

Indoor Soccer Rules



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(no updates from 2025)

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1. Teams

- 1.1. Teams will consist of no more than twelve (12) players. Each player’s name must be listed on the official team roster. Players not listed for that team may not participate, unless excepted by section 1.2.

- 1.2. "Fill in" players are not permitted in any game.
- 1.3. Teams are obligated to have no less than one (1) below the required number of players present to play the game during the tournament, and "fill ins" are not allowed.
- 1.4. Officials are expected to make every reasonable effort to provide a game during the regular season without violating this section.

2. Divisions

2.1. Chart

Division	Grades	Game Length	Breaks	Players	Ball Size	Goal Size
Mini Kickers	Pre K	10 Min Quarters	1 min for quarters 2 min for half	6	Small	3x5
Kickers	K	10 Min Quarters	1 min for quarters 2 min for half	6	Small	3x5
Midgets	1st/2nd	10 Min Quarters	1 min for quarters 2 min for half	6	Small	5x10
Pee Wee	3rd/4th	10 Min Quarters	1 min for quarters 2 min for half	6	Small	5x10
Youth	5th/6th	10 Min Quarters	1 min for quarters 2 min for half	6	Regular	6x12
Junior Boys	7th/8th	20 Min Halves	5 min for half	6	Regular	6x12
Senior Girls	7th-12th	20 Min Halves	5 min for half	5	Regular	6x12
Senior Boys	9th-12th	20 Min Halves	5 min for half	5	Regular	6x12

3. Equipment

- 3.1. Sneakers or similar soft-soled shoes must be worn. Crepe-soled shoes and spiked cleats are not permitted.
- 3.2. Athletic shorts or sweatpants are required, and jeans or street slacks are not allowed.
- 3.3. Shin guards are mandatory and must be secured with a sock or pant. Players in violation of this section may not play, no exceptions.
- 3.4. Jewelry of any kind is prohibited, as well as any other article of clothing or accessory deemed unsafe by an official. This includes chains, bracelets, etc. even if they are tucked in.

- 3.5. The official match ball and warm-up balls will be provided by the program; no leather or rubber (outdoor) balls are permitted on the court, including during breaks.

4. The Coach and Captain (“Team Leaders”)

- 4.1. For all divisions excluding Senior Girls and Senior Boys, a coach will be selected by the program, and a captain selected from the team of any Senior Division. These individuals are tasked with all duties placed in this article.
- 4.2. CCRP Indoor Soccer is a recreation program, and as such, all players on a team are required to be given equal playing time; regardless of skill level or experience, and the tournament is not an exception.
- 4.3. Team Leaders are expected to treat their players with respect, patience, and compassion, as well as encouragement, regardless of their talent or performance, or the outcome of the game.

5. Officials

- 5.1. Officials will be provided and assigned by the program.
- 5.2. The official is the sole judge of play; their decisions are final and not subject to any appeal.
- 5.3. The Team Leader is expected to act as a calm representative to the officials on behalf of their team, as well as keep their team under control and respectful of the officials.
- 5.4. Any questions about the rules themselves should be addressed during stoppages and in a calm manner which does not insult the officials or disrupt the game.
- 5.5. Any comments regarding a specific official should be put in writing to the building supervisor or the program director; disagreements about judgement calls are not grounds to comment.

6. Duration of Game

- 6.1. See Section 2.1
- 6.2. Time shall run continuously and be kept by the officials or other designated timekeeper. There is no stoppage time allowed during the regular season regardless of injuries or other delays, and officials are not permitted to violate this section.
- 6.3. During the regular season, games must begin within 10 minutes of the scheduled start time and are not to end any later than five (5) minutes before the succeeding game is scheduled to begin, regardless of the start time. Officials are permitted to shorten the game to comply with this section.

7. Playing Area

- 7.1. All walls and bleachers are in play, exception by section 7.2.
- 7.2. The ball is out of play when it goes:
 - a) Into the bleachers
 - b) Under the bleachers
 - c) Into any corner of the gym past the bleachers
 - d) Behind the goal; or hits
 - e) The ceiling

- f) The baskets on the sides of the gym
- 7.3. For all the above situations, the restart is a kick-in for the team that did not have the last touch before the ball was deemed to be out of play.
- 7.4. If the ball hits the basket directly above either goal, the ball is out of play, and the restart is a goal kick for that team regardless of who had the last touch.
- 7.5. The appeal of indoor soccer is the high level of game flow. As such, officials are encouraged to allow the game to continue uninterrupted if, in their opinion:
 - a) The ball quickly leaves and re-enters play.
 - b) The ball is not interfered with while out of play.
 - c) Neither team gains an unfair advantage from the ball leaving play
 - d) The safety of the players will not be risked by the location of the ball.

8. Penalty Area

- 8.1. The penalty area is defined as the area within the three-point arc which ends at the baseline (which runs with the goal-line).

9. Goal Area

- 9.1. The goal area is as wide as the entire painted area and goes up to the double striped line (not the foul line, the line before it).
- 9.2. This area will be determined by the officials to best match this section.

10. Goalkeeper

- 10.1. There is one (1) player designated as the goalkeeper for each team at a time. The goalkeeper cannot be changed during live play and must be substituted or changed only during a stoppage with permission from an official (See Article 11).
- 10.2. If the ball is outside the goal box, the goalkeeper must have one (1) foot inside the goal area to use their hands. If the ball is within the goal area, the goalkeeper may use their hands, regardless of the position of their feet.
- 10.3. The goalkeeper is permitted to slide only when they are in their role as a goalkeeper. If they have left the goal area and are not able to use their hands, they are considered defensive players and may not slide. Any slide should be made while attempting to use their hands.
- 10.4. The goalkeeper may not punt or drop kick the ball, and if the goalkeeper throws or rolls the ball, it must touch a player, the wall, or bleachers before it crosses half court.
 - a) Violations of this section result in an IFK for the opposing team on the point nearest where the ball landed on the half court line.
- 10.5. Once the goalkeeper has released the ball from their possession, they may not pick it back up or otherwise use their hands without an opposing player touching the ball, and they may not step out of the goal area with the ball in their hands or use their hands without a foot in the area.
 - a) Violations of this section result in an IFK from the spot of the ball when the infraction occurs.
- 10.6. Attacking players must clear the goal area when the goalkeeper has possession of the ball. If, in the opinion of the official, an attacking player prevents or interferes with the release of the ball, a goal kick is awarded.

10.7. A goalkeeper may leave the goal box, and a player may step in to fill the vacated space, but they may not act as the goalkeeper (use hands, etc.)

11. Substitutions

11.1. Substitutions are unlimited and need to be made on-the-fly.

11.2. The player being substituted must be completely off the court before the substitute enters.

11.3. The goalkeeper can only be substituted during a stoppage with permission from the official. Goalkeeper substitutions must be brought to the attention of and acknowledged by the official.

11.4. A player serving a penalty can only re-enter when told to do so by the official.

11.5. Any improper substitution will result in an IFK from the spot of the ball for the other team.

12. Fouls and Misconduct

12.1. This program follows the IFAB Laws of the Game preceding the 2019-20 Law Changes, unless otherwise modified.

12.2. There is no offside.

12.3. Players may not kick the ball into the ceiling, doing so results in either a blue card (for applicable divisions) or a two (2) minute penalty.

12.4. Slide tackles and slides are not permitted.

a) A slide tackle is an attempt to win the ball from an opponent by sliding and is a contact foul.

b) A slide is an attempt to control or stop the ball by sliding and is not a contact foul.

12.5. Contact fouls include, but are not limited to, tripping, pushing, and holding.

13. The Start and Restart of Play

13.1. Unless otherwise stated, opposing players must stay at least two (2) yards from the ball until it is kicked.

13.2. Unless otherwise stated, the ball must stay below the knee on all starts and restarts.

a) Below the knee is a threshold based on the average height of a player in the age group as best determined by the official.

13.3. On all free kicks, the ball must touch another player before the kicker can touch it again, a double touch results in an IFK for the other team.

13.4. The ball must be completely still before the kick can be properly taken.

14. The Kick off

14.1. The ball will be placed in the center of the half court line.

14.2. Opposing players must stay two (2) yards from the half court line.

15. The Goal Kick

15.1. Goal Kicks are awarded when:

a) The ball goes behind the goal and the last touch was from an attacking player; or

b) The ball hits the basket above the goal.

15.2. Goal kicks are to be taken from either side of the goal area approximately halfway between the goal line and end of the area.

- 15.3. All opposing players must be out of the penalty area until the ball is kicked.
- 15.4. The kick-taker may only touch the ball once before it touches another player.
- 15.5. Goal kicks are direct and may go above the knee.

16. The Corner Kick

- 16.1. A corner kick is awarded when the ball goes behind the goal and the last touch was from a defensive player.
- 16.2. The ball is placed in the corner of the basketball court on the side the ball went behind the goal.

17. The Kick In

- 17.1. A kick in is awarded when the ball goes out of play other than when a goal or corner kick is awarded.
- 17.2. The ball is placed on the court nearest to where it was deemed to have gone out of play.

18. Indirect Free Kicks (“IFK”)

- 18.1. An indirect free kick is awarded for all violations, unless otherwise stated.
- 18.2. All contact fouls and handballs committed outside the penalty area result in an IFK from the spot.
- 18.3. If an IFK offense is committed in the goal area by a defensive player, the ball is placed on the edge of the goal area nearest the spot of the offense.

19. The Penalty Kick

- 19.1. A penalty kick is awarded when a contact foul or handball is committed within the penalty area.
- 19.2. The ball is placed on the top of the penalty area.
- 19.3. One kicker must be designated to take the penalty, and all other players must stay out of the area until the ball is kicked.
- 19.4. The goalkeeper must remain on the line until the ball is kicked.
- 19.5. This kick is direct and may go above the knee.

20. Heading Procedure

- 20.1. There is no heading in any division of the program.
- 20.2. The balls used are heavier than outdoor balls.
- 20.3. Divisions are made by grade year, not age, and to comply with the US Soccer heading directive, age groups would need to be split.
- 20.4. Player safety is the program’s number one concern.

21. Conduct

- 21.1. Officials have full authority to:
 - a) Terminate any game; and
 - b) Remove any spectator, player, or coach.
- 21.2. Any incident reported by an official may result in further punishment from the program director.

22. Tournament

- 22.1. The end of year tournament employs several variations to the rules for the regular season.

- 22.2. If a team is unable to field at least one below the required number of players after the ten (10) minute grace period, that team forfeits the match.
- 22.3. "Fill ins" are not permitted.
- 22.4. Score will be kept by the officials or other designated person.
- 22.5. Stoppage time is allowed at the discretion of the official.
- 22.6. A winner is required, and the overtime procedure is as follows:
 - a) A five (5) minute regular overtime period, if still tied then
 - b) A five (5) minute golden goal period, if still tied then
 - c) FIFA Penalty Kicks.

23. Attachment

- 23.1. Procedure for Cards (Page 8)

Cards

1. Overview

- a. There are three (3) cards that officials can show to players only; blue, yellow and red.
- b. These cards are only to be used in the youth, junior boys, and senior divisions.
- c. There is no progression of cards. Players can receive blue and yellow cards without limit or automatic upgrade, but only one (1) red.
- d. If more than one (1) card is shown to a player, the penalties stack and run concurrently, not consecutively.
- e. When a player is shown a card, the respective penalty takes effect immediately, but the time does not start until the player is off the court and the play has restarted.
- f. Cards can be shown by any official.
- g. The player may not re-enter the game until told to do so by an official.
- h. The team must play a man down until the penalty is served, and the player shown the card must serve the penalty, including the goalkeeper.
 - i. The team may substitute another goalkeeper but must still play down.

2. Blue Cards

- a. When shown a blue card, the player must serve a two (2) minute penalty.

- b. Offenses include, but are not limited to:
 - i. Slide tackles
 - ii. Kicking the ball into the ceiling
 - iii. Persistent offenses
 - iv. Dissent or otherwise unsporting behavior
 - v. An overly careless foul
- 3. Yellow Cards
 - a. When shown a yellow card, the player must serve a five (5) minute penalty.
 - b. Offenses include, but are not limited to:
 - i. A careless slide tackle.
 - ii. A reckless foul
 - iii. Persistent offenses after receiving a blue card.
 - iv. Severe dissent or otherwise unsporting behavior
- 4. Red Cards
 - a. When shown a red card, the player must immediately leave the facility. A report will be filed, and further action may be taken. During the tournament, the player should leave the court but remain at the facility pending judgement of their participation in any future games.
 - b. Offenses include, but are not limited to:
 - i. Violent conduct
 - ii. Taunting
 - iii. Inflammatory dissent
 - iv. A foul which uses excessive force or endangers the safety of an opponent.