

## **INDOOR SOCCER RULES**

- 1) Six players from each team on the court at one time. Suggested formations:
  - 1- 1 goalkeeper, 2 defenders, 3 forwards,
  - 2- 1 goalkeeper, 2 defenders, 1 midfielder, 2 forwards
- 2) Start of the Game: Game begins with ball at mid-court. Team that wins coin toss must kick the ball forward one revolution toward the other team's goal. This is done by the center position player.
- 3) Goalkeeper: May not punt the ball. He/she must pass or roll the ball. Cannot take more than three (3) steps before passing or rolling the ball. Can block with feet, etc. Goalkeeper cannot pass the ball beyond mid-court unless it hits the floor or another player prior to crossing mid-court. Goalkeeper cannot go beyond mid-court while playing the position of goalkeeper.
- 4) There is no out of bounds with indoor soccer in Div 1. For Div 2, only one side (where parents sit) will be called out of bounds.
- 5) Indirect Kicks: ALL fouls or other infractions will result in an indirect free kick for the opposing team. Indirect kicks will be played from the spot of the foul and must touch another player before a goal can be scored. Defenders must give the indirect kick a minimum of 10 feet of space.
- 6) Hand Ball: When a player, other than a goalie, intentionally plays the ball with hands or arms, an indirect kick will be awarded from the spot of the infraction.
- 7) Height of Ball: No higher than players/goal. This is to be loosely interpreted by the referees. If determined by referee the ball was kicked too high than the defending team will be awarded ball with an indirect kick.
- 8) Offsides: There are no offsides in indoor soccer.
- 9) Equipment: All players MUST wear sneakers, shin guards, and a shirt. Knee pads and other equipment are optional. NO cleats or studded shoes of any kind should be worn indoors. Appropriate size per age soccer ball will be used.
- 10) Substitutions are mandatory. Coaches should make every effort to make sure all players receive equal playing time.

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**MASKS ARE RECOMMENDED BUT NOT REQUIRED IN THE SCHOOL AT ALL TIMES,  
Except for Players on the court; Players must mask on the bench.**

## **IMPORTANT INDOOR SOCCER INFORMATION FOR COACHES**

It is expected that all coaches will help to ensure that each building is kept clean and secure. Following each game the coaches need to check gym for trash that needs to be removed.

By doing this, no one will be left with a mess to clean at the end of the day, and we will not have problems with the school. Call on a custodian if you need assistance or a supervisor for the program if one is available.

Your help is requested by the custodians to keep all liquids and food (except for water for the players) out of the gyms. Please have parents/siblings dispose of their food and drinks before entering the gym. Ask parents to help with this.

Gym supervisor(s) will step in for any refereeing needed.

Keep all doors exiting the gym always closed. There is no need for the kids to be using the doors located in the corners of the gym, except for an emergency. Keep all children in the gym; ask parents to help in this regard. No running/playing in hallways.

Please do not leave any children unattended inside or outside of the school. Please make sure that all children are picked up by an appropriate parent and that no child is left waiting when you leave.

We do not keep official scores, stats, or win/loss records. REMEMBER! This is recreational soccer – please let every kid play and please have fun!!!!!!!!!!!!