



Revision September 2018

YMCA - INDOOR SOCCER RULES AND REGULATIONS - 2018-2019

The YMCA Indoor Soccer Rules and Regulations are updated on an annual basis.

These revised rules supersede previous Rules and Regulations and become effective October 1, 2018.

Modifications and changes to these rules and regulations can only be implemented through a formal rule and regulation process which includes a formal revision to these rules and regulations. Teams and Officials are not authorized to make changes without a formal approval.

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1. THE FIELD

- A. The penalty area is marked around the goal.
 - i. A Free Kick mark will be placed at the top of the penalty area arc.
- B. A mark will signify the corner spot. It will be placed in the corner within a yard of the wall.
- C. The halfway line and restart lines are marked in white. The restart lines will extend along the perimeter of the field, approximately 1-yard from the wall.
- D. The center spot will mark the spot on the halfway line where the ball is placed at the beginning of the halves and after goals.
- E. Two colored lines should be placed approximately 50 feet from the goal line.
- F. Pee Wee soccer games will play in the fields marked in blue.
- G. No gum, food, or drink is allowed on the field. Violation in this rule could result in a disciplinary action that may include excusing a player from participating.
- H. No person is allowed on the field or player area unless they are a registered player for one of the teams scheduled for that time. Excluding team coaches/trainers (who have passes)
 - i. Warm ups will be allowed only for members on the team roster before the start of the game.

2. EQUIPMENT AND UNIFORMS

A. The Ball

- i. The YMCA will provide the game ball. No other balls will be used in game play.
- ii. U6-U8 will use a size 3 ball.
- iii. U10-U14, High School, Adult Men, Adult Women, and Co-ed will use a size 4 ball.

B. Players Equipment

- i. All players must wear shin guards that are completely covered by socks.
- ii. All players must wear tennis shoes, turf shoes, or indoor shoes. No cleats will be allowed.
- iii. All players must wear their YMCA approved team shirts for the session they are playing in, except for goalkeepers who shall wear shirts of a contrasting color from their team members and members of the opposing team.
- iv. No jewelry will be allowed to be worn during the game with the exception of medical alert jewelry and electronic performance tracking devices providing they aren't dangerous.

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- v. Failure to adhere to these requirements can result in players not being allowed to play.
- vi. Players shall not wear anything that is dangerous to either themselves or other players. Players shall not be allowed to participate in any game with any type of cast or splint. Removal of any type of cast or splint in order to participate shall disqualify the player from practice or game participation. Players may wear braces provided they are safe and if necessary adequately padded.

3. LEAGUES AND PLAYERS

- A. All players must be registered and placed on the team's roster to be allowed to play.
- B. All players must be dressed appropriately to be allowed to play.
- C. The games will start at their scheduled times. If the teams do not have the right amount of players by their game time they will forfeit the game.
- D. **U6-U8 Games**
 - i. Each team is allowed 5 players on the field and no less than 4 players. (See D.iv exception)
 - ii. No player is designated a goalkeeper.
 - iii. A maximum of 9 players are allowed on each team.
 - iv. If the opposing team has a lead of three goals an additional player can be added to the team that is behind. Subsequently, an additional player may be added if there is an additional three goal deficit in the score. A maximum of 7 players is allowed for goal deficits.
- E. **U10-U12 Games**
 - i. Each team is allowed 7 players on the field and no less than 5 players. (See E.iv exception)
 - ii. One player must be a designated goalkeeper.
 - iii. A maximum of 13 players is allowed on each team.
 - iv. If the opposing team has a lead of three goals an additional player can be added to the team that is behind. Subsequently, an additional player may be added if there is an additional three goal deficit in the score. A maximum of 9 players is allowed for goal deficits.
- F. **U14, High School, Adult Men, Adult Co-ed Games**
 - i. Each team is allowed 6 players on the field and no less than 4 players. (See F.v exception)
 - ii. One player must be a designated goalkeeper.
 - iii. A maximum of 11 players is allowed on each team.

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- iv. Players must show a photo ID prior to the game to be allowed to play.
- v. If the opposing team has a lead of three goals an additional player can be added to the team that is behind. Subsequently, an additional player may be added if there is an additional three goal deficit in the score. A maximum of 9 players is allowed for goal deficits.

G. Co-ed Games

- i. Each team is allowed 6 players on the field and no less than 4 players. (See G.vi exception)
- ii. One player must be a designated goalkeeper.
- iii. Two players must be female on the field at all times. If two female players are not available the team must play short a player or players.
- iv. A maximum of 11 players is allowed on each team.
- v. Players must show a photo ID prior to the game to be allowed to play.
- vi. If the opposing team has a lead of three goals an additional player can be added to the team that is behind. Subsequently, an additional player may be added if there is an additional three goal deficit in the score. A maximum of 9 players is allowed for goal deficits.

4. GAME PLAY

A. Start of play

- i. A kickoff from the center mark will start the game. Kickoff must be taken at the referee's signal. All players must remain in their half, with all opposing players outside of the center circle.
- ii. The Home Team shall decide whether to take the kickoff or receive the kickoff at the start of the game.
- iii. Kickoff is a direct kick.
- iv. Kicker may not touch the ball before it touches another player after kickoff.

B. Scoring

- i. A goal is made when the entire ball has completely crossed the goal line.
- ii. Goals can be disallowed if a player illegally handles the ball prior to it crossing the line.
- iii. Play restarts after a goal by a kickoff from the opposing team.

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C. Halftime

- A. Halftime begins at the end of the first half and will last 3 minutes.
- B. The second half starts when the team who received the kickoff at the beginning of the game takes the kickoff at the signal from the referee.

D. Ball In/Out of Play

- i. The ball is out of play:
 - a. When the ball touches netting around the field, or any of the buildings structure, or leaves the field for any reason.
- ii. Resume Play
 - a. Play will resume after the ball is kicked into the side netting with an indirect free kick by the opposing team at the mark closest to where the ball went out of play and within 1-yard from the wall on or behind the restart line.
 - b. Play will resume after the ball hits the net above the field of play with an indirect free kick placed on floor closest to where the ball left the field. If the ball hits the net above the penalty area the ball will be placed at the mark at the top of the penalty area and play restarted with an indirect free kick.
 - c. The goalkeeper will have a free throw or free kick if the attacking team kicks the ball into the net behind the goal, and between the corner marks.
 - d. A corner kick will be awarded on the corner mark for the attacking team if the defending team kicks the ball into the net behind the goal, and between the corner marks.
 - e. Ball is in play if it makes contact with the walls around the goals, the side walls, and the glass.
- iii. Other Stoppage:
 - a. The referee has the right to stop the game for any reason listed under **Violations and Infractions**.
 - b. Play will resume by a direct free kick given to the opposite team at the spot closest to where the infraction happened.

E. Substitutions

- i. Substitutions will be unlimited during the game.
- ii. Players coming off the field must be in the proximity of the side door in front of the team bench before the substitute may enter the field.
- iii. Goalkeeper substitutions may only be made during stoppage time and the captain or coach must inform the referee before substitution can take place.

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- iv. Substitution Violations: see **Violations and Infractions**

F. Game Duration

- i. **U6-U8 Games**
 - a. Games will be 3 equal periods of 15 minutes with a 2-minute break between each period.
- ii. **U10-U14, High School, Adult Men, Adult Women, and Co-ed Games**
 - a. Games will be two 24-minute halves with a 3-minute halftime.
- iii. Overtime
 - a. In the case of tournament play when a tiebreaker is needed, 2 halves lasting 5 minutes each will be played.
 - b. If overtime results in a tie, a shootout will take place.
 - 1. The referee will determine which goal is used.
 - 2. All players other than the player taking the shot and the defending goalkeeper are to remain in their team's bench areas.
 - 3. Teams have 3 shots alternating players. Shots are taken from the penalty mark (All penalty kick rules apply). If a winner isn't determined after 3 shots each by each team, the teams continue to alternate taking shots until a winner is declared.

G. Penalty Kicks

- i. Penalty Kicks shall be awarded for fouls committed in the penalty area or for denying a goal scoring opportunity.
- ii. The ball shall be placed on the mark at the top of the penalty area and all players except the goalkeeper and the player taking the kick must be at or behind the halfway line. Prior to the kick the goalkeeper must be on the goal line at the front of the goal.
- iii. Upon the signal from the referee the ball is live:
 - a. The ball must be stationary on the penalty mark.
 - b. The player taking the kick may kick must play the ball forward towards the goal.
 - c. The referee shall signal for the kick to be taken.
 - d. The player taking the penalty kick may not touch the ball a second time until it has been touched by another player.
 - e. The goalkeeper cannot move off the goal line to play the ball until it has been kicked.
 - f. Players at or behind the halfway line may move towards the goal once the ball is kicked
 - g. Penalty kicks awarded prior to time expiring shall be taken with only the kicker

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and goalkeeper on the field. The kick is over once the kick has completed and either a goal is scored or stopped.

5. VIOLATIONS AND INFRACTIONS

A. Fouls

- i. Fouls will be penalized by a direct free kick given to the opposing team at the point closest to where the foul was committed.
- ii. Referees may also determine if the fouls warrants further action such as a card (outlined below).
- iii. Referees may allow play to continue if the play resulted in an advantage for the opposing team.
- iv. Fouls include:
 - a. Kicking or attempting to kick an opponent.
 - b. Tripping an opponent
 - c. Jumping at an opponent
 - d. Charging an opponent from behind
 - e. Elbowing an opponent or striking or attempting to strike an opponent.
 - f. Holding an opponent.
 - g. Pushing an opponent
 - h. Deliberately handling the ball with any part of the arm or hand when arm or hand is out of a normal playing position
 1. The referee will use discretion as to whether the ball was handled illegally.
 2. This rule does not apply to the goalkeeper when the goalkeeper is inside their team's penalty area.
 - i. Pushing or propelling an opponent into the side wall.
 - j. Lowering a shoulder into an opponent.
 - k. Intentionally obstructing an opponent.
 - l. Players U-10 and younger shall not be allowed to head the ball.
 - m. Any unsportsmanlike behavior, such as; swearing, spitting, inappropriate language or behavior, arguing, fighting, or threatening another player, referee, coach, fan, or staff member.
 - n. Dissenting or arguing with a referee.
 - o. Excessive force in kicking the ball, which is determined by the referee as being dangerous or unnecessary.

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- p. Taking longer than 5 seconds to play a free kick after the referee signals play to begin.
- q. Playing the ball past three lines (two yellow lines and the halfway line).
- r. Slide tackling from any player. (Exception see s.3 below)
- s. Goalkeeper fouls:
 - 1. Picking up the ball when deliberately passed by a teammate.
 - 2. Goalkeeper takes longer than 5 seconds to throw the ball into play.
 - 3. Goalkeeper slide tackles opposing player (This does not include the goalkeeper sliding to make a save unless the action is careless, reckless, or with excessive force).

B. Denying an Obvious Goal Scoring Opportunity

- i. When a player denies the opposing team a goal or an obvious goal-scoring opportunity by a deliberate handball offense the player shall receive a blue card and a penalty kick shall be awarded.
- ii. When a player denies the opposing team a goal or an obvious goal-scoring opportunity by committing a foul listed in 5.A.iv, above the offensive team shall be awarded a penalty kick and the player committing the foul shall receive a blue card (unless the foul is of such a nature that a yellow card or red card is warranted)

C. Blue Card Offenses

- i. Blue card offenses will result in a blue card being issued to the player who will serve a 2-minute penalty. The player must leave the field of play for 2-minutes without substitution. If a goal is scored during the two minute period against a team serving a two minute penalty, the team may add a player to full strength as long as the player who received the blue card remains off the field for the entire two minute penalty.
- ii. Blue card offenses will also result in a free kick awarded to the opposing team if play is stopped to administer the card, Otherwise the normal restart shall occur.
- iii. Blue Card Offenses include:
 - a. Any foul included under **Fouls (5.A)** which the referee determines is reckless.
 - b. Unsporting behavior
 - c. Encroaching- standing closer than 10 ft. on a free kick.
 - d. Persistent infringement of the violations or infractions
 - e. Delaying the restart of the game
 - f. Excessive goal celebrations
 - g. Illegal substitution as outlined under **Substitutions** if the substitution interfered with play.

D. Yellow Card Offenses

- i. Yellow card offenses will result in a yellow card being issued to the player, who will immediately serve a 5-minute penalty. The player must leave the field of play for 5-minutes without substitution. If a goal is scored during the five minute period against a team serving a five minute penalty, the team may add a player to full strength as long as the player who received the yellow card remains off the field for the entire five minute penalty.
- ii. Yellow card offenses will also result in a free kick awarded to the opposing team if play is stopped to administer the card otherwise the normal restart shall occur.
- iii. Yellow Card Offenses include:
 - a. Persistent infringement of the rules
 - b. Show dissent with the decision of the referee.
 - c. Unsporting behavior.
 - d. Any foul that is considered excessive or dangerous.

E. Red Card Offenses

- i. Red card offenses will result in a red card being issued to the player who will immediately leave the facility for the remainder of the game Depending on the nature of the offense a red card can result in a subsequent game suspension or the player being suspended for the remainder of the season.
- ii. The team may not substitute for the player after the card is issued.
- iii. Red Card Offenses include:
 - a. Serious foul play.
 - b. Violent Conduct.
 - c. Abusive, offensive, or insulting language or actions.
 - d. Spitting on/at an opponent, official or arena staff.
 - e. Excessive and persistent infringements of the rules of the game after having received a yellow card (i.e., second yellow card).

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F. Administering Cards On Advantage

- i. In the case where the referee has awarded an advantage, the referee may administer a card if appropriate at the next stoppage of play.

G. Card Accumulation

i. Blue Cards:

- a. Cards are accumulated throughout one game and reset at the end of the game.

ii. Yellow Cards:

- a. Two Blue Cards = One Yellow
- b. Cards accumulate throughout the session and reset at the end of the session.

iii. Red Cards:

- a. Three Yellow Cards = One Red
- b. Cards accumulate throughout the year and reset at the end of the year.
- c. Two Red Cards in one year may result in suspension from any YMCA soccer league for an entire year.

H. Coach or Team Violations.

- i. Coaches and Teams can receive a card or foul for any of the following behavior:
 - a. Unsportsmanlike conduct, dissent or arguing with referee or staff member, or persistently infringing on the rules.
 - b. Offenses will also result in a free kick awarded to the opposing team if play is stopped to administer the card otherwise the normal restart shall occur.
 - c. Teams and Coaches cards will be accumulated the same as players and if two reds are given in a year, that coach will be suspended from coaching for a full year.