

YOUTH INDOOR RULES AND PROCEDURES

FIFA Guidelines will be recognized in addition to the following:

HOUSE RULES

1. No balls permitted in the Arena.
2. No players may play while wearing a cast of any type.
3. Shin guards are required.
4. Games consist of two (2) halves of 24 minutes, excluding tournament games.
5. Time will be kept with a running clock at all times, except in cases of serious injuries.
6. No spectators may sit in the penalty box during games.
7. No smoking or alcohol permitted.
8. If the Head Coach is absent, a responsible adult over the age of 25 must be present on the bench.
9. Head Coaches are responsible for the actions of their assistants, players, parents and fans.
10. Players may wear indoor, turf or tennis shoes. No molded or cleated shoes are allowed.
11. Goalies are required to wear helmets at all times.
12. Maximum of 2 coaches and players per team in bench area. Coaches are not to stand on the benches or dasher boards and should be seated or in the bench area.
13. A 2-minute penalty in the last 2 minutes of a game may result in a red card infraction (minimum 1 game suspension).

AGE

Under 8
Under 10 & 12
Under 14 & Above

NUMBER OF PLAYERS

7 players plus a keeper
6 players plus a keeper.
5 players plus a keeper.

AGE

Under 8
Under 10 & 12
Under 14 & Above

BALL SIZE

Size 3
Size 4
Size 5

GAME RULES

1. No slide tackles.
2. No boarding.
3. No ball may travel three (3) lines in the air without hitting the floor or a player. This will result in an indirect kick from the yellow spot on the white line from which the ball was played.
4. If the goalkeeper has any part of his/her upper body in contact with the ball, this will be considered possession and the play is dead to all field players. Safety First!!!!
5. The goalkeeper must distribute the ball within six (6) seconds of gaining possession with hands or an indirect kick will be awarded to the opposing team on the yellow spot on the white line.
6. All corner kicks will be restarted on the official's whistle.

7. Goalkeepers may not play the ball with his/her hands when ball is intentionally played back by their own teammate.
- 8 The official can stop play at any time due to an injury on the field. The restart will either be a drop ball or an indirect kick to be given to the team in possession of the ball at the time of the injury. This will be at the official's discretion.
- 9 All restarts begin from the yellow spot on the white line.
10. Mandatory 10 feet minimum and at official's discretion on all direct and indirect kicks.

DIRECT KICKS

1. A direct kick is awarded for kicking, tripping, holding, jumping at an opponent, pushing, charging, slide tackling, handling and boarding. A two (2) minute penalty may also be given for these fouls
2. The following are direct kicks: Corner kicks, goal kicks and kick offs after goals and the start of each half. Goal kicks can be taken from anywhere in the goal box.
3. Kick offs may be played forward, backwards or sideways.

INDIRECT KICKS

1. The ball must roll a full rotation on the first touch, no tapping the ball to put the ball into play.
2. All kicks are indirect in the U8 age division.
3. Any balls hitting the netting above the goal or glass, or leaving the field of play, will be considered out of play. A goal kick or indirect kick will be awarded to the opposing team depending where the ball hits the net.
4. All indirect kicks awarded along the boards will be placed within a foot of the boards to be played or at the official's discretion.
5. Goalkeepers playing the ball illegally with his/her hands will result in an indirect kick from the yellow square on the white line.

6. The goalkeeper may not cross his/her own white line to play the ball. If so, an indirect kick will be awarded on the yellow spot on the white line.
7. Three (3) line passes in the air.
8. Balls hitting the ceiling will be awarded to the opposing team and placed at the nearest yellow spot on the white line from where the ball was last played.
9. Slide tackles which are not considered dangerous plays in the official's discretion, will result in an indirect kick.

TWO MINUTE PENALTIES

1. Too many players on the field.
2. Boarding.
3. Slide tackles.
4. Unsportsmanlike conduct.
5. Fouls which are considered violent or with the intent to hurt a player in the official's discretion.
6. The use of profanity, slurs and abusive language.
7. If a player receives two (2) box penalties in one (1) game, this will be considered a red card and that player will not finish that game and must sit out his /her next scheduled game. His/her team will play down a player during the penalty, a five (5) minute major penalty, but will be able to add a player after the entire five (5) minute penalty is served.
8. If a goalkeeper receives a two (2) minute penalty, it must be served by a field player, but will be charged to the goalkeeper.
9. If the opposing team scores a goal during a two (2) minute penalty, the player serving the penalty may re-enter the game at that point.
10. Kicking/shooting ball which results in ball being stuck in ceiling.

EJECTIONS

1. Fighting.
2. Spitting on/at another player, coach, ref, fan or the carpet.
3. Receiving two (2) box penalties in the same game.
4. Ejections will lead to players missing the remainder of the game being played and ALL league games until the team's next scheduled game. Ejections can lead to the suspension of the player for several games or the remainder of the session. This is at the Management's discretion. NO REFUNDS!!
5. For all ejections, a five (5) minute major penalty must be served by a player other than the ejected player. The entire penalty will be served, regardless of the total goals scored.
6. Any player who throws a punch, joins a fight or leaves the bench during a fight, may be suspended for the remainder of the session. NO REFUNDS!!

PENALTY SHOTS

1. All players must be behind the white line at the top of the penalty box and outside of the penalty box area.
2. Penalty shots will be taken from the yellow square at the top of the penalty box.
3. If the shot is saved or missed, the game is resumed at that point.

SUBSTITUTING

1. Substitutions can be made on the fly. Off coming players must be in the Bench Area, Five (5) feet from the bench, prior to the new player entering the field or at official's discretion
2. Guaranteed subs will occur on corner kicks, kick offs, goal kicks, injury stoppage and when a penalty is issued.
3. Too many players on the field will result in a two (2) minute bench penalty which may be served by any player.
4. Goalkeepers may be substituted on the fly, but the entering goalkeeper must already be wearing a helmet and a jersey which does not conflict with either team. Play will not be stopped to exchange goalkeeper equipment.
5. The new player is not permitted to play the ball as soon as he/she enters the field. They must engage in the play. This is at the referee's discretion. Violation will result in an indirect kick from the spot of the infraction.

UNIFORMS

1. Teams must have shirts of the same color.
2. Numbered shirts, matching shorts or socks are not required.
3. It is recommended to bring an alternate shirt in case of a uniform conflict.
4. If teams have the same color uniforms, the team listed first in the Score Book will be required to wear pinnies.

WE APPRECIATE YOUR CONTINUED PATRONAGE, ESPECIALLY THOSE WHO HAVE BEEN WITH US FOR MANY YEARS. THESE PROCEDURES AND RULES MUST BE FOLLOWED BY ALL TEAMS, PLAYERS AND FANS AT ALL TIMES.

THANK YOU

REVISED: November 2014