

Recreational Indoor Soccer Rules

\*Youth and Adult\*

2019 Updated 12/2/2019

Montgomery YMCA Indoor Soccer

Rules of the Game

**Rule Clarification (CAO 5/29/19)**

* Penalty v Shootout
  + A penalty occurs when a defensive infraction occurs on one’s own penalty box. This results in a free kick taken from the penalty spot. The penalty spot is defined as the top of the goalkeeper area or “top of the arch.” This is restart is exempt from Rule 7, it is a DIRECT KICK. All players aside from the offensive kick taker and the defensive goalkeeper much be behind the first solid white line until the ball is touched. The goalkeeper must keep at least ONE foot on the goal line until the ball is touched. The player taking the penalty kick may not touch the ball after the initial strike until it is touched by another player (from either team).
  + A shootout occurs after the conclusion of the 5-minute golden goal period described in Rule 6. Refer to Rule 12 for further guidance **OR** after a flagrant foul, as prescribed in Rule 10.

**Rule 1 - Field of Play**

a. Dimensions and structure.

i. The field is 60yds long by 27yds wide. A perimeter wall is part of the playing surface. Nets extend above the wall and are not part of the playing surface.

b. Markings

i. A white line with a midpoint spot divides the field into two halves. A 5yd circle surrounds the midpoint.

ii. A white line with a midpoint spot extends across each half. This line is 15yds from the goal line.

iii. A Goal Area is marked at each end of the field by two lines joined by a semicircle arc.

iv. The center of each end wall has a Goal 14 foot wide by 8 foot high with a line extending across the mouth.

v. A Corner Spot is marked 5yds from the goal area and 1yd from the end wall.

vi. A Shootout Spot is marked 19yds from the goal line.

vii. Team Areas are located outside the perimeter wall, on each side of the centerline. Home and visiting teams each have their own door to enter and exit the field of play. The team is responsible for keeping their door closed and their bench clean.

**Rule 2 - The Ball**

Standard soccer balls will be used. If the ball becomes defective while in play the game is stopped and restarted by dropping a replacement at the point where the ball first became defective. The ball may not be changed during the game without the permission of the referee.

a. 8U and below – Size 4

b. 9U to 11U—Size 4

c.12U – Size 5

c. 13+-- Size 5

**Rule 3 – Players**

Only players registered with the YMCA of Greater Montgomery Soccer Program and on a current roster for the scheduled team may participate. Guest players from other Montgomery YMCA teams will not be allowed.

A game is played by two teams, with specified numbers by the YMCA, one of whom must be designated as the goalkeeper. A game may not start if either team has 2 fewer than the guidelines requirement for play. Adult league teams must have similar colored jerseys(referee to determine if the variance is too great). Referee can check age of players on rosters for divisions that have age restrictions, and eject players that violate rules of the division.

Each team must have a pre-screened (by YMCA guidelines) adult coach in the team area. Only team members and two coaches are permitted in the Team Area.

**Substitutions**: Each team may substitute players freely; provided that, during play, players must substitute off the field of play or within 3 yards of their Team Bench. All players must enter and exit the field through their team door. Jumping over the wall is not permitted. Goalkeepers are substituted the same as other players. The referee must be notified of the change.

a. If a substitute enters too early or a team has too many players on the field, the referee shall stop play and show a blue card. The offending team must remove two players (the offending player and one other player). One of these players will serve a two-minute releasable time penalty.

b. Number of players on the field:

Age Players Ball

MINI 4 Players (No Keeper) 3 NO HEADING

8U 7 (6 Players + Keeper) 4 NO HEADING

9U 6 (5 Players + Keeper) 4 NO HEADING

10U 7 (6 Players + Keeper) 4 NO HEADING

11U 7 (6 Players + Keeper) 4 NO HEADING

12U 7 (6 Players + Keeper) 5 NO HEADING

13U 6 (5 Players + Keeper) 5 NO HEADING

14U 6 (5 Players + Keeper) 5

15U 6 (5 Players + Keeper) 5

16U 6 (5 Players + Keeper) 5

18U 6 (5 Players + Keeper) 5

Adult 6 (5 players + Keeper) 5

c. The numbers of players on the field are subject to change depending on the number of registered players.

d. If both teams have enough players they will be allowed to play with 7 on the field after agreement between both coaches and referee. (6 Players + Keeper)

e. If one and/or both teams have 7 or fewer players, they will be allowed to play with 6 on the field apon agreement between coaches.

**Rule 4 - Players equipment**

Players wear their team’s uniform, consisting of the same colors, shin guards, and indoor footwear. Jewelry and other accessories are prohibited.

a. Shirt, shoes, socks and shinguards are required. **Shinguards must be worn beneath the sock**.

b. Footwear must be athletic, flat-soled shoes designed for artificial turf. **No cleats, studs or mini-studs of any kind are allowed.**

c. The goalkeeper must wear a color that distinguishes them from other players.

d. No Jewelry, bracelets, necklaces, earrings, hair beads, **Fitbits** and/or any type of clothing that can cause harm to the player or others.

All uniforms should be distributed based on the order of the roster. Players on the bottom of the roster have registered late and may not receive their uniform at the same time as the rest of the team.

**Rule 5 - The Referee**

Each game is controlled by a referee who has full authority to enforce the rules of the game. The referee enforces the rules, keeps the time, stops, suspends or terminates the game at their discretion. A player may be asked to leave based on injury and will be asked to leave if there is blood exposure. They may take disciplinary action against players when necessary and they may allow play to continue when an advantage is gained by doing so. **The referee’s decision is final.**

**Rule 6 – The Duration of the Game**

A regulation game consists of two Halves for ages above U13 and four quarters for ages U12

and below:

8U 4 x 10 min quarters 14U 2 x 24 min halves

9U 4 x 10 min quarters 15U 2 x 24 min halves

10U 4 x 12 min quarters 16U 2 x 24 min halves

11U 4 x 12 min quarters 18U 2 x 24 min halves (High School)

12U 4 x 12 min quarters Adult 2 x 26 min halves

13U + 4 x 12 min quarters

**Quarter Breaks should be no more than 1min. Half Time is no more than 5mins**

*Overtime Period and Tiebreaker*. If in a tournament or playoff, the game is tied at the end of regulation, a 5-minute “golden goal” overtime period follows. If still tied, a Tiebreaker takes place as described in Rule 12.

*Running Clock*: Except in the case of an unusual delay, determined by the Referee, the Game Clock counts down continuously through each Half or Overtime Period.

A **Kickoff** from the Center Mark starts play at the beginning of each Half and after every goal. A player who starts play may not again play the ball until it touches another player. The ball may be played in either direction and a goal **MAY NOT** be scored directly from a kick-off. All starts and restarts of play are In-direct kicks.

**Rule 7 - Start and Restart of Play**

For 13U and below the Home Team will take the kickoff at the start of the first and third quarter. The Visiting Team will kickoff at the start of the second and fourth quarters. For all ages above 13U the Home Team takes the Kickoff to start the First Half and any Overtime Period, and the Visiting Team takes the Kickoff for the Second Half.

Restarts take place by a Kickoff, Free Kick, Goalkeeper Distribution, or Dropped Ball. Other than for Kickoffs or as provided below, Restarts occur at the spot of the foul at the moment of stoppage and must be taken within five (5) seconds. If the ball is not restarted within five (5) seconds a free kick will be awarded to the opposing team (Official’s discretion to prevent delay of game). **All Free kicks are Indirect kicks.**

A team receives a **Free Kick** after stoppages other than when a Dropped Ball or Goalkeeper Distribution is required. Before the team takes the Free Kick, the ball must be stationary. **All Free kicks are indirect kicks**. All opposing players are at least 15 feet from the spot of the Free Kick (or, if within 15 feet of the opponent’s Goal, along the Goal Line). The spot of the free kick is that provided above, except,

a. *Within Own Penalty Arch*: from any spot therein.

b. *Within Opponent’s Penalty Arch*: the top of the arch

c. *Delayed Penalty*: (i) according to the ensuing stoppage, as normally administered, or (ii) in case the defending team obtains possession of the ball during play, at the spot of the original offense.

d. *Kick-In*: from the point on the Touch Line nearest where the ball crossed over the Perimeter Wall*. Indirect kick*

e. *Three-Line Violation*: from the offending teams Restart Mark (white line that marks the mid-point of the offending teams half).

f. *Superstructure Violation (roof)*: from the Restart mark nearest to where the ball was last played. (White line at half field , or either of the white lines that separate each teams half).

**Rule 8 - Ball in and out of play**

A **Three-Line Violation** occurs when a player propels the ball in the **air** across the two white lines and the Halfway Line without touching the Perimeter Wall, another player, the ground or a Referee on the field of play, either toward opponents goal or toward team goal.

A **Superstructure Violation** occurs when the ball contacts any part of the building above the field of play.

**Rule 9 – Method of Scoring**

A goal is scored when the whole ball crosses the goal line. A goal **may NOT** be scored directly from a Kickoff or Restart (EXCEPT for a penalty kick from the top of the arch)

**Rule 10 – Fouls and Other Violations**

A **Foul** occurs if a player:

a. Holds an opponent;

b. Handles the ball (except by the Goalkeeper within his Penalty Arch);

c. Plays in a dangerous manner (e.g. a slide tackle);

d. Impedes the progress of an opponent (“Obstruction”), or

e. Prevents the Goalkeeper from releasing the ball from his hands;

 A slide tackle is any attempt to get the ball while sliding on the ground, an opponent does not have to be engaged in the tackle. (lunging is not a slide tackle)

A foul also occurs when a player commits the following in a manner that the Referee considers careless, serious, reckless, or involving excessive force:

f. Kicks an opponent;

g. Trips an opponent;

h. Jumps at an opponent;

i. Charges an opponent;

j. Strikes or elbows an opponent; or

k. Pushes an opponent.

**Unsporting Behavior**: A Free Kick results for the following offenses:

a. Leverage: Using the body of a teammate or any part of the field to gain an advantage;

b. Encroachment: Entering the protected area of an opposing player taking a Free Kick (after initial Warning);

c. Dissent: (i) Referee Abuse; (ii) Breach of Penalty Area Decorum – blue card offense

d. Other: Behavior which, in the Referee’s discretion, does not warrant another category of penalty (e.g., taunting, foul language) – blue card offense

**Goalkeeper Violations**: The opposing team receives a Free Kick for the following violations by a Goalkeeper:

a. *Illegal handling*: Picking up a ball that has not yet crossed the plane of the arc (the ball must be inside the goalkeeper’s area in order for them to pick it up); dropkicking/punting the ball; **Bringing the ball from outside of the Penalty Arch with feet to his hand within the arch is allowed.**

b. *Pass Back*: Handling the ball, having been passed by a teammate; except that he may handle a ball which a teammate passes to him by the head, chest, or knee and without “trickery” (the use of a wall or foot to flick the ball to a head, chest, or knee before making a pass);

c. *5-Seconds*: Controlling the ball with either his hands inside of his Penalty Arch for over five (5) seconds.

d. Punts or drop kicks the ball are **not allowed!**

i. Punts/drop kicks of any kind are not permitted. A goalkeeper may not control the ball in their hands and then initiate a drop kick/punt.

Restart: free kick from the top of the goalkeepers’ goal area arc.

**Team Violations**: The Referee issues a Team Penalty for the following violations by a team or unidentified person:

a. *Leaving Team Bench*: Players leave a Team Bench to join a fracas or confrontation with the opposition or a Game Official – blue card offense (possible red card depending on involvement on field, issued at referee’s discretion)

b. *Bench Dissent*: After an initial “Warning,” one or more unidentifiable players verbally abuse the Referee.

c. *Other*: Unsporting Behavior, which, in the Referee’s discretion, does not warrant another category of penalty (e.g., too many players on the field.)

Restart: In-Direct free kick within 3’ of the violating teams’ bench.

**Advantage Rule**: The Referee allows play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from an existing offensive advantage.

**Flagrant Fouls**: A Shootout Kick is awarded for the following Fouls committed by a defender in his or her defensive half of the field:

a. A Foul from behind against an attacking player, having control of the ball and one or no defensive players between himself and the Goal; and

b. Any Foul where he or she is the last player on the team between the attacking player with the ball and the Goal.

**Penalty Kicks**: A Penalty Kick is awarded for any violation by a defender in his or her OWN penalty area **EXCEPT:**

1. Goalkeeper handling violations

**Blue Card Offenses**: Unless otherwise provided below, the Referee issues a Blue Card for serious Fouls and Unsporting Behavior (by a player) and for:

a. Deliberate handball or Handball by a Goalkeeper

b. Goalkeeper Endangerment

c. Boarding-propels an opponent into the boards

d. Any Foul by the Goalkeeper during a Shootout.

e. Spits on the field

f. Incidental foul language

**Cautionable Offenses**: The Referee issues a Yellow Card for reckless Fouls and for:

a. Second Blue Card;

b. Unsporting Behavior by an non-player personnel;

c. Provoking Altercation: Making physical contact with an opponent e.g., pushing or poking), short of fighting, or using the ball in so doing.

**Ejectionable Offenses**: A person receives a Red Card for Fouls, which the Referee considers violent or committed with excessive force, and for:

1. Receiving another Blue Card after Player has Received a Yellow.

b. Elbowing: Intentionally elbowing an opponent above the shoulder;

c. Fighting;

d. Leaving Team Bench or Penalty Area to engage in a fracas or confrontation with the opposition or a Game Official;

e. Extreme Unsporting Behavior: Committing particularly despicable behavior, including:

i. Spitting at an opponent or any other person;

ii. Persistent use of extremely abusive language or behavior toward a Game Official;

iii. Bodily contact with a Game Official in dissent.

f. Uses offensive, insulting, or abusive language

Red Card offenses will result in that player being asked to leave the Montgomery YMCA Indoor Arena Immediately and they will not be eligible to play in the next scheduled game. In adult league a $25 fine for first offense, $50 for second offense and league suspension.

* **Adult:** Division 3 rosters will be limited to 2 under 30 players. These players must be labeled on the submitted roster and must be beginners to play in the Divison 3. If a challenge is made by the opposing team about a player in question then an ID with birthdate must be produced. If the player in question is under 30 and not labeled as such on the roster, they will be removed from the playing field and a $25 fine will be assessed to the team. **The team will be allowed to continue the match.** The team will not be able to participate in any matches until the fine is paid.
* If there are not enough teams to create both a Division 2 and a Division 3 league, both leagues will be merged, and the age restrictions placed on Division 3 teams will not apply.
* Female players are allowed to play in any division regardless of age.
* Beginners are defined as having technical skill and knowledge at a level suitable for recreational play. Referees are able to make a determination of skill level and remove a player. If the captain chooses to challenge the assessment of the referee then a YMCA employee will attend the following match and determine the skill level of the player.

**Rule 11 – Time Penalties**

The following penalties apply to offenses for which a Card is issued (subject to further action by Montgomery YMCA Soccer Staff):

1. Blue Card: 2-Minute Time Penalty
2. “Administrative” Red Card (for a player’s third Blue Card): 2-Minute Penalty and ejection.
3. Yellow Card: 3-Minute Time Penalty
4. “Soft” Red Card: 3-Minute Penalty and ejection
5. “Straight” Red Card: 5-minute Time Penalty and ejection

Players are designated by their teams to serve Time Penalties for their team if the following individuals are penalized:

* Goalkeeper
* Non-player personnel
* Remaining Teammates in the event of a Red Card

Otherwise, the person who commits a carded offense serves the penalty. Players serving Time Penalties serve it on the player’s bench until its expiration and the Referee permits their release.

**Short-Handed Play**: For each Time Penalty being served by a player, his or her team plays with one fewer field player until its expiration; provided that, a team may not have fewer than the minimum required to, regardless of the number serving Time Penalties. Should a player receive a Time Penalty, while two or more teammates are already in the Penalty Area, his or her team continues to play with the minimum while he or she joins his teammates on the Player’s Bench.

**Exceptions**: Under the following circumstances, Time Penalties either expire prior to their completed countdown, or have the beginning of their countdowns delayed:

a. *Powerplay Goal*: If a team is scored upon having fewer players on the field of play, due to one or more players serving Time Penalties, a player from the team is released from the Penalty Area into the field of play, and the player’s Penalty or Penalties are wiped out. If the team has two players in the Penalty Area, only the first player penalized is released, the remaining player must serve out his.

b. *Simultaneous Ejections*: When two simultaneous Red Cards carrying the same Time Penalties are assessed to opposing players, no Time Penalties are served to either team.

c. *Maximum time Penalty*: No player may receive more than 5 minutes for penalties arising at the same time on the Game Clock, irrespective of the number or nature of accumulated offenses or the fact that one or more teammates may be designated to serve such time.

d. *End of Game*: All Time Penalties carry over between periods and expire upon the expiration of the final period of play. Players with a time penalty extending after the conclusion of the game MAY participate in the shootout.

**Advantage Played Penalty**: In instances where the Referee would issue a Blue Card, but for the Advantage Rule, the referee acknowledges the offense then issues the card when one of the following occurs:

a. *Opponent’s Possession*: The team of the offending player gains control of the ball;

b. *Stoppage*: The Referee stops play for any reason.

Once play is stopped, the offense is recorded and assessed, as customary. In the event of a powerplay goal, the Time Penalty is not served and the provisions above regarding early release from the Penalty Area remain applicable.

**Rule 12 – Shootouts**

**Shootout:**

1. Any player may take the Shootout;
2. One attacking player can stand behind the ball at the shootout mark, all other players stand behind the Halfway Line.
3. The ball is placed at the Shootout mark nearer the attacking Goal;
4. The Goalkeeper has at least one foot on his Goal Line and may not move off of it until after the Referee whistles the Shootout to begin;
5. After all players are behind the halfway line except 1 offensive player behind the ball at the shootout mark, the referee will blow his whistle to start, at which time play resumes. The attacking player may dribble, shoot, or pass to any player in any direction. Players behind the halfway line may cross the line and become involved in the play. The goalkeeper may move off his line.
6. The referee will extend time after a half ends for the taking of a live shootout. In this instance only one attacking player and the defensive goalkeeper may participate. The attacker has 5 seconds after the whistle is blown to score. If the ball has not crossed the goal line within 5 seconds, the play is dead.

**Tiebreaker**: A Tiebreaker proceeds by Shootouts, except that:

a. The Referee designates the Goal at which both teams shoot and the team which shoots first;

b. All players, other than the player taking the shot and defending goalkeeper remain within their Team Bench areas;

c. Both teams have up to 3 shots, with players from each team kicking alternately;

d. If, at any time, a team obtains a 2-goal advantage, the Tiebreaker ceases and the winner is declared;

e. If, after both teams have taken 3 shots, neither has an advantage, the Tiebreaker continues, alternating one player at a time, until both teams have taken an equal number of shots and one team has scored when the other has not;

f. The player has 5 seconds to score after the Referee’s whistle.

I. Player positions to start:

a) Goalkeeper must have one foot on the goal line

b) One attacking player with the ball at the Shootout Spot

**Rule 13 - House Rules**

**-**Only Players and Coaches are allowed behind the goals during game play.

A single elimination tournament will be conducted at the end of each season. All teams will participate and will be seeded based on the following guidelines:

a. Total Points Scored

i. Win = 3 points

ii. Tie = 1 point

iii. Lose = 0 points

b. Head to Head Competition

c. Fewest goals allowed

d. Coin Flip

**Alcoholic beverages, smoking, and smokeless tobacco are prohibited in the Montgomery YMCA Indoor.**

**Pets are prohibited in the Montgomery YMCA Indoor Arena or on the Montgomery YMCA Soccer Complex grounds.**

**No chewing gum is allowed on the Arena Floor. Any player found chewing gum is subject to a Blue Card.**

**No food or drinks may be opened or consumed on the turf field. Food and drinks may be consumed off the playing surface. Water is the only exception.**

Any questions, comments, or concerns regarding the rules for indoor soccer can be sent to rmejia@ymcamontgomery.org