

Oshkosh Community YMCA

Indoor Soccer Rules

Revised 1/14/2020

Oshkosh YMCA Indoor Soccer Rules

Laws of the Game:

-All USINDOOR Soccer Rules will apply including the following

Participants:

- All players listed on a team roster agree to abide by all the rules and regulations of the Oshkosh YMCA.
- All players/guest players must be registered in the YMCA league for the season/session.
- Player must be 18 years old to participate in the adult league.
- Adult Co-Ed Competitive (Comp) League: Player can only play/be registered on one team/roster.
- Adult Co-Ed Recreational (Rec) League: Players may play/be registered on two teams/rosters.
- Players may be added to team rosters through week 4. This must be done through the YMCA Soccer/Sports 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.
- The YMCA does not provide health or accident insurance. All individuals participate at their own risk.

Player Responsibilities:

- All players agree to abide by all the rules and regulations of the Oshkosh YMCA.
- The use of derogatory, racist, homophobic and sexist language directed at a participating individual or referee/YMCA staff is in violation of core YMCA values and will result in immediate dismissal (Red Card) from the game and the YMCA facility.
- 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 immediately. The player may not re-enter until receiving approval from either the referee or Soccer/Sports Director.

The Game/Season:

- Game times are determined by the Soccer/Sports Director
- If a team is late for their game they are given a 5 minute forfeit window.
- Regular league games will consist of two 22 minute halves, with a 2 minute half-time.
- The clock will not stop for any reasons other than a severe injury or at the referee discretion.
- There are 5 field players and 1 Goalkeeper, unless otherwise noted.
- The minimum number of players is 4, one which must be identified as the goalkeeper.
- Coed Rule: There must be a minimum of 2 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 goalkeeper may be a female and then only one field player must be a female.
- Each team will get a minimum 7 games per session/season.

Uniforms/Shoes/Equipment:

- All team members must be in same colored shirts/jerseys. If shirts/jerseys are not the same color ALL team members will wear pinnies as directed/provided by the referee.
- The shirt/jersey of the goalkeeper must be distinctly different in color from that of any teammate or opposing field player.
- The designated home team will change shirt/jersey or wear pinnies if both teams have similar/like colored uniforms.

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

Game Play:

- The referee box is OFF LIMITS for all players unless they are authorized to use the YMCA medical kit or retrieve a ball. The scoreboard control box in the referee area is also OFF LIMITS for all players.
- Balls that hit the side netting are played at the spot on the yellow dashed line/ 4 feet from the wall.
- The plexiglass area, to include the area covered by netting, on the immediate top side and top of the goal is considered IN PLAY unless whistled out of play by the referee.
- Balls that hit the netting on the side and above the goal, beyond the plexiglass, are designated 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. Inside the attacking white line the ball is played from the attacking white line's center spot (dot) by the attacking/defending team as directed by the referee.
- The Penalty Area consists of the lined rectangle and arc area in front of each goal. The goalkeeper cannot touch the ball with their hand/hands outside the Penalty Area.
- 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.
- Adult Co-Ed Rec League Only:** All dead-ball restarts are indirect kicks. The exception is a penalty kick. Dead-ball restarts include fouls, ball touching side or roof, restart after goal, corners or other restarts designated by referee.
- 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 spot/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 goalkeeper's throw or a goal kick. The ball will be brought to the center spot/dot of the half-way line for a free kick for the opponent team.
- Slide Tackling is prohibited. The goalkeeper may go to ground in the Penalty Area to block a shot.
- At no time is a player who has fallen on the ground or on the ground allowed to play the ball. The exception is the goalkeeper inside the Penalty Area while blocking a shot.
- 2 point goal is scored from behind the attacking white line any time during the game.

Free Kicks:

- Players must be 12 feet (4 yards) on all free kicks.
- 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.

Kickoff:

- The kickoff is a direct kick and two points are scored directly from a kick off.
- Adult Co-Ed Rec League Only:** Kickoff is an indirect kick.
- In the event of Overtime a goal cannot be scored directly from a kickoff.

Goal Differential:

- At a 5 goal differential a team may add one extra field player. The extra player must be on the team's roster.
- At a 10 goal differential the score on the scoreboard is frozen and the game score is maintained manually by the referee. The scoreboard is reactivated if the score differential becomes less than 10 goals.
- Adult Co-Ed Comp League Only:** Scoreboard remains on at a 10 goal differential

Goal Keepers:

- Similar to regulation soccer the ball must be in the Penalty Area, the arc is considered part of the Penalty Area, for the goalkeeper to touch the ball with their hand/hands.
- The goalkeeper is prohibited from Slide Tackling, but may go to ground in the Penalty Area to block a shot.
- After a save, the keeper may take as many steps as they would like within the Penalty Area before releasing the ball, but must do so within 5 seconds.
- 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.
- Goalkeepers are allowed to dribble a ball played by the opposing team into the Penalty Area and pick it up.
- Goal kicks will be placed inside the Penalty Area, before the yellow line; the 2 line rule and the 3 line rule is in effect for goal kicks or goalkeeper throw.
- The goalkeeper may not pick up deliberate pass backs (a ball kicked back intentionally by a team mate's foot/leg.) This will result in an Indirect Free Kick from the top of the Penalty Area.

Guest Players/Substitutions:

- All guest players must be registered in the YMCA league for the season/session.
- Adult Co-Ed Comp League: Guest players are not allowed.
- Adult Co-Ed Rec League: An unlimited number of guest players are authorized to give a team 6 field players and 1 substitute of each gender.
- All other leagues: An unlimited number of guest players are authorized to give a team 6 field players and 1 substitute of each gender.
- 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 free-kick at the spot he/she became involved in the play..

Overtime:

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

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 is allowed for the carded player. The player is 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 player down. No substitution is allowed. The player is 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 is allowed for that player and the team will play one member down for the duration of the game. The red card offender must also immediately leave the YMCA for the remainder of the day. All red cards are reviewed by the Soccer/Sports Director and result in a minimum 1 GAME DAY suspension.

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

League Standings/Champion:

- Standings are posted weekly for each league.
- The first place team in Adult Co-Ed Comp League is the designated session/season YMCA Indoor Soccer Champion.

NOTICE: The rules and regulations of the Oshkosh YMCA are available for review by all participants and are enforced by YMCA staff in the building and on the surrounding grounds. The YMCA reserves the right to review any player action, particular game violent act or a red card issue, or negative staff interaction. The review may result in a permanent suspension from the league and the YMCA.

Any questions please contact the YMCA Sports Director Travis Shufelt at 920-230-8924 / travisshufelt@oshkoshymca.org