



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Indoor Soccer Rules

The age cut off for registration will be the first day of registration.

AGE GROUPS

U6 Coed(3-5) U9 Coed(6-8) U12 Coed(9-11) U15 Coed(12-14)

PLAYERS PER TEAM

U6 to U12: Up to 10 players will be placed on each team, 5 players will be on the court.

SIZE OF BALL & GOAL

All ages will use a Futsal Ball. Official Futsal-size goal 6'7" H x 9'10" W for U12, smaller 4' H x 6' W for U6-9.

TIME OF GAME

A running clock for all ages, clock only stops on injuries and time outs.

U6: Four 6-minute quarters

U9: Four 8-minute quarters

U12-U15: Two 20 minute half's

SCORING

A goal is made when the ball completely crosses the goal line. After a scored goal, play will restart with a free kick at mid-court by the team that did not score. No official score will be kept for any age.

SUBSTITUTIONS

Substitutions can happen at any time by either team. The player being replaced must leave the court before the new player can enter the game. Goalies may be changed only after a made goal or between quarters or halves. **Each child must play at least half of every game.** It is the coach's responsibility to enforce this policy. U6 to U9 age groups are encouraged to sub at the end of each quarter but may substitute at any point of the quarter if needed.

SWITCHING SIDES

At halftime U9 and up will switch sides.

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 dropkicking the ball will be allowed.**

START OF PLAY

A pre-game devotion/prayer will be given before each game. The official will lead the devotion/prayer. 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/quarter. The ball is in play when it is kicked. 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.

KICK IN

A kick-in is awarded to the opponents of the player who last touches the ball when the whole of the ball crosses the touch line, either on the ground or in the air, or touches the ceiling of the hall. At the moment of delivering the ball, the kicker: 1) has one foot on the touch line or on the ground outside of the court, 2) kicks the ball, which must be stationary, from the point where it left the court and 3) must deliver the ball within 4 seconds of being ready to do so.

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 the track, or if the ball goes into the stands. Goals cannot be scored from an indirect kick or from a kick-off.

INFRACTIONS

All infractions will be played with an indirect kick and opposing players must be at least 10 feet away from the ball. Pushing, tripping, handballs and unsporting behavior will result in indirect kicks at the discretion of the official. There are no penalty kicks. In the event a foul is called inside the penalty area, the official will use his or her discretion as to where to place the ball. Offside will not be called in any division.

GOALKEEPERS

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. The goalkeeper may not throw the ball past the mid-court line in the air. **(No punting or dropkicking the ball will be allowed)**. The infraction will result in an indirect kick, by the other team, from the mid-court line. 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. This action will be considered dangerous play and can be a red card offense by the referee.

SLIDE TACKLING

Slide tackling is not permitted. This action will result in a verbal warning. A second occurrence will result with a 2 minute penalty and a warning. A third occurrence will result in suspension from the remainder of that match.

SUSPENSIONS

Any player suspended from a game will not play in the next scheduled game. Any coach ejected or suspended from a game will serve a week suspension from the league and will be required to meet personally with a representative from the YMCA.

COACHES

One coach is permitted to be on the field at a time in U6 only. There will be no coaching from the end lines or behind the goal.

Coaches will be responsible for the behavior of their teams and parents.

SPECTATORS

Fans are encouraged to cheer and support both teams. All are expected to be courteous and be positive role models for players. Spectators will respect coaches, players, game officials and other spectators at YMCA events.