



Youth Indoor Soccer HOUSE Gameplay Rules Summary

The FIFA “Laws of the Game” will be followed with the exception of the following:

1. Start and Restart of Play

- Clock will start at scheduled game time. Game will be considered a forfeit if late team does not have enough players (at least 4 to play) after 10 minutes. **Forfeits will be scored 5-0.**
- **HOME** team will start with ball in the first half
- If the ball strikes a light fixture or the ceiling, the ball will be placed directly below where it hit. The opposing team will get an **Indirect Free Kick** from that spot.
- Failure to put the ball in play after 5 seconds will result in a change of possession.

2. Substitutions

- **Unlimited and on the fly (including goalkeeper changes)**
- Any roster disputes must be made to the field supervisor **BEFORE HALFTIME**. Roster checks can happen at any time up until the beginning of the **second half!**

3. Injuries

- The referee may stop the clock for injuries. If the clock is stopped the injured player must leave the field and cannot return until the next substitution
- Any player with an open wound must substitute out immediately until the wound is completely cleaned up and clear of blood.

4. Gameplay

- If both teams are wearing the same color jersey, the **AWAY** team will change
- **There is no offside penalty**
- Game will be played 7 vs 7 (1 goalkeeper and 6 field players)
- The goalkeeper will **NOT** be allowed to punt or drop kick the ball. An IFK at the top of the penalty area will be awarded to the opposing team if this rule is violated.
- U10 and younger: Build-out lines will be included on the field midway between the midfield line and the front of the penalty box. When a goal kick is being taken, or the goalkeeper has the ball in their hands, the opposing team must retreat behind the build-out line until the ball is released by the keeper, or the goal kick is taken. Violations will result in a re-kick.
- **Length of game:** 2 X 22 minutes for U10-U19 2 X 25 minutes for Adult Leagues
- **Ball Size:** U9-U12: Size 4 U13-U19: Size 5 Adults: Size 5
- If tied after regulation, games will end in a tie. No Overtime or Penalty Kicks.

- **Youth & Women's Leagues:** If the goal differential is between 5-7 the losing team may add another player. If 8 or above a 2nd player may be added to the game.
- Fouls inside the penalty area will result in a penalty kick (taken from top of penalty box):
- **NO SLIDE TACKLES:** All slide tackles result in DFK from spot of tackle, with following exception:
 - **Clean Slide Tackles (no foul)** in the penalty area will result in a direct free kick from the top of the box, but the defense will be allowed to make a wall inside the box.
- On all free kicks the defense must be **5 yards** from the ball
- **NO HEADERS** are allowed at ages **U10 & U11**. Should U11 and U12 age groups be combined into one league, headers won't be allowed. Any intentional headers result in an IFK from spot of foul. For headers inside the penalty area, the IFK will be taken from the penalty box line parallel to where the foul occurred.
- **Yellow Card Penalty:** For ages U15 and older (including adult), any yellow card will result in that player serving a 5 minute "penalty" on the sideline. The team will NOT have to play short-handed. A player may substitute in for the penalized player.
- **Changes to the Laws of the Game that went into effect June 1st 2019 WILL be part of this league.**