



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Indoor Soccer Rules

AGE GROUPS

4-6 (CO-ED)

7-9 (CO-ED)

PLAYERS PER TEAM-

6-10 PLAYERS WILL BE PLACED ON EACH TEAM

4-6 Coed Will Play 4 v 4

7-9 Coed Will Play 5 v 5

SIZE OF BALL-

3 – 10 YEARS OF AGE WILL USE A SIZE 4 BALL

TIME OF GAME-

RUNNING CLOCK FOR ALL AGES.

CLOCK STOPS FOR SERIOUS INJURIES AND TIMEOUTS ONLY.

AGES 4-6: FOUR 6 – MINUTE QUARTERS

AGES 7-9: FOUR 8 – MINUTE QUARTERS

SUBSTITUTIONS- SUBSTITUTIONS WILL TAKE PLACE BETWEEN QUARTERS ONLY. THE ONLY EXCEPTION IS WHEN A PLAYER IS INJURED AND NEEDS TO BE TAKEN OUT OF THE GAME. EACH PLAYER IS REQUIRED TO PLAY AT LEAST HALF OF EACH GAME THAT THEY ATTEND. COACHES SHOULD TRY TO EQUALIZE PLAYING TIME THROUGHOUT THE SEASON.

TIMEOUTS- TEAMS WILL BE ALLOWED TWO 30 SECOND TIME-OUTS DURING THE GAME.

GOALIES- THE GOALIE IS THE ONLY PLAYER THAT CAN USE HIS OR HER HANDS TO RETRIEVE THE BALL AND CAN ONLY DO SO INSIDE THE GOALIE BOX. IF THE BALL GETS STUCK BEHIND THE GOAL OR IN THE SIDE OF THE GOAL THEN IT WILL BE THE GOALIE'S BALL. HE OR SHE WILL GET IT AND THROW IT BACK INTO PLAY. **(NO PUNTING OR DROP KICKING THE BALL WILL BE ALLOWED)**. THE OFFENSIVE TEAM CANNOT CHARGE THE GOALIE WITHIN THE GOAL AREA TO MAKE A PLAY ON THE BALL WHEN THE GOALIE HAS POSSESSION OF IT, NOR CHARGE THE GOALIE WITHIN THE GOAL AREA IN SUCH A MANNER THAT WOULD PLACE THE GOALIE IN AN UNSAFE POSITION.

START OF PLAY- A PRE-GAME PRAYER WILL BE DONE BEFORE EACH GAME. THE GAME WILL START WITH THE HOME TEAM GETTING THE BALL AND THE GUEST TEAM WILL GET THE BALL AT THE START OF THE SECOND HALF. THE PLAYER WHO KICKS THE BALL TO START PLAY CANNOT PLAY THE BALL A SECOND TIME UNTIL THE BALL HAS BEEN TOUCHED BY ANOTHER PLAYER.

JURISDICTION OF REFEREES- THE REFEREE'S DECISIONS ARE FINAL. THE REFEREE HAS THE RIGHT TO STOP PLAY & SUSPEND ANY PLAYER WHO IS GUILTY OF UNSPORTSMANLIKE CONDUCT OR FOR ANY REASON DEEMED ADVISABLE BY THE REFEREE. ANY PLAYER, COACH, OR SPECTATOR WHO DISPLAYS A PHILOSOPHY INCONSISTENT WITH THE YMCA PHILOSOPHY OR SHOWS ANY TYPE OF UNSPORTSMANLIKE CONDUCT MAY AND WILL BE ASKED TO LEAVE THE PLAYING AREA.

OUT OF PLAY- THE BALL IS OUT OF BOUNDS AND PLAY WILL RESUME BY THE NON-INFRACTING TEAM WITH AN INDIRECT KICK WHEN THE BALL TOUCHES ANY OVERHANGING OR PERMANENT STRUCTURES IN THE GYM SUCH AS BACKBOARDS OR IF THE BALL GOES INTO THE STANDS. GOALS CANNOT BE SCORED FROM AN INDIRECT KICK OR FROM A KICK-OFF NOR CAN GOALS BE SCORED WHEN THE BALL IS INSIDE THE GOALIE BOX.

INFRACTIONS- ALL INFRACTIONS WILL BE PLAYED WITH AN INDIRECT KICK

SCORED GOAL- AFTER A SCORED GOAL, PLAY WILL RESTART WITH A FREE KICK AT MID-COURT BY THE TEAM THAT DID NOT SCORE. THE PLAYER WHO KICKS THE BALL CANNOT PLAY IT A SECOND TIME UNTIL THE BALL HAS BEEN TOUCHED BY ANOTHER PLAYER. THE BALL MUST ALSO BE KICKED INTO THE OPPONENTS HALF OF THE COURT.

SLIDE TACKLING- SLIDE TACKLING IS NOT PERMITTED. PLAYERS THAT SLIDE TACKLE WILL BE WARNED ON THE FIRST OFFENSE AND REMOVED FROM THE GAME ON THE SECOND OFFENSE.

KERNERSVILLE FAMILY YMCA

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