FIELDHOUSE OFFICIAL INDOOR SOCCER RULES

(U8’s and above apply) Version 1.6

*Intended for Fieldhouse use and should not be used by other organizations unless permission granted.*

Introduction

We aim to provide fun competitive environment for all ages to bring their outdoor sporting inside. We encourage positivity as a standard for all players, parents, coaches, staff, and officials. It’s up to us to uphold a positive and competitive environment at the Fieldhouse.

*The following rules are subject to change and updates.*

Fieldhouse Rules: Game Setup and Standards

**Equipment:**

Players should wear a matching color tops, shin guards, and indoor footwear (no football cleats or metal/steal spiked cleat). No Jewelry or other accessories should be worn. (Fitbits and step trackers can be worn if taped over securely using your own tape.) Goalies will have a different jersey or color differing from both teams. U12 and below should use size 4 or 3 balls. Size 5 will be used for anything above that age.

**Teams and Players:**

Teammates should be supportive and have fun! For U12 and below, the responsible coaches shall set the minimum and maximum number of players permitted to play. (Standard is 8 per side including goalie.) Responsible coaches could agree on no fewer than 5 or no more than 8. For U14 and above teams, the standard for each level determined by the Fieldhouse. U14= 7 per side, U16 & U18= 6 per side, and for adult= 6 per side. (Any youth team U18 or below needs a responsible coach to manage and be with the bench.)

**\*\*U14 and under Goalie Free-kick rule:**

Goalies can distribute the ball from their hands, or from their feet if the ball is grounded (not bouncing)

Goalies can set the ball on a spot anywhere in the box. The Attacking team will play the ball as if it were a freekick from their spot. Refs should keep all defensive players outside the arc of the box, and dashed lines making the corners. The ball can only be placed once. And can be taken by any player on the attacking team.

**Substitutions:**

On the fly substitutions are permitted if done in a safe manner. No players will be allowed to jump over the surrounding wall, they must enter and exit through the provided substitution door. Failure to do so can result in a yellow card for player and coach. If the ball is in play with players around the substitution door, it must stay closed and latched until the play has moved away from the door.

**Parents and Coaches:**

**Parents**: Play a big role in influencing our positive environment. Parents should encourage and support our community’s teams. This includes showing our referees respect. Any behavior that harms this balance should be addressed. Officials can stop the game (not the clock) and demand the individuals harming the environment to be removed. The game does not start till the individual(s) leave the track. With digression a ref may stop the clock if removal takes longer then 2 mins.

**Coaches**: Should give a team an understanding of what is available to improve their soccer experience. Next to parents, your players will look to a coach as a leader. Please remember our indoor culture is about having fun and challenging yourself. Coaches methods should advocate positivity and help enforce the basic rules of equipment, rule, and team attitude. (If the coach is unavailable, a parent is permitted to fill in as needed.) \*\*\***You are responsible for parents as well and should assist officials and players in providing the games experience in a positive and healthy way. Suggest you to tell parents the positive expectations.**

**Stages of the Game:**

**Stage** **1**: Before kickoff, the referee will meet with players to take role and then with the coaches individually to determine player number needs, and then meet with both coaches to determine playing number for the match.

**Stage** **2**: The referee will set the game clock to official time and players will take their positions on the field. \*\*\***Refs discretion on method to determine kickoff.**

**Stage** **3**: First half of play.

**Stage** **4**: Half time – three to five minutes (set by referee and coaches).

**Stage** **5**: Second half of play. Kick off to the other team.

**Stage** **6**: Players express gratitude to opposing team and then depart quickly from the bench. U-14 below should be lined up by each coach to shake hands in straight line.

**Stage 7:** Referee is to track score differential on sign in sheets.

**Time Frames:**

**U-8**: Four **8-minute** quarters (coaches will warm up their team for the first ten minutes.) Play will be stopped by center referee as needed to explain calls. One coach will remain on the field to help their team. This division isn’t about winning or losing so please maintain a balanced play time for players on your team and have fun!

**U-10:** Four **10-minute** quarters with a half time after two quarters. Sub on the fly. 8 aside.

**U-12:** Two **24-minute** halves. Sub on the fly. 7 a side.

**U-14**: Two **24-minute** halves. Sub on the fly. 7 a side.

**U-16/ U-18:** Two **24-minute** halves. Sub on the fly. 6 a side.

**Adults:** Two **24-minute** halves. Subs on the fly. 6 a side.

**CARDS**

**Straight Reds:**

Any harmful actions taken by players — kicking to harm, hitting to harm, and directed foal langue or slurs. Will be given a hard red. Done for the match. And (Dependent on Director of soccer; potential next game suspension)

**\*\*Yellow Card and Red Card (3 yellows equal 1 Red):**

A yellow card will result in the player who received the card being removed from play for two minutes. If a player receives a 3rd yellow, it will equal a soft red and the player will be asked to sit out the rest of the match and the team will play down one for two minutes. A soft red will result in game-day punishment. A straight red will result in game-day and next game suspension dependent on Director of Soccer. (Red carded teams play down a man for 5 mins)

**Fighting:**

Fighting will not be tolerated and will resort in a done for the season type punishment to the individua’s involved in the fight. To the director’s discretion on any other steps from these moments.

Fieldhouse Rules: In-Play

**NO Slide Tackles:**

All players must stay on their feet to win the ball, they may not slide or lunge to the ground to stop an attacking player. Referees will call this for the safety of our players. If a player’s knee touches the ground as they lunge to tackle a player on the ball, that will be deemed a “slide”. If your player leaves both feet slides into a tackle it will be deemed a slide tackle. **IMPORTANT**: Goalies can slide to get the ball as long as they lead with their hands/body and not their feet. Goalies can make saves or stop the ball on the ground as long as they are not sliding feet forward when they make the play with their feet. **Players will be yellow carder on their 2nd or 3rd slide.**

**\*Punts:**

Teams in our U-10 division or below can punt the ball out normally. U12 and u14 can no longer punt in any way. They can set the ball down in the new (Goalie Freekick option) U16 and up play normally no punts, and no Goalie Freekick option.

**\*\*\*Top Arc NO MORE now placed where ball hits net/leaves field normal play rules.** If cleared and the ball stays behind the line/dashes of the corner/box zone a corner is rewarded for opposing team.

**High Kick:**

U-12 and below high kicks will be called if a player kicks past solar plexus of the closest player contesting. If there is no contesting player, the call can be avoided (at the referee’s discretion). U-14 and above high kicks will be called if a player kicks past the shoulders of the closet player contesting. If there is no contesting player the call can be avoided (at the referee’s discretion).

**Shoulder to Shoulder:**

Two opposing players can battle for possession as long as it is shoulder to shoulder contact without extending the arms in pushing motions. If there is a lowering of the shoulder or arms extending to push players, the referee will reward the other team with a free kick. Players can **hold** their arms out to maintain possession, but there cannot be a deliberate pushing motion.

**Wall Handling:**

Players can place (NOT grab) their hands on the wall to keep from falling into it. No player can hold on to the wall to stop players from running around them by using their arm as a block. This will result in a free kick award to the other team.

**Flagrant Fouls:**

Any physical fouls committed such as tripping, pushing, and throwing body recklessly into a player will result in the ball being reward to the other team.

**Non-Flagrant Fouls**

Any non-physical fouls such as hand ball, high kick, and obstruction will be called and the other team will be awarded the ball. Non-flagrant fouls inside the defending teams box committed by a defender will result in a free kick to the closest corner of the goalie box, determined by referee.

Fieldhouse Rules Terms for Restarts

\*\* These processes will be how to get the game restarted. You will reward the ball to the team who deserves the ball. Point to the spot and ideally call out terms to help influence and inform the game of the call and the process to follow.

**Corners:** The ball is played out of bounds by the defending team hitting the surrounding net behind the dashed lines. Any player from the attacking team can pick the ball up and place it on the corner dot designated by the referee. The player on the ball for the corner kick must kick the ball into play and not dribble.

**Free Kick (FK):** All free kicks are direct meaning you can score from them. The free kick taker can ask for his space and the referee will give him five yards from where the ball is placed; defending team must stay behind the five-yard space given. FK’s are a result of the ball going out of bounds or fouls.

**\*Goal Kick:** The ball is played out of bounds by the attacking team hitting the surrounding net behind the dashed lines. Any player from the defending team can pick up the ball and should set it anywhere inside the \**GOAL* box (even on the line of the box). Failure to start the ball inside of the goalie box will result in a re-kick.

**Kickoff:** Ball is placed at center circle setting one team up for possession and one team to defend. Neither team can cross their half line until the ball has been kicked into play (not when the referee blows the whistle). Kickoffs will occur for U-10 and above at the beginning, half time of matches, and after each goal giving possession to the goal conceding team.

**Out of Bounds:** When the ball hits the surrounding net, a team will be rewarded the ball and placed at the point the ball contacted the net. If it hits the side nets, the free kick is taken *five feet* away from the wall. If the ball hits the top net, the free kick will be taken directly below from where the ball hit the net.

**Penalty Kick (PK):** A flagrant foul from the defending team inside their goal box will result in a PK. The attacking team is awarded a PK and will place the ball on the dot on the top of the box to set up. The opposing goalie must wait until the ball is hit to come off their line. Once both players our ready, the referee will blow his whistle to let the shot be taken. All other players stand outside the top arc and behind the dash lines. Once the ball is shot, play continues.

**Quick Play:** Any time a free kick, goal kick, and corner is set, our U-14 and below teams must wait until the referee blows their whistle to begin play or take the kick. The Quick Play rule is for our High School and Adult leagues which means if you don’t hear the referee ask to wait for the whistle, play as quickly as you want. Be prepared for the referee to call the set up back if the ball is in the wrong spot or isn’t stopped completely before the kick.

**\*\*\*Drop Balls:** If a ref must stop a game for any reason, and it is in live play, the game will restart with a low dropped ball to the team in possession free from pressure by 5 yards. (Ref will monitor and create safe space) Once the ball is dropped however the play continues and the ref will officiate as if the ball is live.