



SUMMARY OF INDOOR SOCCER RULES

1 - THE TEAM

- 1.1 A team consists of a maximum of 10 players. No more than five (5) players shall be present on the court at any one time, including one goalkeeper.
- 1.2 In any mixed section, there must be at least one (1) female present for a team to take the court.
- 1.3 Mixed teams may take the court with a minimum of three (3) players as long as one player is female.
- 1.4 **Substitutes may be made at any time during general play. The player being substituted must be fully off the court before the replacement steps on the court. If this fails to happen, the replacement may receive a card from the referee.**

2 - PLAY

- 2.1 Play begins with a kick off to one team at the start of each half and after a goal has been scored.
- 2.2 The opposing team at the kick-off must be behind the 'third' line until the ball is played.
- 2.3 The first touch of a kick-off must travel into the team's attacking half (forwards), except in mixed and junior competitions where the ball must travel into the team's defending half (backwards).
- 2.4 Play shall continue if the ball rebounds directly off the side wall. If the ball goes over the wall and out of the playing area, play will restart with a direct free kick against the team that touched the ball last.
- 2.5 If the ball goes out of play at either of the ends and the defending team last touched the ball, play will restart with a corner (direct).
- 2.6 If the ball goes out of play at either of the ends and the attacking team last touched the ball, play will restart with a goal-throw.
- 2.7 **Seniors - timing of matches shall be two halves of twenty (20) minutes with a three (1) minute interval.**
- 2.8 **Juniors - timing of matches shall be two halves of fifteen (15) minutes with a three (1) minute interval.**

3 - PLAYING THE BALL

- 3.1 A court player is permitted to stop or play the ball with any part of his body except the fingers, hands or arms.
- 3.2 A goalkeeper may stop or play the ball with any part of his body as long as it is inside the goal circle.
- 3.3 **A player must not deliberately time waste in anyway and may be penalised with a yellow or blue card.**
- 3.4 The goalkeeper may not play on from a goal-throw.
- 3.5 If the ball hits a part of the roof structure or lights, a direct free kick will be awarded against the infringing team from the halfway line.
- 3.6 A player must not deliberately touch the ball while he/she is on the ground or on one or both knees. ball back in play.
- 3.7 There is no off-side.

4 – DEFENDING

- 4.1 A player may make a reasonable attempt to gain possession of the ball from the front, side or behind another player. Tackling from behind in an aggressive and dangerous manner will be penalised with a direct free kick to the opposition, and possibly a card of any colour (at the referee's discretion).
- 4.2 A player may contact an opponent in a reasonable manner, and maintain contact in order to follow and monitor the opponent only. A player 'checking' a player in this manner must not straighten his arm.
- 4.3 A player who is fouled in a position where he/she could take a clear shot on goal, or could run further up the court to take a clear shot on goal will be awarded a penalty.
- 4.4 A player may not restrain, hold, push, hit, kick, charge or use force against an opponent in any way.
- 4.5 A player who is not in possession of the ball must not deliberately block an opponent's path, whether that player has the ball in possession or not.
- 4.6 All players must be at least three metres away when defending a free kick.
- 4.7 A player who deliberately attempts to stop the ball with their fingers, hands or arms may receive a card of any colour at the referee's discretion.
- 4.8 Slide tackling is prohibited. The offending player may receive a card of any colour at the referee's discretion.
- 4.9 When the ball gets stuck on the wall, the first player to reach the ball must be given an opportunity to move the ball off without being tackled or unnecessarily harassed. If the player isn't given opportunity to get the ball off the wall he will receive a free kick. If a player deliberately takes the ball onto the wall themselves, they will not be given the same privilege.
- 4.10 Physical or verbal intimidation is not allowed. It is considered a foul; a direct free kick and a card of an appropriate colour may result.

5 – THE GOALKEEPER

- 5.1 In general play, the goalkeeper must dispose of the ball by:
- Throwing it (if the ball was caught)
 - Kicking it (if it was controlled by foot)
- 5.2 After throwing a ball into play, the ball must touch another player before the goalkeeper touches it again.
- 5.3 The goalkeeper is not allowed to touch the ball while he is in the attacking half.
- 5.4 The keeper must not pick the ball up if it is deliberately passed back to him/her off the foot from a team mate.
- 5.5 If the ball goes over the end line, and is last touched by a member of the attacking team, the goalkeeper must throw (not kick or drop-kick) the ball back into play. The ball must bounce or be touched by a player before passing the halfway mark of the court.

6 – SCORING

- 6.1 A goal may be scored directly from any situation.

7 – THE REFEREE

- 7.1 The referee may show a player a card of any colour at any time in the game. The card meanings are as follows - Yellow: warning. Blue: player sent off for two minutes. No replacement allowed. Red: player sent off for game, no replacement allowed, automatic one-game (minimum) suspension.
- 7.2 Players who receive two yellow, two blue or one of each cards during a match will automatically receive a red card.
- 7.3 Any player may receive a card of any colour for disputing a call or for backchat.
- 7.4 The referee must be notified of goalkeeper changes (including substitutes made at half time). If a change is made and the referee is not notified, it will be considered that no change has been made.