

Summary of Indoor Soccer Rules

Indoor Soccer is played under similar rules to outdoor soccer

The ball stays alive due to playing within the netted courts

Game is played over 2 x 15 min halves with 3 min break between halves

4-a-side is played on a single cricket sized indoor court and teams can play with a minimum of 3 players

1 person must be a goalkeeper

A referee will officiate the game and their decision is final

Captains may query referees however once their answer is given, no discussion will be entered into

Attackers and defenders can move around the whole court

Goalkeeper Area

The goalkeeper is the only person allowed in the goalkeeper area (semi circle around the goal)

If a defender enters the goalkeeper area but does not touch the ball, a free kick is awarded 3 metres from the goalkeeper's semi circle

If a defender enters the goalkeepers area and touches the ball, a penalty kick will be awarded

If an attacking player enters the goalkeepers area, a free kick is awarded to the goalkeeper

If the goalkeeper is out of area with no contact, a free kick is awarded to the opposing team

Goalkeeper

Goalkeeper can handle and kick the ball fully within their area, they may also touch the ball outside their area if the ball is in the air, if on the ground the goalkeeper may not touch the ball, a penalty kick is awarded

Once the goalkeeper has control of the ball within their area, they have 5 seconds to release the ball

Once the goalkeeper has taken clean possession of the ball in their hands, the goalkeeper can only release the ball via a throw or place kick. The goalkeeper cannot pass back.

The penalty for breaking these rules is a penalty kick

Kick Off

At the commencement of the match, half time and after a goal is scored, the ball is brought to the middle of the court and kicked backwards to a team mate in the defending half of the court. A goal can be scored from the kickoff

Handball/Ball Hits Referee

You are not permitted to touch the ball with any part of your arm below the shoulder (deliberately or accidental), penalty is a free kick to the non offending team unless the referee rules the handball was to the non offending teams advantage

If the ball hits the referee, play will continue if no team gains an unfair advantage. If there is an unfair advantage, play will stop and a 'drop ball' will be set up between the closest two players to the referee

Tackling

Tackling can only be made from the front of the player whilst in control of the ball

Players must be on their feet to tackle or play the ball

Slide tackles are not permitted

Penalty is a free kick

Free Kicks

Free kicks are awarded for the following:

Handball	Holding	Pushing	Tripping	Time Wasting
Net abuse	Rough Play	Late tackles	Sledging	Obstruction
Raised feet	Dissent	Entering goalkeeper area	Side, back or slide tackles	Kicking above waist height
Holding nets when in control of the ball	Swearing & abusive language	Backing into players whilst in control of the ball	Any other behaviour the referee thinks is not in the spirit of the game	

Players have 5 second to take a free kick once the whistle has been blown

Opposition team may form a wall 3metres from the free kick spot

If free kick within 3metres of the goalkeeper area, the ball can be moved back away from the defending wall to allow room for the free kick

Penalty Shots at Goal

Penalty shot at goal will be awarded:

A defender enters the goalkeeper area, comes into contact with the ball

A foul is committed and the referees feels there is a direct chance on goal with only the goalkeeper to beat

When taking a penalty players can only take a 2 step run up (one step, kick)

Only goalkeeper can defend a penalty kick – goalkeeper stands on the goal line and cannot move until the player taking the penalty kick has made contact with the ball

Other players must stand behind, and not within 3 metres of, the penalty taker

Goals off the Net

A goal cannot be scored directly off the roof or side nets unless the ball is touched by any player in between

A free kick is awarded to the goalkeeper if the ball is off the nets without being touched

Misconduct

Yellow, red and blue card system monitors misconduct

Yellow Card:

Yellow card is given to a player playing outside the spirit of the game and/or code of behaviour guidelines

The yellow card is a warning that the player may be sent off if they continue displaying the unwanted behaviour

Examples of yellow card offences:

Committing numerous fouls Dangerous and/or rough play

Deliberate fouls, time wasting, deliberate handballs

Pushing Swearing, obscene gestures

Intimidating, harassing opponents disputing, arguing with referee

Anything the referee feels is unsportsmanlike behaviour

Blue Card

Blue card is a send off however the player may be replaced

The team will not be at a disadvantage due to the behaviour of one of their players

If further descent is displayed a red card will be awarded Red Card

Red Card

Red card is give to any player not playing in the spirit of the game

When a red is issued the player is ordered off the court and cannot be replaced or substituted

A player is not entitled to a yellow or warning card for offences such as:

- Fighting
- Spitting
- Threatening players and/or referee
- When the offence follows a previous yellow card
- A red card offence carries with it a 1 match suspension or 2 matches for previous suspensions within that competition

Substitutions/ Injured Players

Substitutions for both team are made when a goalkeeper has control of the ball in the goalkeeper area or after a goal is scored

An injured player can be substituted at any time

Clock will not be stopped for substitutions

There are no limits to how many times a player comes on and off the court