



Rules of Play for Indoor Soccer



Behavior:

1. **No Fighting - Period! Any Spectator, Player, Coach involved in a fight will be banned from T-CYSA/LifeQuest for the time set by T-CYSA. No Refunds!!!!**
2. **All behavior, dress, and language need to be kid appropriate and family friendly.**
3. **Players cards must be current and with coach at time of soccer match. Referees will check everyone's cards and rosters. Only players on team roster can play.**

Game Play:

1. Games will begin on the top of the hour with 2 – 20-minute halves and a 5-minute halftime.
2. Goalies may hold the ball for 5 seconds, but then must put the ball on the ground.
3. Goalies must be given space while holding the ball. This means challenging goalies inside the goal area is not allowed, if they are holding the ball. Once the ball is on the ground, the goalie may be challenged.
4. If the goalie has one hand on the ball, with the ball under control, they may not be challenged.
5. The goalie may not throw the ball past half field without first touching a player, wall or field before the halfway line. Goalie punts or drop kicks are NOT allowed.
6. Goalies can pick up the ball inside of the goal area: if they defended a shot on goal or receive a pass from their own teammate. The goalie may not ROLL THE BALL AGAINST THE WALL AND PICK IT UP, NOR KICK IT AGAINST THE WALL AND PICK IT UP.
7. Once the goalie has picked up the ball, opponents must retreat from the goal area immediately. They may challenge outside of the goal area.
8. Any misconduct inside the goal area is an automatic Yellow Card, and if egregious, can result in a Red Card.
9. All free kicks are direct, and there are no penalty kicks.
10. The wall can be used as a player. From free kicks, a player can restart play by passing the ball off the wall to themselves and play.
11. If the ball touches the net on the walls or ceiling, then it becomes the other team's ball at the spot where the net was contacted.
12. If a player is given a free kick for any reason, they must be given three feet of space to play the ball. The defending players must not move to block the pass/shot, and this includes corner kicks.
13. Players may not put two hands on the wall to brace themselves for a challenge; if they do, then the opposing team is awarded a free kick.
14. No body checking against the wall. Such a foul is an automatic Yellow Card, and if egregious, can result in a Red Card.
15. Mercy rule: if a team goes up by 10 goals, they must drop a player until the goal difference reaches 5 goals, then the dropped player may return to the game.
16. Games will start no later than 10 minutes after the hour. The game will begin, and team missing players will play down. A forfeit can be called if no more than 4 players are available. Half-time will be shortened for a late game start.

Penalties:

1. All kicks are direct.
2. No penalty kicks.
3. Cards may be shown to players, substitutes, coaches, managers, and anyone else listed on the team's roster. The Head Coach is responsible for maintaining appropriate behavior of their team, bench personnel, and fans.
4. Yellow card: Player must leave field for two minutes and team will play down during this time, unless the other team scores before the 2 minutes has expired. A second yellow card to a player will result in a "soft" Red Card, removal from the game, team plays down a player for the duration of the game and does not carry over to the next game.
5. Red Card: Straight or "hard" Red Card, the offender will be asked to leave the field and soccer house. Team will play down a player for the rest of the game. 2 Red Cards in one season will result in team losing that individual for the remainder of the season.