



Rules & Regulations

Indoor Soccer

Expectations & Courtesies

1. **Stay home if you're sick.** If you are unwell, please do not attend
2. **Shin Pads:** If players choose to wear shin pads, they must be fully covered.
3. **No Jewelry:** Absolutely no jewelry is permitted. All items (including watches and permanent jewelry) must be removed or securely taped before play. If wearing a watch, it must be covered with a thick sweatband. You may be removed from the game otherwise.
4. **Shoes:** Please remove outdoor shoes at the front door upon arrival.
5. **Team preparation:** Teams may gather just outside the gym doors to get ready. Once ready, players may watch the current game within the barricaded area.
6. **Children:** We strongly encourage leaving children at home.
 - a. If brought, children 9 years or younger must be accompanied by an adult who is not playing.
 - b. The supervising adult must ensure the child remains in the gym and does not interfere with play.
7. **Spectators:**
 - a. Must remain seated in the gymnasium unless using the washroom.
 - b. If a child needs the washroom, their supervisor must accompany them.
 - c. No wandering around the facility is permitted.
8. **Supervision enforcement:**
 - a. If a child under 9 is present without a proper supervisor, the team will be fined up to \$50.
 - b. Continued violations may result in a complete ban on children at games.
9. **No Alcohol:** Absolutely no alcohol is permitted on school district grounds.

- a. Showing up to games intoxicated is prohibited.
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Game Rules

1. **Game Duration:** Games consist of two 25-minute halves with a 5-minute warm-up before kickoff and a 5-minute half time.
 - a. Games will start on time with a 10 minute grace period.
 - a. Teams switch halves at halftime.
 - b. To determine which team starts with the ball, one player from each team will play Rock-Paper-Scissors before kickoff.
2. **Team format:** 4 players plus a goalie (4v4 + GK).
3. **Goalie Pass Back Rule:** The ball must touch one other player first, or go over half, before being able to pass back to the goalie after a goalie throw in.
4. **Kick-ins:** When the ball goes out of bounds, play resumes with a kick-in.
 - a. You cannot score directly from a kick-in/corner kick/kick off — the ball must touch any other player before entering the net.
 - b. The ball must be stopped on the line before a kick in.
5. **Goalie Throw-In:** When the ball goes out of bounds off an opponent off the back wall, possession goes to the goalie. Play resumes with a goalie throw-in or roll-out. If the ball is caught by the goalie during play and is live, they may either throw it, roll it, or drop it to their feet to pass or kick.
 - a. **Goalie Throwing Rule:** The goalie cannot throw the ball past half without it touching another player first but can roll the ball past half.
 - b. **Goalie Outside Crease with Ball:** If the goalie leaves the crease while holding the ball, it results in a direct penalty shot.
 - c. **Goalie crosses their goal line with the ball:** Counts as a goal for the opposing team.
6. Players including the goalie have **5 seconds** to get the ball in to play.
7. **Hand balls:** Result in an indirect kick from the spot of the infraction. Hand ball inside goalie crease results in a direct penalty shot.
8. **Indirect Free Kicks:** If a player commits a foul or violates a rule, the opposing team then is awarded a free indirect kick from the spot of the infraction. The ball must touch another player before entering the net.

9. **Offsides:** There are no offsides in indoor play.
10. **Substitutions:** Occur when the ball goes out of play
 - a. One player: May sub on the fly and they must be off of the court before sub enters.
 - b. Full line change: Wait until the ball is out on your team's kick-in and request the sub from the referee.
 - c. Substitutions cannot occur on a live goalie ball.
 - d. Substitutions can occur on the opposing teams kick in if they are subbing as well.
11. **Corner Kicks:** Must be taken from the corner. The ball must be in the small marked square, not up the sideline.
12. **Respect for Referees:** Speaking to referees disrespectfully may result in cards, removal from the game, or suspension. Please do not question the refs calls.
13. **Court specifics:** Goalie crease size and markings may vary depending on the school.
14. **Minimum players:** Teams must have at least 3 players and a goalie to avoid a forfeit. 6-hour forfeit notice is required.
15. **Roster:** Players must be registered and, on a roster, to play in the regular season, and playoffs.
16. **Overtime & Shootout (playoffs):** If a playoff game ends in a tie, there will be a 5-minute sudden-death overtime (first goal wins).
 - a. If no team scores in overtime, the game will be decided by a shootout involving 3 shooters.
17. **Fair play:** No rough, aggressive, or unsportsmanlike behavior. This includes foul language, intimidation, or intent to harm or distract.
18. **Play the whistle:** Ball is dead on a whistle
19. **Poor sportsmanship can result in:**
 - o A player or team being removed from the game
 - o Warning system to be implemented.
 - o Continued behavior will result in financial penalties or suspensions
20. **FIFA rules may apply if not specified**

