

Indoor 5 Soccer Laws

Revised Date 8.19.2021. Please read all rules

Effective with the current season we will no longer allow heading the ball for youth leagues.

Please note, these rules are subject to change by management at anytime with notice to all teams. As this is a new facility changes may at time become necessary. Input is always encouraged and will be considered.

ALL PLAYERS MUST CHECK IN WITH THE SCOREKEEPER PRIOR TO THE GAME.

ALL PLAYERS MUST HAVE A VALID MEMBERSHIP BEFORE PARTICIPATING IN A GAME.

Law I - Player Equipment:

Matching team shirts must be worn at all games

If opposing teams are wearing similar colors the team without uniforms will be required to wear bibs. If both teams have uniforms away team will wear bibs. Bibs will be supplied by the facility.

Shin Guards

Are mandatory (no exceptions) *and must be completely covered by socks.*

Shoes

Indoor Soccer Shoes or athletic shoes are allowed, **Outdoor Cleats are not permitted on the field.**

Players may not wear rings, watches, earrings, or hard hairpieces. Players will not be allowed to play with a hard cast (even if it is wrapped).

Law II - Number of Players, Game Duration, Substitutions, and Goals

Both teams must be ready at scheduled start time. The game will start on time. The minimum number of players to start a game is 4. Games will start 10 minutes after scheduled game times to allow for warmups (Special Covid rule to allow for social distancing between games.) A team may have the option to take their five minute grace period if they do not have 4 players to start the game. The clock will run during this grace period. After five minutes of the start of the clock, the team must play or forfeit the game.

AGE DIVISIONS

Adult: 5 vs 5 (Four players + Goalie)

Co-ed: 5 vs 5 (3 Males + 2 Females)

Youth 7-17 - 5 vs 5 (4 Field Players + Goalies)

Youth 5-6 - 4 vs 4 (4 Field Players)

DURATION OF THE GAME

Adult Game Times:

2 X 22 Minutes (1 Minute half-time)

Youth Game Times:

Ages 5-6 play 2 x 12 minutes (1 Minute half-time in between the halves)

Ages 7-8 play 4 x 11 Minutes. (1 Minute between each period)

Ages 9 and above - 2 X 22 Minutes (1 Minute half-time in between the halves)

Goals:

Adult Leagues

If a team's score goes 6 points above their opponents team then the winning team will reduce by 1 player (4v5.) If a team is down to 4 players and that team receives a card they may substitute in another player while the penalized player serves the penalty.

Youth Leagues

Ages 5-6 - If a team goes down by 4 points the losing team may add 1 player (4v5.) If a team goes down by 6 points the losing team may add a 2nd player (4v6.) The number of players per team will be adjusted as the score adjusts.

Ages 7-8 / 9-11 - If a team goes down by 4 points the losing team may add 1 player (5v6.) If a team goes down by 6 points the losing team may add a 2nd player (5v7.) The number of players per team will be adjusted as the score adjusts.

Ages 12-17 - - If a team's score goes 4 points above their opponents team the winning team will reduce by 1 player (4v5.) If a team goes up by six points the losing team will then add one player (4v6.) The number of players per team will be adjusted as the score adjusts.

TIME-OUTS AND CLOCK STOPPAGE

Play On!

The ball is always in play unless:

1. The ball hits the net.
2. The ball hits the roof. (If the ball hits the roof the ball will be put in play from the goalkeeper of the team now in possession due to the out of bounds ball.)
3. Referee stops play.

The clock will continue to run during all portions of the game unless stopped by the referee or if the ball exits the field, **except during the last minute of the game if any of the following occur:**

A player is injured – if a player is injured during the last minute of the game, that player must substitute out after recovering on the field.

If there is a foul the clock will be stopped until the ball is set and kicked off or the penalty kick is set up and the whistle is blown.

If the ball goes out of bounds the clock will be stopped until it is put back into play.

If there are any other factors that cause play to be paused the referee may call for a clock stoppage until the situation is resolved.

Each team will have a 30 second time out per half.

GUARANTEED SUBSTITUTION:

All games with unlimited substitutions. Teams may substitute at their own risk (“on the fly”) at any time during the game.

Substitution must be simultaneous. The player substituting onto the field must not enter until the player substituting off of the field is within 3 feet of any of the doors to exit. If the player substituting off is in the field of play this will result in an illegal substitution foul.

Illegal substitution results in a blue card to that team and the opposing team will be awarded a free kick from the 3rd line spot.

Law III - Three Line Violation

A player is guilty of three line violations when he passes or last touches the ball across three lines (the two white lines and the centerline) in the air toward his opponent’s goal line without the ball touching another player, the perimeter wall or the referee. The opponents receive a free kick at the center of the first white line that the ball crossed. **All balls that hit the roof will be considered out of bounds and result in a goal kick from the possessing teams 3rd line.**

Law IV - Kick-Off and Free Kicks:

Kick-Off starts with the team on the away side as indicated by the scoreboard.

All free kicks are direct. A team has five seconds to take a free kick. The defending team is required to be 5 feet or more away from the ball.

A kick off or a free kick must touch another player prior to the player that initiated the free kick.
Example - A player cannot kick the ball off of the wall and be the first player to play the ball on a free kick or kick off.

Adult League Kick Offs - Direct kicks during Kick Offs ARE allowed. The ball must be placed directly on top of the kick off line for a goal to count during a direct kick off goal score. A 5 foot Halo is required around the kick off line by the defending team.

Youth League Kick Offs - The team kicking off must pass to a team mate on their side of the kick off line to start play. A 5 foot Halo is required around the kick off line by the defending team.

Quick restarts are allowed. No whistle is required on free kicks unless the player with the ball asks for 5 feet. A whistle is then required before restarting play.

A player will receive a foul if he/she encroaches (does not attempt to back up to 5 feet but instead blocks the ball) and a re-kick will be awarded.

A blue card may be given if the player is delaying the game (such as holding or keeping the ball from the other team or kicking the ball away from the restart spot).

Law V - Goalkeeper Restrictions:

If a goalkeeper commits any of the following infractions inside his own penalty box, the opponents shall be awarded a free kick at the top of the penalty box:

1. If the goalkeeper has control of the ball with his hands, he may not release the ball into play and then handle it again with his hands, until it has touched an opponent.
2. If a teammate intentionally passes the ball to the goalkeeper, the goalkeeper may not handle the ball with his hands. (Referees discretion.)
3. All goalkeeper violations will result in a free kick from the penalty spot.
4. A goalkeeper cannot bring the ball from outside of the box to the inside of the box and handle the ball with his hands.
5. The goalkeeper may not punt or drop-kick the ball at any time. For the goalie to kick the ball into play the ball must be completely settled on the ground prior to the kick.

Goalkeeper full possession is established when the goal keeper has two hands on the ball and then proceeds to put the ball into play through either a throw in or a kick in. The ball is not in play until full possession has first been established.

Law VI - Fouls and Misconduct:

A player who intentionally trips, boards, jumps at, pushes, holds, charges, runs in the back of an opponent, or who intentionally handles the ball shall be penalized by a free kick.

All Adult Leagues will enforce the 6-foul rule. Once a team reaches 6 team fouls it **will result in a penalty kick without a wall. Fouls will reset after 6 fouls.**

Any simple foul in the box (handball, slide) will result in a free kick from the penalty spot with a wall. Any foul committed in a goal scoring opportunity will result in a card and a penalty kick with no wall.

Illegal Substitutions or too many players on the field will result in a blue card. The awarded team will receive a free kick with a wall from the 3rd line.

A defensive player who intentionally kicks the ball to the back net to cause a goal kick will result in a free kick from that teams 3rd line with a wall. (Referees discretion.)

A player who holds the wall to keep possession or guard the ball will result in a foul and a free kick; if in between the two 3rd lines the free kick will be from the spot of the foul. If inside of the 3rd line the free kick will be from the penalized teams 3rd line with a wall.

ALL SUSPENSIONS WILL BE DETERMINED BY MANAGEMENT

Indoor 5 Soccer has a zero-tolerance policy toward violence, foul language and attacks toward other players, the referee or the management. Any misconduct will result in a red card and the possible suspension of either players or entire teams. In any event aforementioned no money will be refunded.

Blue Card: If any of these offenses are judged to be serious by the referee, regardless of their location, *the offender shall be issued a blue card resulting in a two-minute penalty.* The two-minute penalty must be served by the individual player that the blue card was issued to.

Exemption - If a goalie receives his first blue card, a player from the team may serve the penalty. 2nd blue card for the goalie will force the goalie to serve the 2 minutes penalty. If the opponent team scores during the power play the penalty will be over. If a blue card is issued to the bench, a player from the bench will serve the 2 min. penalty and the team will play one man down. If simultaneous blue cards are given the players from each team must exit but can be replaced by another player. Players may return after power play.

Yellow Card: Straight Yellow card penalty is a 5-minute penalty. The player issued the yellow card will serve the full 5-minute. The team will play down 1 player. The full five minutes will be served regardless of goals being conceded (no return on the power play.) Players can be awarded a yellow card without being given a blue card. Goalkeepers will serve any Yellow Card penalty. If simultaneous yellow cards are issued both players must exit and serve the entire 5 minute penalty, but both players may be replaced.

Red Card: A third blue card will result in mandatory ejection (red card). Red cards can be given without initial blue or yellow cards if the infraction deems necessary. A red carded player may be replaced by a substitute who must first serve a five-minute penalty before entering the game. The team will play down 1 player. The full five minutes will be served regardless of goals being conceded (no return on the power play). Red carded players miss the remainder of the game and must serve a minimum of one additional game suspension. If simultaneous red cards are given the players must exit the game but both teams will stay at full strength. If a team receives red cards causing their roster to drop to 3 players on the field that team will forfeit the game. See below for forfeit information.

One physical strike -hit or miss--- maximum lifetime suspension, subject to management discretion. (Suspension carries into the next season)

First red card - minimum one game suspension.

Second red card (within 6 months- - Min. 6 month suspension)

Third red card (within a calendar year) - minimum one year suspension.

Threatening referee - minimum one-year suspension (probable indefinite suspensions).

Spitting at the referee or physically touching the referee - lifetime suspension.

All suspensions lengths will be determined by management.

Any intentional action to cause serious injury (head butt, punching, etc.) will result in a minimum one-year suspension and possible indefinite suspension. **Any player who leaves the bench in a fight will receive a red card and a minimum one game suspension.**

All players have the right to appeal on any red card. All appeals must be in written form to info@indoor5.com.

You Spit – You Sit! – Any player who spits on field will receive a Red Card.

Sliding: No sliding is allowed by any player (except for the keeper when inside his/her penalty area)

A slide is defined as follows: A player must leave his/her feet or touch a knee to the ground. A Goalkeepers slide must start from inside the box. If the goalie slides from inside to outside of the box he can no longer contact the ball or any players once outside of the box or it will result in a penalty kick with a wall.)

Non playing personnel (coach, assistants...) guilty of ungentlemanly conduct shall be awarded a yellow card or a red card, No time penalty shall be served by any player for a non-players misconduct. PLAYERS ONLY ON THE BENCHES!

Bench misconduct: Bench misconduct is physical or verbal abuse by bench personnel (coaches or players), when the referee cannot identify the perpetrators. The first bench misconduct by a team shall result in a Bench Misconduct warning to the team. The second Bench Misconduct shall result in a team time penalty against the team. The referee may still award a penalty against individuals he can identify. ONLY REGISTERED PLAYERS, MANAGER OR COACH WILL BE ALLOWED ON THE BENCH. Any players that jump from the bench onto the field during an altercation will automatically receive a red card.

Power play return: Power play return applies to Blue card only. During the 2 minute penalty time, if the opposing team scores the blue card penalty time will cease and the penalized team will can return that a player serving the Blue card to the field.

Ineligible players: If a player has received a red card and has not served a one game suspension immediately following the red carded game; his/her team will forfeit all games until the suspension is served. The same penalty will apply to players playing out of required age limit. Any player playing illegally is the responsibility of the coach (manager). Any player who plays illegally (playing without being on the roster or is too young for league), will be issued an automatic red card and the team will forfeit that game, with a score record of 7 to 0. The coach of the offending team will also receive a red card and be suspended followed by an additional one game suspension. All players have the right to appeal on any red card. Indoor 5 management.

Law VII – Forfeits

Both teams must have at least 4 players at the beginning of the match per the Laws of the Game. When a team has fewer than 4 players, the match cannot start or continue. When the number of players in a team falls definitely below 4 (e.g. by players sent off with red cards, or by injured players with no substitutions left, or a combination of both), the match is forfeited. Forfeits are also used as ex post disciplinary sanctions by Indoor 5.

A forfeited match is scored as a 7–0 loss to the team forced to forfeit (but the result on the pitch is upheld if the goal difference at the end of the match was three or greater).

Forfeited games also could be applied for disciplinary sanctions on various of administrative matter such as violence on the field, use of ineligible players, others.

A team that does not show for a game or does not have enough players to play the game will receive a forfeit. If a team has two no shows / forfeits due to not enough players, that team will be suspended from the league. No refunds will be given. A team must notify management 24 hours prior to the game if they cannot attend the game. 1 make up game may be allowed per season with proper notification. (Exception; if a team has multiple players that have COVID, experiencing COVID symptoms, or in quarantine and it is before the playoff weeks of the season two make up games will be allowed. If it is during the playoff weeks of the season and the team is in a position to contend for the championship then a make up games will be scheduled. If the team is outside of championship contention in league standings the league will continue and when the team is able to return friendly games will be scheduled that will not count towards league standings. Games must be scheduled within two weeks of missed game and may be scheduled on a day/time outside of normal league schedule.)

Law VIII - Team Rosters

1. All teams must assign a manager by the first game of the season. The team manager is the point of contact for their team. The team is to communicate with the team manager and the team manager is to communicate with Indoor 5. In the event there is a roster issue and the team manager notifies Indoor 5 then Indoor 5 may elect to add players to the roster to assist for that game and/or for the season.
2. Teams may add players only during regular season matches up to week 6 for Super League and Youth Leagues and up to week 3 of Champions League. Indoor 5 will print out the roster prior to each game and all players must be on the roster prior to the start of the game. All players must check in with the score keeper prior to the start of the game. All teams are allowed 12 players on their roster. Players may play for more than one team during the regular season. During playoffs a player may only play for one team. Players on the roster, must play a minimum of one game during the regular season games to be eligible for play-offs.
3. Guest players are allowed as long as the player is registered, has an active Indoor 5 membership, and is added to the team roster prior to the start of the game. The opposing team must agree to having the guest player participate prior to the start of the game. If a team plays with a player not on the roster or does not follow the aforementioned policy that team will receive a forfeit. A guest player may be added without the opposing teams approval but with management approval if

there is an injury or Covid related issue causing a player not to play. Players may only be added as a 1 for 1 situation.

4. All players must have completed player membership and profile prior to playing their first game. Any player under 18 must have his/her parents complete the players membership. Team managers must make sure that all players have a valid membership and are on the roster. All teams must have their roster ready prior to the start of each game as mentioned above.
5. In the event a player or players are affected by COVID or are seriously injured as determined by management the team may add players to the roster at any point during the season including playoffs as long as the players / team notify management and then follow all above mentioned rules.
6. Teams may add players to the roster through the 6th week of the “Super League and Youth League (9 week season) or the 3rd week of “Champions League (6 week season.) Teams/Players must follow all above roster guidelines to be added to the team.

SPECIAL PLAYING RULES

1. Shots on goal before the center line that do not touch an offensive or defensive player (excludes goalie) resulting in a goal will result in a goal kick from the opposing team and that goal will not be counted.
2. The 3-line rule is from one side penalty line to the other side penalty line. If the 3-line rule is violated the opposing team will be awarded a free kick from the 3rd line with the penalized team allowed to form a wall 5 feet away.
3. Three points will be awarded for a win, one point for a tie, and zero for a loss. The tie breaker procedure will be 1) head-to-head 2) goal differential. Any team that forfeits a game will lose the game by a 7 to 0 score. Playoff seeding will be determined by management only.
4. Diving headers and scissors kicks are allowed if it is not considered dangerous by the referee. Offending players could receive a two-minute penalty.
5. No leaning on the boards at any time.
6. Rough plays near the boards will result in a card.
7. Foul and abusive language will result in a card.
8. The second foul language offense in a game will result in a red card.
9. All players awarded a red card will serve a minimum one game suspension for all teams played on and may be suspended permanently for all remaining games if the management deems it necessary (depending on the severity of the incident). Fighting will not be tolerated at the Indoor 5 and will result in a red card and /or forfeit and/or league suspension for any player(s) involved, including the entire team if necessary. A second red card (within 6 months of the 1st red)= automatic 6 month suspension. Refusal to leave the field after receiving a red card or for continuing unsportsmanlike conduct may result in suspension for the remainder of the season.

ALL FEES ARE NON-REFUNDABLE TO ALL SUSPENDED PLAYERS OR TEAMS!

COACHES AND TEAM MANAGERS ARE RESPONSIBLE FOR ENSURING THEIR TEAMS RECEIVE A COPY OF THE ABOVE RULES.

Grievance Procedure:

All complaints, compliments and other comments should be directed to the management of Indoor 5. We will try to resolve every situation that is brought to our attention in a professional manner, however; we request that you bring any problem to our attention in written form at info@indoor5.com.

Notice:

1. We reserve the right to refuse the Indoor 5 facility to anyone for any reason at any time.
2. Indoor 5 may not hold games the week of Thanksgiving, Christmas, New Years, Easter, or the day of, Labor Day, Memorial Day, 4th of July.
3. Your team may play less than the scheduled number of games if one or more opponents forfeit or drop out of the league. Indoor 5 will not refund any fees for games not played due to opponent forfeits.
4. In order to keep balanced leagues Indoor 5 Soccer may remove players from teams and if necessary even the entire team to a different league.
5. Youth Leagues - In order to keep balanced games youth players may play against kids who are older/younger than their age group.
6. A \$300 deposit is required to add a team to the league. Full team league fees are due before the 3rd game of the season. Any team balance not paid for by this time will receive a \$95 late fee to be added on to the pre-existing league fees. Individual Team players must pay at time of registration. All players must have an active Indoor 5 Annual Membership.
7. In the event of a forfeit, if the team didn't notify at least 24 hours in advance, that team must pay \$30.00 forfeit fee prior to their next game.

