



## **Indoor Soccer**

**All participants must wear their SYG wristband when playing, and show it to the umpires, officials and Sports Coordinators when requested.**

### **GRADE**

Open A

Open B

Mixed B (Maximum 3 males on court)

Open C

Under 18

### **FORMAT**

- Round robin competition followed by knockout finals
- Finals will be held at the completion of the round robin
- 6 players allowed per team (one of which is goal-keeper), plus substitutions

### **UMPIRES**

- Each group will be required to supply an umpire on a rostered rotation basis.

### **UNIFORMS AND EQUIPMENT**

- Uniforms must be of like kind and colour
- Indoor soccer balls will be provided

### **RULES AND REGULATIONS**

- Play will be continuous off the walls of the venue where possible as decided by the sports coordinator
- In the Mixed section, each team can have a maximum of 3 males on court at one time
- Please refer to the following for detailed rules

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## **Introduction**

Indoor Soccer is a team sport played by two teams on a court with a goal at each end. The layout of the court is similar to a Netball court except the goals are rectangular and have a net behind them.

The indoor version is a slight modification on the traditional game that is played all around the world.

## **Object**

The object of the game is to kick the ball between the opposition's goal to score.

A goal is scored when, in the opinion of the referee, the whole ball passes over the goal line, provided prior to the goal being scored, no infringement of the rules of the game has been committed by the team scoring the goal.

## **Penalties for lateness and forfeits**

A team must take the court within 5 minutes of the scheduled start time. If a team fails to do so, the opposing team will be awarded 3 points for the win and a score of 2-0.

If a team is reduced to three players in a match due to the awarding red cards, a forfeit will be awarded to the opposing team.

## **The Start of Play**

1. At the beginning of the game, the choice of ends and kickoff shall be decided by the toss of a coin. The winning team shall have the option of the choice of ends or the kickoff. All players line up in their defensive half.
2. The referee will signal the start at which time kick off can take place.
3. With kick offs the ball must be played backwards. If not, the kick off will be reversed. The opposition players must remain behind the half-way line until the ball has been touched twice. Once kicked from the center circle, opposition players may gain possession of the ball.
4. After a goal is scored, the game is restarted again in the manner mentioned above, the kickoff being taken by a member of the team which did not score.
5. After half time, the teams shall change ends and the kickoff is taken by the opposite team than the one that had the first kickoff.
6. A goal cannot be scored directly from a kick off.



### **Infringements:**

For any infringement of the above, the kickoff shall be retaken. However, if the player taking the kickoff plays the ball a second time before anyone else, an indirect kick shall be awarded to the opposing team from the place where the infringement occurred.

If this offence is committed by a player in his opponents' penalty area, the indirect kick will be taken from the nearest point outside the penalty area to where the infringement occurred.

### **Field of Play**

An indoor soccer pitch is divided into thirds. At each end there is an 'arc' ('D') which defines the goalkeepers area.

No player attacking or defensive, will be penalized for **accidentally** being inside the Goalkeeper's area provided they do not come into contact with the ball.

If a player comes into contact with the ball within the Goalkeeper's area then this is an infringement. An infringement of this rule by the attacking team will result in the possession being given to the opposing goalkeeper. An infringement of this rule by the defending team will result in a penalty (see 'Penalty Kicks') being given to the attacking team.

In a venue where the goal is not against a 'live wall' (hence there is room for payer to run behind the goal), the 'D' lines will extend back to the end line and will be considered to be part of the goalkeepers area.

No player may attempt to obstruct an opponent from exiting the Goalkeeper's area. This offence will result in a yellow card and it will become the Goalkeeper's ball.

### **Inside the 'D'**

A player cannot come into contact with the ball when it is inside the 'D', even if the player's feet are outside the 'D'.

The ball is deemed to be inside the 'D' when half of it is in the semi-circle.

A player heading the ball, which is clearly inside the 'D', will be penalized accordingly.



### **Goalkeeper Rules**

A goalkeeper that leaves the 'D' and makes contact with the ball will result in a penalty.

A goalkeeper that leaves the 'D' and is deemed by the referee to be interfering with play will result in a penalty.

Goalkeepers can kneel or lie down and reach out of the 'D' for the ball as long as no part of their body makes contact with the ground outside the 'D' while they are in possession of the ball.

Goalkeepers can tap the ball away when it is outside of the 'D' but not kick it. A goalkeeper airborne outside the 'D' and making contact with the ball will be called a penalty.

Bouncing or placing the ball outside the 'D' and gaining possession again does not mean the goalkeeper has another 5 seconds to get rid of the ball as they are deemed to still be in possession of the ball.

### **Ball out of Play**

Play is continuous off the walls and stage steps of the venues where possible. Only a small section of the boundary constitutes 'out of bounds' (either side of the stage at Chairo, and on the stage at the venues, at Trafalgar out of bounds is pass the lines on the two long sides).

The ball is out of play:

- a) When it has wholly gone out of the boundary of play, whether on the ground or in the air
- b) When the game has been stopped by the referee.

If the ball hits the roof, the game is restarted by the referee dropping the ball directly below the point of contact, unless it hits above the penalty area, in which case the ball is dropped on the penalty mark.

The ball is in play at all other times from the start of the match to the finish, including:

- a) If it rebounds from the goal post or cross bar onto the court;
- b) If it rebounds off the referee;
- c) In the event of a supposed infringement of the laws, until a decision is made.

### **General rules of play**

The referee will 'Drop Ball' if play is congested or deemed to be in a dangerous situation. Contesting players must wait for the ball to bounce once after the referee has blown the whistle.

If a player is lying, sitting, or deemed to be on the ground, he cannot play the ball, regardless of whether it was unintentional. This also includes where a player has the ball kicked into him while on the ground. Such infringement will result in a Free Kick.

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An opposing player through means of yelling or any verbal abuse may not put off a player in possession of, or going for the ball. This will result in a Free Kick and a possible booking depending on the referee's discretion.

Any infringement on a Drop Ball, ie kicking it before it bounces, is a Free Kick against the infringer (and a foul counts).

### **Offside**

There will be no off sides in indoor soccer.

### **Obstruction**

This is understood to be when a player, instead of playing the ball, places himself between the ball and the opponent going for the ball, making himself an obstacle to the opponent's involvement in play.

### **Substitutions**

A substitution can only be made when:

- Your Goalkeeper has possession of the ball
- A Free Kick is awarded
- A goal is scored
- At half-time
- In the event of an injury

A player cannot be substituted in the last 3 minutes of each half except in the case of a serious injury, at the Referee's discretion. A player who has been sent off (for 5 minutes) may re-enter during this period at the consent of the Referee (ie whistle on play).

The maximum number of substitute players in any one team is 4.

A Goalkeeper may only be substituted after a goal has been scored and the Referee informed, at half time or when seriously injured.

A Referee will send off any player that is bleeding, including Goalkeepers. Players will not be allowed to treat themselves on court. Players will not be allowed back on court until the Referee is satisfied the flow of blood has ceased and the wound covered. A substitution is permitted during this period.

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## **Fouls and Misconduct**

A foul is awarded when any player:

- a) Kick or attempt to kick an opponent;
- b) Tripping an opponent;
- c) Striking an opponent;
- d) Holding an opponent;
- e) Pushing an opponent;
- f) Bumping an opponent;
- g) Obstructs an opponent;
- h) Handling the ball, i.e. carrying, striking, or propelling the ball with the arm or hand (this does not apply to the goalie within his penalty area.).

For each infringement, an **indirect free kick** is awarded, apart from when this is optional due to the number of accumulated fouls.

## **Accumulated Foul**

Once a team has accumulated 4 fouls per half, the choice of free kicks will be awarded to the opposing team, regardless of the infringement. A goal may be scored directly from this free kick (NB: A foul is any infringement eg handling the ball, entering the keepers area, etc).

The first 4 fouls accumulated by each team will be recorded by the referee, and for each of these an indirect free kick applies, where defenders can form a “wall” or be in direct line of the ball and the goals. When 4 team fouls have been accumulated, the Referee will let both teams know in a loud clear voice. Beginning on the fifth foul, at the discretion of the team taking the free kick, a “wall” or any defender may not stand in the line of the ball and the goal line, hence a ‘free shot with only the goalkeeper to beat’ applies. In this case, the player taking the Free Kick must take the shot.

It is the responsibility of the team taking the free kick to tell the referee that they want a direct ‘free shot’, so the referee can instruct the opposition team to clear away from the ball. The player taking the ‘free shot’ must have the intention of scoring a goal and shall not pass the ball to another player.

Once the free kick has been taken, no player may touch the ball until it has been touched by the goalkeeper, or has rebounded from the goal post or crossbar or has left the pitch. If a defensive or offensive player infringes this rule, or intercepts a direct free kick, the following will apply:

- Defending Player – the kick shall be retaken if no goal is scored. A repeated infringement will result in a penalty;
- Attacking Player, other than the player taking the kick – if a goal is scored it shall be disallowed. Possession will be awarded to the keeper.

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### **Free Kicks**

Free kicks are awarded for:

- Illegal tackles
- Obstruction
- Pushing
- Time wasting
- Lifting the leg above hip height when attempting to kick the ball
- Unintentional handball. Intentional handball will result in a penalty regardless of the whereabouts of the infringement.

All players must be 3 metres either side of the ball when a Free Kick is taken.

Free Kicks must be taken within 5 seconds of the Referee's whistle, or the free kick is reversed.

A Free Kick taken before the Referee's whistle is blown may cause a reversal of the Free Kick.

Tackling from behind or by sliding is not allowed. Side tackles are allowed depending on the Referee's discretion in the situation of a 50-50 ball.

### **Advantage Rule**

In the event that the Referee believes the team receiving a Free Kick will receive a distinct advantage by calling play-on, the advantage rule will apply. The referee's decision is final.

### **Player Walls**

If there is a Free Kick less than 3 metres from the 'D' a wall can be formed on the line of the 'D' and the free kick will be pushed back 3 metres from the 'D'.

If a team is in a no wall situation and there is a Free Kick less than 3 metres from the 'D' the Goalkeeper will be pushed 3 metres back from where the Free Kick is to be taken.

No player can run across the path of a direct shot at goal and intercept an incoming shot.

If a player is taking a Free Kick with no wall and an opposition player crosses the path of their direct shot, the Free Kick is to be retaken at the same spot, not where the player ran across their path.



### **Penalty Kicks**

A penalty kick is awarded to the opposing team if a player commits any of the following offences:

- Intentionally handles the ball on the attacking part of the court (except for the goalkeeper in their own area).
- When the goalkeeper leaves the D area and is deemed to be interfering with play.
- When playing as an outfield player, play the ball in their own goal area while the ball is on the ground or in the air.
- The goalkeeper places any part of their body on the ground outside the goalkeepers area while touching the ball.
- The goalkeeper keeps possession of the ball in their hands or at their feet for longer than 5 seconds.
- Illegally denies an opponent a clear goal-scoring opportunity.
- The goalkeeper kicks or throws the ball and it does not land in the goalkeeper's half .
- An attacking player is intentionally fouled in a clear goal-scoring situation.

### **Taking Penalty Kicks**

A player is only allowed to take 1 step before taking the Penalty Kick. That is, the penalty should be taken in one fluent motion. If the Referee is not satisfied it will then become the Goalkeeper's ball. If a goal was scored it is not counted.

When a player is taking a Penalty Kick the goalkeeper must be stationary on the goal line until the ball has been kicked. A retake of the penalty shall apply.

The penalty taker can directly shoot at goal again if they have missed and the ball rebounds back out from the 'D' however, if rebounding is from the post, the ball cannot be played back twice.

### **Misconduct/Suspensions**

A Yellow Card is a caution and does not necessarily have to precede a Red Card. A player shall be cautioned if:

- They persistently infringe the laws of the game;
- They show dissent towards the ref;
- They are guilty of unsportsmanlike conduct.

For any of these offences, an indirect free kick is awarded to the opposing team.

If the Referee feels that the incident is severe they can give an immediate Red Card. Two Yellow Card offences in the one game will result in a Red Card.

A Red Card means the player is required to leave the court for 5 minutes.

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A player shall be shown the Red Card and sent off in the opinion of the referee:

- They are guilty of serious foul play;
- They are guilty of violent conduct;
- Uses foul or abusive language;
- They are guilty for the second time of a cautionable offence.

It is then at the discretion of the Referee to decide whether the player in question should be allowed to take their position again. The Red Carded player can be replaced by another team mate after 5 minutes, if they are not allowed to take further part in the game.

The Referee will let all players know when a Red Card has been issued. When being sent off, the offending player will be notified as to whether and/or when they can return to the court.

Referees will not hesitate to show a Red Card for swearing offences. Referees will stop play to send a player off regardless of where the ball is unless in a very clear goal scoring situation.

Note: if 2 players get Red Carded and there are only 2 players left, the game will end and the score at that time will stand, or forfeit points will be awarded to the non-offending team (whichever is the highest score).

Should a player of the defending team commit one of these offences within the penalty area, they shall be penalized by a **penalty kick**, regardless of the position of the ball, as long as it is in play.

### **Tied game**

In the event of a tie during a round robin game, the game will end in a tie.

During the elimination play offs a 3 minute sudden death overtime will be played.

Teams will be limited to 3 players per side during this overtime period. None of these players will be allowed to play goalie.

The first team to score will be declared the winner.

If the game is still tied after the 3 minute period, the game will be decided by a series of 3 penalty shots. Teams will alternate kicks and players must take kicks on the field at the conclusion of the game.

If the game is still tied at the end of the alternating penalty shots, a sudden death shootout will occur with each team taking one shot per round until one team scores and the other team fails to score.

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