

Sherwood Youth Soccer Club

Indoor Soccer Rules – Kindergarten-1st Grade

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 at least three players (no goalkeeper). *No player may play for more than one team in the same division.*

Game Time: A running 50 minute clock will start at the scheduled game time. Coaches may choose to conduct a brief warm up before starting the game.

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.

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

Game: There will be a running 50 minute clock. A regulation game shall consist of two roughly 18-minute halves. Coaches are encouraged to provide a brief warm up for the players prior to starting. There will be no time outs and the clock will not stop at any time. 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.

Fouls: Coaches should call fouls on their own players. A foul will result in a free kick at the place where the foul occurred. All free kicks are indirect (you cannot score).

Sideline: When the ball goes over the sideline, the opposing team kicks the ball in from the sideline position. There are no throw-ins.

Free Kick: All free kicks will be indirect, including sideline kicks.

Slide Tackling: Slide tackling is not permitted.

Score: Scores will not be recorded.

Goalie: No goalkeeper.

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 within 10 yards of the goal in which case the ball will be placed 10 yards from the goal parallel to where it contacted the ceiling.

Substitutions: All substitutions are on the fly and can be done at any time during play.