

## **Grubb Family YMCA**

### **Adult Indoor Soccer Rules**

#### **General Playing Rules.**

- Teams will consist of no more than 9 people on a team. All players must sign a registration form to play.
- Games will be played in a 5 vs. 5. There will be 4 field players and 1 goalie
- Games will consist of two 25 minute halves. Games can end in a tie.
- Substitutions will be on the fly i.e. Hockey. Goalies can only be subbed during a stoppage of play.
- **NO SLIDE TACKLES.**
- Each game will have 1 referee.

#### **Equipment.**

- Each game will consist of a size 5 Indoor ball.
- Each player must wear non-marking shoes.
- Shin guards are not required, but are recommended for players to wear.

#### **Games.**

- Games will start at their scheduled time.
- Teams need at least 4 players to start a game.
- There will be a 5 minute grace period for teams that do not have enough players to start a game.
- All games that are cancelled because of weather will be made-up.
- If a team forfeits, they will be charged \$25 dollars. That team cannot play another game until the \$25 fee is paid. If a team forfeits twice in season they will be taken off the schedule and all teams that have played or are scheduled to play that team will be given a win.

#### **Scoring.**

- A goal is determined when the whole of the ball enters the goal.

#### **Goal Keeping.**

- The goalkeeper is the only player that is allowed to use their hands.
- The goalie box will be marked with blue tape
- The goalie must be noticeable from other players i.e. wear a different colored shirt.

- Goalkeepers may only be substituted during a dead ball, and with the referee's permission.
- No punting. The goal keeper must throw the ball out or kick it from the ground.

### Restarts.

- All restarts are indirect. An indirect kick means that the ball must touch another player other than the kicker for a goal to be scored.
- Each game will begin with a prayer. After the prayer, the ref will call for captains. Kickoff will be in the middle of the gym, marked by a blue X.
- The ball is determined out of bounds when it:
  1. Hits above the wall pads.
  2. Hits the wall above the goal, or lands behind the goal.
  3. Gets caught in the side netting of the goal.
  4. Hits the ceiling, lights, or basketball goals.

The team to last touch the ball is who the ball went out of bounds on. If the ball goes out behind the goal for a corner, the corner may be taken from either side. The ball must be behind the basketball line. All goal kicks must be taken inside the goalie box which will be marked by blue tape. All restarts off of fouls will be taken from the spot where the foul occurs. If the ball hits the ceiling, basketball goals, lights, or above the wall pads, the restart will take place on the floor, below where it hit.

### General Rules.

- All regular soccer fouls are in play. For example high kicks, tripping, hand balls etc will be called by the ref.
- The ref will carry both a yellow and red card.
- If a player receives a yellow card, that player must sit out for 5 minutes of the game or until the other team scores. If the team only has 5 players for the game, that team will have to play a man down until someone scores or that 5 minute period has passed.
- If a player receives a red card, that player is suspended for the rest of that game, and will have at least a 2 game suspension. If a player receives two red cards at any time during the season, that player is suspended for the rest of the season.
- If a player receives two yellow cards in a game, that player will be suspended for the rest of the game and will receive a 1 game suspension.
- All slide tackles will result in a yellow card.
- All calls by the referee are final.
- **Cursing is an automatic RED card, you will be suspended for the rest of that game, and further suspension will be determined by the program director.**