



Southeast Recreation Center Youth Indoor Soccer Rules

The Southeast Recreation Center Fieldhouse Rules are intended to create a balance of play, an atmosphere of sportsmanship and fair play, and to emphasize cleverness and skill without limiting freedom of individual or team play. All games will be played with a combination of United States Indoor Soccer Association (US Indoor) and United States Soccer Federation (USSF) rules.

Sportsmanship and Behavior

Unsportsmanlike actions before, during or after games may result in suspension from the league up to and including lifetime suspension and/or legal charges.

- A. **Behavioral Policy:** If a player engages in conflict, verbal or physical with another player, spectator, or a sports representative (e.g., referee, timekeeper, etc.), they shall be punished accordingly, including ejection from the game and further suspension. If one or more additional players from either team engage in the conflict, the game may be called, and the full team will be placed on suspension and issued a forfeit for the following week's game. Players may only enter into a conflict to pull their own player out of the fight. Scores for a game that is called before completion due to a behavior/fight incident will be determined by the staffs' observations on a case-by-case basis.
 1. Players may not leave the bench area to engage in any altercation. Any player or players coming on to the field from the bench (outside of normal substitution procedure) are subject to sportsmanship penalties, including league suspensions. The severity of these penalties is up to the staff's discretion.
- B. **Alcohol Policy:** No alcoholic beverages are allowed on the premises. Anyone suspected of consuming alcohol or illegal substance before, during, or after the game will be removed from the playing field and/or bench area and, depending on conduct, the premises. They may be given a red card and a suspension. This includes coaches and spectators.
- C. **Elastic Power:** The City of Aurora athletics staff reserves the right to establish guidelines for any and all rules or infractions not covered in the above/below league rules. We reserve the right to refuse participation to any individual if they do not obey the rules and regulations and/or keep within the spirit of sportsmanship.

LAW 1 (US Indoor Rule 1) - THE FIELD OF PLAY

- A. **Field Dimensions:** The Fieldhouse field is 185' x 85'.
- B. Full field will be used at 8U and older.
- C. **Player Benches:** Players and coaches only are allowed on the player benches.
 1. Please keep children or other non-players supervised and off the field. Referees and staff may enforce penalties if procedures are not followed.
 2. Parents/spectators will remain outside of the field area unless asked to enter by a referee or coach.



LAW 2 (US Indoor Rule 2) – THE BALL

8U will use a size 3 ball. 10U and 12U will use a size 4 ball.

LAW 3 (US Indoor Rule 3) – THE NUMBER OF PLAYERS

- A. **Team Rosters:** Rosters will be provided by the City of Aurora staff to coaches.
 - 1. All players must be on the team roster and should not play on other teams or in other age groups without permission from staff and the opposing coach.
 - 2. Suggested roster maximum is 12 players playing 7v7.

- B. **Substitutions:** Each team may substitute players freely.
 - 1. Players must substitute off the field of play or within the Touch Line in the area of their Team Bench.
 - a. For substitutions within the Touch Line, neither the player entering the field, nor the player being substituted may play the ball while the other is on the field. If a team has committed this infraction 2 or more times, the team may receive a penalty and play down 1 player.

- C. **Injuries:** Injured players may be required to leave the field of play at the discretion of the referee or supervisor (i.e. blood showing). If needed the clock will be stopped at the discretion of the staff. After leaving the field, the supervisor and/or referee will determine when the injured player can return to the field if needed.

LAW 4 (US Indoor Rule 4) – THE PLAYERS' EQUIPMENT

- 1. Each team must wear similar colored jerseys (or pinnies). The goalkeeper shall wear jersey colors distinguished from all other field players and referees. Other permitted Goalkeeper equipment includes gloves and pants and approved headgear.
- 2. All players must wear shin guards and must be covered.
 - a. Shin guards must be commercially recognized as shin guards.
 - b. Using cardboard or other items not recognized as shin guards will not be acceptable.
- 3. All shoes are welcome except steel toed cleats, metal cleats, golf shoes, or baseball cleats.
- 4. Knee, ankle, and wrist braces/wraps can be worn and will need to have referee approval.
- 5. Jewelry or similar accessories may not be worn, and taping is not allowed. For safety measures, medical alert bracelets may be worn but must be taped to the body.
- 6. If two teams are wearing the same (or very similar) colored jerseys the home team or the team listed first on the game schedule, shall change jersey colors.

LAW 5 (US Indoor Rule 5) – THE REFEREE

One Referee is required to officiate each game. The Referee may be assisted by another Referee, an Assistant Referee, and/or a supervisor.



LAW 6 (US Indoor Rule 5) – THE ASSISTANT REFEREES

Assistant Referees are generally not used in Indoor soccer.

LAW 7 (US Indoor Rule 6) – THE DURATION OF THE MATCH

- A. **Regulation Playing Time:** Matches consist of 22-minute halves.
- B. **Running Clock:** The Game Clock counts down continuously through each except as determined by the Referee.
- C. **Half-time:** There may be up to a 2-minute halftime.

LAW 8 (US Indoor Rule 7) – THE START AND RESTART OF PLAY

A. Restart Regulations

1. Once a referee signals for a restart, the attacking team has 5 seconds to resume play. If a 5 second violation occurs, the opponent is given a direct free kick at the same location. Referees will use their discretion at younger age groups or to determine if time is deliberately being wasted.
2. The ball must be stationary; if it is not, the kick is retaken.
3. Opposing players may not encroach (e.g., wall may not move towards the kicker). The 5 seconds may begin after the opposing players are at the appropriate distance (at the referee's discretion).
4. A whistle is not required to restart the game after a foul has occurred. The following restarts require the referee to signal with the whistle:
 - a. Kickoff.
 - b. Referee stops play for an injury.
 - c. Shootout.
 - d. The kicking team requests the distance to the opposing player to be measured.
 - e. Whenever indicated by the referee.

B. Restart Position:

1. If the ball strikes the netting along the sidelines, the direct free kick will take place on the turf, near the wall, at the point of contact; if it strikes the netting along the endlines (between the two corner spots), the attacking restart will be a corner kick; the defending restart will begin with the goalkeeper's touch, hands or feet.
2. If the ball strikes the netting above the playing field the restart is directly below the point of contact.
3. For misconduct that occurs on the field; the opposing team will be awarded a direct free kick from the spot of the misconduct.
4. For misconduct that occurs off the field or on the bench; the ball will be a drop ball from where the ball was located when the play stopped.



LAW 9 (US Indoor Rule 8) – THE BALL IN AND OUT OF PLAY

- A. **Ball In Play:** The ball is “in play” once each Kickoff or Restart begins and the ball makes any discernable movement in any direction.
- B. **Restarts Within Defensive Penalty Arch:** For Restarts by a team within its penalty arch, the ball is not “in play” until the game is properly restarted, and the ball is propelled beyond the penalty arch by the player taking the restart.
- C. **Ball Out of Play:** The ball is “out of play” once any stoppage occurs which the referee acknowledges or orders, whether for goals, fouls, injuries, out of bounds, Three-Line Violations, or Superstructure Violations.
- D. **Three-Line Violation:** A “Three-Line Violation” occurs when a player propels the ball in the air across the two yellow lines and the halfway line toward the opponent’s goal without touching the wall, another player of either team or a referee on the field of play. The referee shall award a direct free kick to the opposing team at the Restart Mark of the first white line that the ball crossed. This is only in a full field game.
- E. **Superstructure Violation:** A “Superstructure Violation” occurs when the ball contacts any part of the building above (i.e., netting, etc.) the field of play.

LAW 10 (US Indoor Rule 9) – THE METHOD OF SCORING

- A. **Goal Scoring:** When the whole of the ball has passed over the goal line, between the goal posts and under the crossbar provided that no infringement or violation was committed previously by the team scoring the goal. In the event of a shot taken while time is expiring, the whole of the ball must pass over the goal line before the horn sounds.

Five Goal Rule: Once a team is ahead by 5 goals, a player from the team that is ahead must be removed from the field. Any goals scored increasing the lead above 5 goals will result in the trailing team deciding if the winning team is to remove another player or the trailing team may add a player - alternating is recommended. No team shall be reduced to less than 4 players total regardless of the score (playing 7v7). No team shall play up by more than 5 players (i.e. 4v9 or 5v10 for examples). Players may re-enter (or be removed by the trailing team) the game if the lead decreases (one player per goal scored). Although there are no standings or scores kept at 8U and younger, teams are encouraged to remove a player or allow a player to be added if the score is over 5 goals.

LAW 11 (US Indoor Rule is Nonexistent) – OFFSIDE

There are no offside infractions or violations in Indoor soccer.

LAW 12 (US Indoor Rules 10 & 11) – FOULS AND MISCONDUCT (TIME PENALTIES)

Fouls and Misconduct: A direct free kick is awarded if a player commits any of the following offences in a manner considered by the referee to be careless, reckless, or using excessive force (a Shootout is awarded when infringement takes place in penalty arch for ages 9 and older):

- a. Kicking, tripping or attempting to kick or trip an opponent.
- b. Jumping at an opponent.
- c. Charging an opponent in a violent or dangerous manner or from behind.
- d. Holding or pushing an opponent.
- e. Sliding.
- f. The goalkeeper throws the ball directly at an opponent with intent to injure.



- g. Dangerous play (placing another player/oneself in danger of injury, i.e., high kick or bicycle kick near others, attempt to kick a ball held by a goalkeeper).
- h. Checking or pushing into the boards.
- i. Obstruction
- j. Goalkeeper charge - charging the goalkeeper in the penalty arch (ball placed at the top of arch)
- k. Checking an opponent
- l. Playing the ball from the ground
- m. Handling the ball with the intent to play the ball (except goalkeeper)
- n. Goalkeeper throws/kicks ball over the third line (without it touching his own side of the turf or any player)
- o. A field player plays the ball in the air over the third line (without touch)
- p. Illegal pass back to the goalkeeper (ball placed at the top of arch)
- q. Goalkeeper holds the ball for more than 5 sec. (ball placed at the top of arch)

B. Yellow & Red Cards:

1. Referees will not use/show yellow or red cards in our recreational youth leagues. However, referees and staff do have the permission to verbally caution and/or eject players, coaches or spectators, including asking players to be substituted for a “cool down” period. If a coach or spectator is ejected, the player(s) associated with that person will also be asked to leave the facility.
2. If a referee deems a yellow card offense has been committed, that player will be asked to sit out for 2 minutes, and that team will play a player down for those 2 minutes. If a referee deems a red card offense was committed the player is ejected from the game and the team plays down for 5 minutes regardless of if a goal or goals are scored. Similarly, if a coach or spectator of a team is cautioned or ejected, the team will serve a 2-minute or 5-minute man down penalty.

C. Fighting: Any form of fighting and physical altercations will result in immediate ejection from the game and league suspension up to and including lifetime suspension and/or legal charges.

1. Fighting is a flagrant act that can occur when the ball is in play or dead. Examples include, but are not limited to:
 - a. An attempt to strike an opponent with the fist, hands, arms, legs or feet regardless of whether or not contact is made.
 - b. Attempting to instigate a fight by committing an unsportsmanlike act, comment or gesture toward an opponent that causes the opponent to retaliate by fighting.

D. No sliding at any time: Sliding is defined as “a direct and deliberate sliding motion with any body part other than both feet (i.e., knee, shin, etc.)”.

1. The penalty is a direct free kick at the spot of the infraction.
2. The goalkeeper may slide within the penalty arch only with the attempt to play the ball inside of the penalty arch.
 - a. Sliding in the penalty arch by any other player in his or her own penalty arch will result in a Shootout.
3. Player penalties, in addition to the direct free kick or shootout awarded to the opponent, may include a yellow or red card at the referee’s discretion.



- E. **No spitting on the field:** Spitting can be unsanitary, unsightly, and potentially dangerous; please refrain or spit into trash cans on the side of the field. Teams will be given one warning; a yellow card will be issued for continued occurrences.
- F. **Advantage Rule:** The Referee allows play to continue when the team against which a foul has been committed will benefit from an existing offensive advantage.

LAW 13 (US Indoor Rule 7) – FREE KICKS

- A. **Direct Free Kicks:** A team receives a Direct Free Kick after stoppages other than when a Dropped Ball or Goalkeeper distribution is required. (i.e., ALL free kicks are DIRECT)
 - 1. Wall: must be at least 5 yards away until the ball is in play.
 - 2. Time limit: kick must be taken within 5 seconds. This is assuming the opponents are not delaying the restart and therefore the 5 seconds begins at the referee's discretion.
 - 3. A goal is awarded if a direct free kick goes directly into the opponents' goal without touching another player. If a direct free kick goes directly into the team's own goal, a corner kick is awarded to the opponent. The own goal is not counted.
 - 4. Kickoffs, goal kicks and kick-ins are all direct kicks.
 - 5. Restriction: Kicker cannot touch the ball again until it has been touched by another player except for a shootout at which time normal dribbling is allowed.
 - 6. Within Own Penalty Arch: A Direct Free Kick within a player's defensive Penalty Arch may be taken from any spot therein. All opposing players remain outside the Arch and at least five yards away until the ball is in play beyond the Arch. If, after the Direct Free Kick, any opposing player touches the ball before it has left the Penalty Arch, the Direct Free Kick is retaken.
 - 7. Within Opponent's Penalty Arch: When a team is awarded a Direct Free Kick within its opponent's Penalty Arch this results in a Shootout.

LAW 14 (US Indoor Rule 12) – THE PENALTY KICK

- A. All Penalty Kicks are conducted as Shootouts:
 - 1. Any player may take the Shootout.
 - 2. All players of the attacking team stand on or behind the Halfway Line and outside of the Center Circle. Players of the defending team stand behind the Halfway Line and inside of the Center Circle.
 - 3. The ball is placed at the Restart Mark nearer the attacking Goal (spot on yellow line).
 - 4. The Goalkeeper has at least one foot on his Goal Line and may not move off it until after the Referee whistles the Shootout to begin.
 - 5. Once the Referee whistles the Shootout to begin, the ball is "in play" and the player taking the Shootout plays the ball.

LAW 15 (US Indoor Rule 7) – THE THROW-IN

There are no throw-ins in Indoor Soccer; however, there are "kick-ins".



LAW 16 (US Indoor Rule 7) – THE GOAL KICK

Goal “kicks” may be taken by the goalkeeper rolling or throwing the ball out from his/her hands or by placing the ball on the ground within the penalty arch. Ball may not cross three lines without a touch. Opposing players must not interfere and be outside of the penalty arch or 5 yards away. In cross field games with no goalkeeper, the ball will be placed near the defending team’s goal and played with a kick from the ground.

LAW 17 (US Indoor Rule 7) – THE CORNER KICK

- A. The ball is placed on the corner mark.
- B. The kicker cannot play the ball a second time until it has been played by another player of either team; infringement of this rule will result in a direct free kick to the opposing team from the point of infringement.
- C. Players on the opposing team should be at least 5 yards away from the point of the corner kick.
- D. A goal can be scored directly from a corner kick.
- E. Corner kicks in cross field games will be taken from the dotted line nearest the sideline/corner where the ball went out of play.

Additional Information and Regulations:

Recreational Youth Leagues are coed and do not require any ratio of girls to boys to be on the field at one time. Nor can we control or put requirements on the number of girls or boys on a roster.

Discrimination of any kind against a person or group of people based on account of race, ethnic, national or social origin, gender, disability, religion, political opinion or wealth, birth or sexual orientation is **STRICTLY PROHIBITED** and will result in a red card and suspension if heard by referees or staff.