

# 2026 INDOOR SOCCER RULES

## Coaches/Players

1. All teams must have a designated coach on the sidelines or the team must forfeit. (The Department of Recreation and Parks must approve all coaches.)
2. All games will be played with the following number of players on the court at a time.

Limits for each team:

- |                                |  |
|--------------------------------|--|
| • High School Div. (Age 14-17) | 4 field players & 1 goalie (5v5) (futsal ball) |
| • Senior Div. (Age 10-13)      | 5 field players & 1 goalie (6v6) (futsal ball) |
| • Junior Div. (Age 7-9)        | 5 field players & 1 goalie (6/6) (ball size 5) |
| • Pee-Wee Div. (Ages 5-6)      | 6 field players & 1 goalie (7v7) (ball size 4) |

3. A team that is unable to field enough players at game time must forfeit. A team can play 1 player down. The opposing team is not required to play a player down.
4. Substitutions are made on the fly and should be made on a regular basis. All players should receive an equitable amount of playing time. **If you have substitutes, ALL PLAYERS MUST BE SUBSTITUTED OUT OF THE GAME (Except the goalie).**
  - a. **EXAMPLE: IF YOU HAVE 4 PLAYERS ON THE BENCH, ALL 4 SHOULD PLAY EACH HALF**
  - b. **ONE PLAYER SHOULDN'T GET 30 MINUTES OF PLAYING TIME AND ANOTHER LESS THAN 10. THIS IS NOT EQUITABLE PLAYING TIME (40 MINUTE GAME)**
5. ALL players must wear proper equipment or they will not be allowed to participate. **PROPER INDOOR SHOES & SHINGUARDS ARE MANDATORY (CLEATS & TURFS ARE NOT ALLOWED)**

## Play/Game

1. The Department of Recreation and Parks shall approve game balls; only indoor balls shall be used.
2. **All games will be 43 minutes; (2) 20 minute halves; 3-minute halftime**
3. **5-6 yr. olds will be 33 minutes: (2) 15 minute halves: 3-minute halftime**
4. 5-6 yr. old division will not keep score (this division is for developmental purposes)
5. Each team is awarded one timeout per game (**1minute**)
6. Ties (in playoffs) will be determined by playing a 5-minute overtime period. Each team removes one player at the beginning of each overtime period. The team to score first in overtime wins the game. If a 2<sup>nd</sup> overtime is necessary teams will drop a 2<sup>nd</sup> player. After 2 overtimes then we go to penalty kicks.
  - a. Penalty kicks will be best of 5. If it is still tied after 5 then it will be sudden death. After the initial 5 penalty kicks you can repeat penalty kickers.

## Rules

1. Balls hit off the boards remain in play unless it bounces over into the net. If the ball touches the net it is out of play. Also, if the ball goes out and over the boards it is out of play.
  - a. If the defense hits it out over the end line, the offense is awarded a corner kick. If the offense hits it out over the end line, the defense is awarded a goal kick.
2. Goal kicks may cross half-court, but are considered indirect kicks. Distributions by goalies, other than goal kicks, that cross 2<sup>nd</sup> yellow volleyball line (past half

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court), before touching the floor, are considered a foul; the violation results in an indirect kick by the opposing team at the point where the ball crossed the second yellow line.

3. Balls hit over the boards along the side lines or that hit backboards or the ceiling are out of play, resulting in an **indirect** kick at the point where the ball was hit out of play by the team that did not kick the ball out of bounds. Any balls off the ceiling will go to the closest wall for the **indirect** kick.
4. If an official cannot determine which team hit the ball out of play, a drop ball is awarded.
5. Possession at the beginning of the game will be determined by a coin toss; possession at the beginning of the second half is awarded to the team who did not win possession for the start of the game.
6. Kick-offs must make one rotation forward or backwards to a teammate.
7. If the ball is passed to the goalie by their teammate, the goalie must play the ball with their feet.

### Fouls

1. Slide tackles, excessive pushing, hand balls and tripping are considered fouls, resulting in a **direct** kick at the spot of the foul. Fouls occurring inside the goal box, by the defending team, result in a penalty kick.
2. Any foul judged deliberate by an official can result in a direct kick or penalty shot, as well as ejection from the game.
3. Penalty shots are taken 2 yards outside at the top of the box.
4. All players from the opposite team must be at least 5 feet away from the ball on a corner, direct, or indirect kick.

### Scoring

1. After goals are scored, the game will be restarted from the goalie box with a goal kick. (Except for 5-6 yr. old division)
2. Mercy Rule
  - a. If a team has a 6-goal lead, that team will drop 1 player
  - b. If a team has an 8-goal lead, that team will drop a 2<sup>nd</sup> player
  - c. If the losing team scores more goals, the winning team may add a player if the score drops to less than 10 or 8 goal difference.

*"losing is a good thing. If you don't lose you don't know what you need to improve on. There is no shame in losing, especially when playing a better team, but there is shame in giving up and not giving everything that you have." – Mike Robinson*

### DISCIPLINE AND BEHAVIOR

1. The official will not tolerate any foul language, unruly behavior or unsportsmanlike conduct by players, coaches or fans. Foul language or fighting by a player or coach will result in a red card. Any player or coach receiving **2 red cards** will be dismissed from the league for the remainder of the season.
2. Anyone receiving a red card is removed from the game, and is **suspended for THE REMAINDER OF THE GAME AND THE NEXT GAME.**
3. Anyone receiving a yellow card is removed from the game for 5 minutes. If a second yellow card is issued in the same game this is the equivalent to a red card which results in removal from the game and the premises as well as being suspended for the next game.