

Champaign Family YMCA

Indoor Soccer Rules

- I. Equipment
 - a. All players must wear regular tennis shoes. No cleats of any kind.
 - b. No Jewelry of any sort.
 - c. Protective pads are mandatory. Must have shin guards.
 - d. Size 4 indoor soccer ball will be used ages 3-6, size 5 for ages 7-12

- II. Duration of game and number of players

AGE	TIME
3-6 yrs	8 min quarters
7-12 yrs	20 min halves

- III. Team
 - a. Team must have a minimum of 6 players on the court to start the game (or agree with opposing coach to play less).
 - b. Players may use any part of their bodies, except areas from the shoulders to the hands
 - c. No player may kick the ball the full length of the gym.
 - d. All players must play at least one half of every game or equivalent.

- IV. Time- outs and substitutions
 - a. There will be a 1-minute break between quarters and 30 second sub-break at the 4:00 mark of the quarters for Bitty.
 - b. Halftime for the Senior Division (10-12) will be 5 minutes or less. 30-second sub break at 15 min, 10 min, and 5 min.
 - c. The games will played with a running clock, which will only stop for injury and sub breaks.

- V. Fouls- will result in an indirect kick from the spot of the foul. Fouls are the following:
 - a. Kicking, striking, tripping, punching
 - b. Holding, pushing
 - c. Charging, dangerous play
 - d. Slide tackling is absolutely prohibited
 - e. Obstruction, ball hitting baskets

- VI. 2 Minute Penalties- While a player is serving a penalty; his or her team must play short a player until two minutes are up or the opposing team scores. Penalties may be given if in the judgment of the referee a player is abusing the rules.
 - a. Repeated abuse of the rules will result in more severe punishment.