in a tie. Only during the post-season tournament will a tiebreaker occur, called golden goal, where a kickoff begins a three-minute sudden-death round. If no one scores during this time, it will go to penalty kicks, where five players from each team take turns doing penalty kicks.

Ball In/Out of Play and Restarts

- ☒ Ball in Play: The ball is in motion after kickoff or a restart of any kind. Kickoff must exit the center circle, and goal clearances must exit the penalty box.
- ☒ Ball Out of Play: The ball exits the touch or goal lines, the game is stopped by a referee, or the ball hits the ceiling or basketball hoop.
- ☒ Kickoff: The ball is placed in the center circle with the offense team anywhere on their half of the court and the defense team outside of the center circle on their half of the court. An offense field player must kick the ball to a teammate to legally put the ball in play, which is called an indirect kick.
- ☒ Kick-in: The ball must be placed on or no more than 10 inches behind the line, and the kick must be taken within five seconds. The kicker's non-kicking foot must be out of bounds or on the line. A kick-in that goes directly in the defensive goal is a corner kick for the opposing team, so the player must pass the ball to a teammate.
- ☒ Free Kick: The ball starts where the penalty occurred. A player from the team who gets the free kick must pass it to a teammate.
- ☒ Corner Kick: The ball must be placed directly on the corner spot, and the kick must be taken within five seconds. This kick can be direct, as in it can go directly into a goal.
- ☒ Goal Clearance: The ball wholly crosses the goal line after being touched last by the offensive team. The goalkeeper must use their hands to roll, bounce, or throw the ball from anywhere inside the penalty zone to outside of the penalty zone.
- ☒ Penalty Kick: The ball must start at the top of the free throw line. The kicking player cannot dribble the ball and must attempt to score a goal against the defending player. A ref chooses the goal to use.
- ☒ For all restarts except goal clearances, opponents cannot be closer to the ball than 4 yards.

Fouls and Misconduct

- ℹ All fouls will result in indirect free kicks. There are no offsides penalties.
- ⚠ An ejected player is out for the rest of the game. If they continue to be disruptive to the game or receive a second red card in the following game, they may be expelled from the rest of the season entirely.

⚠ The team of the player sent off can substitute for that player after two minutes of playtime or after the opposing team scores, whichever comes first.

⚠ The substitute cannot enter until the ball is out of play and they have a ref's consent.

⚠ **All Players**

- Can be fouled for:
  - intentionally touching the ball with anything above the waist (goalkeepers exempt).
  - kicking, tripping, jumping at, charging at, striking, spitting, holding, pushing, and sliding at the opponent.
  - dangerous play, e.g. attempting to kick a ball held by a goalkeeper.
  - charging the goalkeeper in the penalty area.
- Can be warned first, then yellow carded (cautioned) for:
  - fouling three times.
  - delays the game by arguing with the referee(s).
  - showing unsportsmanlike conduct.
- Can be warned first, then red carded (ejected) for:
  - serious foul play.
  - voilent conduct.
  - foul or abusive language.
  - second instance of cautionable offense, i.e. second yellow card.
  - intentionally impeding a clear goal opportunity either through a professional foul or by handling the ball in the penalty area.

⚠ **Goalkeeper**

- Can score but not from a direct throw.
- Can be fouled for:
  - picking up or touching a backpass, i.e. picking a ball passed to them by a teammate, or a kick-in from a teammate.
  - moving past their half of the court.
  - controlling the ball with their hands for more than five seconds.
  - touching with any body part a backpass that has been played back to them before the ball either crosses the halfway line or an opponent touches it.
  - touching the ball with their hands after it exits the penalty box.

⚠ **Substitute**

- Can be yellow carded for:
  - entering the match before the player leaving the match is at the touchline in the substitution zone.
  - taking a penalty kick instead of a player on the court at the time of the foul.

Scheduling, Forfeits, & Game Cancellations

- ℹ The regular season is a round robin bracket for each division. Ages 4-6 will have at least six games total, and ages 7-9 and 10-12 at least eight games total (including post-season).
    - Ages 4-6 will only have one week of post-season.
- ℹ The regular season schedule is fixed and cannot be changed save for game cancellations. Post-season scheduling times are to be determined.
- ⚠ Teams must have at least one coach and five players to begin a game. Unless a game is cancelled, teams who do not meet this requirement on a game day will forfeit their match.
- ℹ Reasons for game cancellations:
    - Both teams in a game do not meet minimum requirements to begin.
    - Inclement weather hinders travel or would endanger participants.
    - Issues with the facility arise (weather damage, power outage, etc.).
    - A lockdown occurs (serious illness, dangerous individual, etc.).
- ℹ In the event of a game cancellation, the game will be slotted as the last game of the following week's schedule or otherwise at the discretion of the Program Director.