

# INDOOR SOCCER RULES

## (IPSWICH INDOOR SPORT)

All rules apply as per outdoor soccer with the following exceptions:

### TEAMS

1. A team consists of four on court players including a goalkeeper, with a maximum of 2 additional players to be used as substitutes.
2. Unlimited interchange applies. Teams may only make substitutions after a goal has been scored or at  $\frac{1}{4}$  time,  $\frac{1}{2}$  time or  $\frac{3}{4}$  time, or because of injury.

### KICK OFF

1. The game shall be started or re-started from a kick off from the centre point.
2. Opponents are not allowed into the middle third of the court until after the ball has been played.
3. A goal may be scored direct from the kick off.



### THE GOALKEEPER

1. Goalkeeper substitutions apply as per field players.
2. The goalkeeper is the only player allowed in his goal area. An indirect free kick will be awarded if a field player enters any goal area.
3. The goalkeeper has five seconds to move the ball out of the goal area before an indirect free kick is awarded.
4. The goalkeeper may not leave his defensive third and may only handle the ball in his own goal area.
5. If the goalkeeper is holding the ball and the ball is outside of the goal area (View the circle as an imaginary wall going to the roof), it is to be judged as a hand-ball.

### SCORING

1. A goal is scored when the referee determines the whole of the ball has passed over the goal line through the face of the goal.
2. Any field player may score from any field position as long as the goal area rules are not infringed. (Refer to 'Indirect free kicks'.) Goalkeepers are permitted to score.
3. A goal will be disallowed if an attacking player enters the goal area at any time after scoring until play has been restarted.



### FREE KICKS (All outdoor rules apply with the following additions.)

1. **Direct free kicks** will be awarded for:
  - \*Any contact due to charging or attempting a tackle from behind (This will not be tolerated).
  - \*Slide tackles or tackling whilst on the ground.
  - \*High feet, only if considered dangerous play at the referee's discretion.
  - \*'Pinning' a player against the net. The player in possession must be allowed room to move in one direction only of at least half a metre. This particularly applies to players in possession of the ball in corners of the court.

**P.T.O.**

2. **Indirect free kicks** will be awarded for:
  - \*Any field player entering either goal area. This includes reaching into the goal area from the field of play. (View the circle as an imaginary wall going to the roof.)
  - \*Holding the net.
  - \*Intentionally playing the ball back to the goalkeeper from the defending third. (**Applies to Seniors Only.**)

(N.B. Playing the ball onto the top net is allowed.)
3. Opposition players must be at least two metres from the ball on all free kicks.
4. Free kicks may not be taken within two metres of the opposition's goal area.
5. The referee will play on if he determines the infringed team has advantage.



## GENERAL

1. The game will consist of 4 x 10 minute quarters.
2. There is no off-side.
3. Penalty goals may be awarded if the referee determines a deliberate foul stops what would certainly have been a goal.
4. The sin bin, as well as send offs may be used at the referee's discretion. Players sent off or sin binned cannot be replaced.
5. Hats and jewellery are NOT permitted to be worn.
6. Footwear – Non marking flat soled shoes – **NO STUDS.**
7. Abuse, violence or serious aggression of any kind towards fellow players or officials will not be tolerated and will be dealt with in the strongest possible way.
8. In **Senior Mixed Competition** there must be at least one female field player (Not Goalkeeper) at all times.

## NET ABUSE

1. No player may push or propel himself from the net. Any player doing so will be penalised. (Also refer to 'Holding the net' under the heading FREE KICKS.)

## UNIFORMS (Applies to Seniors Only.)

1. All teams must be in uniform (shirts) by the end of Round 3 (i.e. You must be in uniform for the 4<sup>th</sup> game).
2. Shirts must be of the same colour but may be of different design (i.e. with collar or without). Shirts with mottos must feature the same mottos on all shirts or none at all.
3. The penalty for incorrect uniform will be 1 goal awarded to the opposing team up to a maximum of 3 goals. The referee will be the sole judge of uniform penalties and these will be awarded before the commencement of the game.

**IF USING PLAYERS FROM OTHER TEAMS,** approval must first be given from the Games Counter. Failure to do so will result in loss of points.

**MATCH FEES** are to be paid prior to the commencement of the game.

Team nominations are to be paid prior to the commencement of Round 4. (**Seniors only.**)

**LATE START PENALTIES** will apply - 1 goal for every 3 minutes late up to 9 minutes.

**FORFEITS:** Any team forfeiting will be required to pay their full match fee prior to taking the court for their next fixture. They will lose 2 points plus 5 goals off their 'for and against' total. The opposing team will be given 2 points and a 5-Nil win.