

Champaign Family YMCA

Indoor Soccer Rules 2021



Number of Players

U7 (5/6 yr olds) - 4 field players (no goalkeeper) – Bitty League

U9 (7/8 yr olds) - 5 field players plus a goalkeeper – Youth League

U13 (9-12 yr olds) - 6 field players plus a goalkeeper – Youth League

Extra Player:

If a team is behind by 5 goals or more they may add an additional player until the goal differential is less than 5. If a team is ahead by 10 or more goals, another player can be added at the youth level (U9-U13) by the lower scoring team at the coach's discretion.

Penalties:

Only 2 players per team may be given a time penalty at a time. If additional players are penalized, the time penalty will be delayed until one of the earlier penalties is over.

Substitutions:

Substitutions may occur on "the fly" provided the player leaving the field and the player entering the field do not participate in play or seek to gain an advantage while they are simultaneously on the field of play. Any teammate may change places with the goalkeeper any time as per regular substitution procedures, provided that the goalkeeper wears a jersey that distinguishes him/her from the other players.

Injured Player:

If a coach must stop the game for an injured player, that player, must be removed from the field of play. That player may rejoin the game after it is restarted and they are ready to play again. Under no circumstances can a player be allowed to continue to play while he/she has an open wound and blood is evident or has a serious head injury.

Player Equipment

Equipment consists of shirt, shorts/pants, shin guards (completely covered by socks or stockings), and gym shoes. Goalkeepers must wear colors which will distinguish them from all other players and referees. Shin guards are not required in Bitty League.

Dangerous Equipment:

Jewelry may not be worn if it poses a threat to his/her self or any other players. Absolutely **NO casts** of any type are allowed unless covered in soft material. **Shoes** must be tennis shoes, traditional turf shoes or indoor specific soccer shoes. **NO cleats.**

Referees

One or two coaches (of equal authority) will be responsible for control of the game. Referee decisions on points of fact connected with play shall be final so far as result of the game is concerned

Duration of Game

Bitty League will play four 8 minute quarters. Youth League will play two 20 minute halves. Time may be stopped for a serious injury and when a time penalty is used or as otherwise determined necessary by the coaches. Subbing should not stop the clock unless in the event of an unusual circumstance.

Start of Play

The visiting team has possession in the first period, the home team in the next period. Teams change ends after half.

Ball In and Out of Play

The ball is out of play only when it hits the ceiling, when a goal is scored or when the referee/coach stops play. The ball is in play at all other times, including when it rebounds from the referee, perimeter wall, goal post or fixture inside the gym.

Method of Scoring

A goal is scored when the whole ball passes completely over the goal line providing no infraction has been committed by the attacking team. Off-sides rule (or line rules in indoor soccer) will not be called, but should not be abused.

Fouls and Misconduct

A player who kicks, trips, strikes, elbows, jumps at, pushes, holds, charges, commits a dangerous play, obstructs or intentionally handles the ball (except the goalkeeper in his/her own penalty area) shall be penalized by awarding a free-kick to the offended team. Any of the above fouls committed by the defending team in its penalty area shall result in a penalty kick and a two or five minute time penalty. Slide tackling on a player is not allowed.

Delay of Game:

Within 1 minute of game end, the referee has the discretion to stop the clock due to the winning team intentionally wasting time.

Power Play Return:

If one team is reduced by penalties to fewer players on the field than its opponents and the team having more players scores a goal, then the player having the least remaining penalty time can return to the game. Only one penalized player may return on each goal. If a single player is responsible for concurrent penalties, that player shall not return to play until both penalties are served.

Equal Number/Simultaneous Penalties:

If members of both teams are simultaneously penalized or sent off from the game, teams shall play shorthanded (6v6 or 5v5 includes goalkeepers) and the full penalty time shall be served.

Goalkeeper Restrictions:

If the goalkeeper fails to distribute the ball to another player within 5 seconds of having received the ball in hand, if a teammate passes the ball back to the goalkeeper and the goalkeeper plays the ball with his/her hands, or if the goalkeeper having attained

possession of the ball with his hands distributes and then repossesses the ball prior to a stoppage in play or the ball being touched by an opponent, a free kick shall be awarded to the opposing team taken from the top of the restraining arc (3-point line).

Penalty Kicks

A PK is awarded for an offense committed by a player inside the team's penalty area. The kick is taken from the penalty spot by any player on the offended team. The goalkeeper must stand on the goal line. All players except the kicker and the goalkeeper must be outside of the penalty area and off the restraining arc (3-point line) and behind the ball. The ball is in play as soon as it travels forward.

Restart – Ball Hitting Ceiling Kick-in:

On the rare occurrence that the ball hits the ceiling or lands on the upstairs walking track, it shall be restarted in play by a direct free kick by the opposing team from the middle circle. The ball shall be in play immediately after it has been touched.

Punting:

NO punting is allowed. The goalkeeper must roll or dribble the ball out. In U7 games, a warning is issued if it happens 1 time and a second chance is allowed. U9 and U13 leagues, instead of a warning, the ball will be given to the non-offending team and will restart the ball in the center circle with a direct kick.

Heading and Serious Head Injuries

NO heading is allowed for U7