

# Oshkosh Community YMCA

## Indoor Soccer Rules

Revised 12/19/2017

# Adult Indoor Soccer Rules

## Laws of the Game:

-All USINDOOR Soccer Rules will apply including the following

## Participants:

- No Participant is allowed to be on more than two rosters/teams in the same league.
- Guest Players that are not on a rostered team are prohibited.
- Players may be added to team rosters through week 4. This must be done through the Soccer Director. All fees must be paid before a player will be added to the roster.
- Each team must have at least 7 players on their roster when it is turned in no later than the first game.
- In the event of a team not having enough players to field a team, the team may pick up enough players to field the minimum number of players to legally play. The players that are picked up must be on the roster of another YMCA Adult Soccer Team.

## Players:

- Swearing is prohibited in the YMCA. First offense will be a warning; second offense player will receive a yellow card and the third offense the player will be ejected from the game.
- Players are not allowed to chew gum, tobacco, food or candy at any time on the field.
- Players under the influence of drugs or alcohol will be removed from the facility immediately.
- A bleeding/injured player must be substituted for immediately. The player may not re-enter until getting the ok from either the game official or the Soccer Director.
- There will be 5 field players and 1 Goal Keeper, unless otherwise noted.

## Uniforms/Shoes:

- Only indoor soccer shoes or turf shoes may be worn on the Indoor Soccer Field, no cleats!
- Shirts must be worn at all times
- No jewelry is allowed to be worn during the game.

## The Game/Season:

- Game times will be determined by the Soccer Director
- If a team is late for their game they will be given a 5 minute forfeit window.
- Regular league Games will consist of two 22 minute halves, with a minimum of 1 minute 30 second half-time.
- The clock will not stop for any reasons other than a severe injury or at the official discretion.
- Each team will get at least 7 games per session.

## Overtime:

- During the regular season there will be no overtime, the game will end in a tie.
- During the tournament overtime will consist of Golden Goal, the first team to score without Goal Keeper. You may have a Goal Keeper but they can't use their hands and each team has 5 player (s) total on the field.

## Goal Differential:

- If a team is down by 5 goals they may add an extra field player. The extra player must be on the team's roster.
- A team must take one of their players off the field when they are up by 10 points on their opponents.

## **Game Play:**

- Players must give 12 feet on all free kicks, 4 yards if the opponent asks for.
- Balls that hit the side netting are played at the spot on the yellow dashed line/ 4 feet from the wall.
- Balls that hit the netting behind the goal, with either receive a goal kick or a corner kick.
- Balls that hit the ceiling will be placed directly below their point of contact, except inside the attacking white line. The ball will be played from the white line's center circle.
- The "3 Line Rule" is in effect. If the ball is played behind the defensive white line, and passes the opponents white lines without touching the ground, the wall or a player; the ball will be brought to the offending team's white line (white dot) and a direct free kick will be given to the opposing team. "The 3 Line Rule" applies any time during the game time or play.
- Once the ball is placed, the team has 5 seconds to put the ball in play. Failure to do so will result in loss of possession.
- The "2 Line Rule" is in effect. The ball must touch the ground, the wall or a player before crossing the mid-field line on a Goal Keepers throw or in a goal kick only. The ball will be brought to the center circle of the half-way line (white dot) for a free kick for the opponent team.
- All Direct Free Kick Fouls committed in the Penalty Area will result in a Penalty Kick. All Indirect Free Kick fouls committed in the Penalty Area will result in an IFK taken at the top of the Penalty Area Arc.
- No Slide Tackling.
- At no time is a player who has fallen on the ground allowed to play the ball while still on the ground.
- 2 point goals will be from behind the white line any time during the game.

## **Kickoff:**

- The kickoff is a direct kick and two points are scored directly from a kick off.
- In the event of extra time a goal cannot be scored directly from a kickoff.**

## **Goal Keepers:**

- After a save, the keeper may take as many steps as they would like before releasing the ball, but must do so within 5 seconds, and must keep both feet inside the arc.
- Goalkeepers are not allowed to Punt or Drop Kick the ball. First time is a replay with a warning. Second time will be an Indirect Free Kick for the opponent from the top of the penalty area arc.
- After a save, the keeper may either throw the ball to a teammate or roll the ball to be played by themselves.
- Players are not allowed to play the ball or jump in front of the keeper trying to release the ball.
- Goal Keepers are allowed to dribble a ball played by the opposing team into the area and pick it up.
- Similar to outdoor the ball must be in the penalty arc, the line is considered part of the arc, for the Goal Keeper to touch the ball with his/her hand or hands.
- Goal kicks will be placed inside the arc, before the yellow line; the 2 line rule and the 3 line rule is in effect on the goal kicks or in the case of a Goal Keeper throw.
- The Goal Keeper may not pick up deliberate pass backs (a ball played back intentionally by a team mate's foot/leg.) This will result in an Indirect Free Kick from the top of the arc.

## **Substitutions:**

- Free Substitution is allowed. Subs should wait until players are in the area of the bench before coming on the field. Current players or the sub should not play the ball during this change. A player who gains an advantage by playing the ball or being involved in the play before the sub is off the field will be called for a penalty, direct kick.

## **Free Kicks:**

## **Card Interpretations:**

-**Blue Card** will result in a 2 minute penalty for the player and team that the card is issued to. The player must sit out for two minutes. A substitute will be allowed for the carded player. The player Will be allowed to substitute as soon as the 2 minutes are up.

-**Yellow Card** will result in a 3 minute penalty for the player and team that the card is issued to. The player must sit out for three minutes and the team will play one member down. No Substitution will be allowed. The player will be allowed to substitute as soon as the 3 minutes are up.

-**Red Card** will result in the violating player being ejected from the game. No Substitution will be allowed for that player and the team will play one member down for the duration of the game. The red card offender must also leave the YMCA for the remainder of the evening.

## **Card Management:**

### **Blue Card**

- Pushing
- Delay of Game
- Swearing

### **Yellow Card**

- Slide Tackling
- Tripping an Opponent
- Kicking an Opponent
- Checking an Opponent into the boards
- Belligerent to Official or Opponent
- Swearing

### **Red Card**

- Intentionally tripping, kicking or checking an opponent
- Spitting at opponent
- Intentional foul to prevent a goal
- Severely or continually belligerent to Official or Opponent
- Swearing

## **Coed Rule:**

- There must be a minimum of two females on the field at all times. If a team only has one female present then the team will play one player down.
- Note: The Goal Keeper may be a female and then only one field player must be a female.

## **Notice:**

- The YMCA reserves the right to review any particular violent act or a red car issue, which may result in a permanent suspension/drop from the league.

Any questions please contact Travis Shufelt at [travisshufelt@oshkoshymca.org](mailto:travisshufelt@oshkoshymca.org)