

Sherwood Youth Soccer Club

Indoor Soccer Rules - Full Field 2nd Grade through High School

This is a recreational program and will be played under the published rules of the Division of Recreational Sports. Sherwood Indoor Field House will be the judge on rule interpretations and all decisions will be final.

Official Team: An official team shall consist of seven players (6 field players and a goalkeeper). *No player may play for more than one team in the same division.*

Game Time: A team must be on the playing area with a minimum of four players. A team will not be considered as "ready to play" unless they have four players. A running 50 minute clock will start at the scheduled game time.

Officials: Sherwood Youth Soccer Club will assign officials for each scheduled game. Please show the Officials your respect as a Coach/Team/Parent as it is not always an easy task.

Officials Fail to Show: If both teams are present and ready to play at game time and there is no Official present, a coach or parent may step in to officiate.

Shoes: Each player must wear soccer shoes or athletic shoes. They must be made of soft, pliable upper material (molded plastic, canvas, leather, or synthetic) which covers the foot attached to a composition bottom. No metal cleats are allowed at any time on the field.

Jerseys: For all indoor soccer games, it is required that teams wear uniformly colored jerseys in order to help distinguish one team from another.

Illegal Equipment: Pants or shorts must be free of pockets, drawstrings, and exposed belt loops. All jewelry must be removed before playing. This includes earrings, necklaces, watches, and rings. No hoodies allowed. Any equipment that in the official's judgement would be injurious to participants is illegal to wear.

Ball: A regulation ball will be provided by SYSC to each of the coaches.

Game: A regulation game shall consist of two 22-minute halves for 2nd-High School leagues. There will be a two-minute break between halves. There will be a running 50 minute clock with no stoppages. The Official will keep the game time on their watch. At the end of 50 minutes teams must leave the field area as soon as possible to make way for the next scheduled game.

Offside: There is no offside in indoor soccer.

Conduct: Any player who is red-carded or ejected from a game by the Official for any infraction (which would include foul and abusive language directed towards the Official) will be disqualified for the rest of the game, asked to leave the facility, and will also be subject to further disciplinary action.

Fouls: Fouls will be called by the game Official and administered by the Official. The Official will penalize for fouls in any of four ways: a) free kick, b) 2-minute penalty (Blue Card), c) 4-minute penalty (Yellow Card) plus free kick d) ejection (Red Card) plus free kick.

Goal Area: The GK shall have unrestricted movement in the goal box. Any obstruction of a GK by an opponent in the goal box, intentional or not, shall result in a goal kick.

Free Kick and Penalty Shots: All free kicks will be direct. Players have 5 seconds to return the ball to play when rewarded a free kick. All fouls in the goal box are brought out to the top of the goal box and are direct. Handling

the ball in the goal box will be awarded with a penalty kick. All penalty kicks will be direct and administered at the top of the goal box. Handling the ball inside the goal box may result in player ejection.

Slide Tackling: Slide tackling is not permitted. Playing the ball while on the ground is not permitted by any player other than the GK in his/her area. This is considered “dangerous play” and will be called at the discretion of the Official.

5 Goal Differential: If a team has a 5 goal lead, the opposing team may add a player.

Goalie Restrictions: The GK may play the ball with his/her hands only inside the arc. Goalies may only hold the ball for 5 seconds. After 5 seconds the opposing team will receive a free kick from the top of the goal box. The 3 line rule (ball kicked past a 3 line distance from goal box) applies only to the GK. An infraction results in a free kick at the 3rd line. GK may punt the ball. A team may change GKs only on a dead ball and must first inform the Official.

Ceiling: Any ball touching the ceiling will be out of play. The opposing team will have a free kick directly under the spot of contact unless the ball was kicked inside the goal box in which case the ball will be placed just outside the goal box.

Substitutions: All substitutions, with the exception of the goalie, are on the fly and can be done at any time during play.