

Indoor 5 Soccer Laws

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

Revised Date 08.23.2026

New or adjusted rules will be highlighted in red.

New or adjusted rules will be in effect for any leagues starting after the revised date excluding facility specific guidelines.

Please note; these rules are subject to change by management at any time with notice to all teams.

Input is always encouraged and will be considered. info@indoor5.com

PLEASE STAY OUT OF THE GYM AREA AND OFF OF THE EQUIPMENT. THE GYM USES THE FIELD AREA DURING SOME PROGRAMS. PLEASE STAY OFF THE FIELD UNTIL YOUR SPECIFIED START TIME. CHECK WITH AN INDOOR 5 STAFF MEMBER PRIOR TO USING ANY AREAS THAT YOU ARE NOT DESIGNATED TO BE ON.

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

PLAYERS MUST HAVE A VALID MEMBERSHIP AND PLAYER WAIVER BEFORE PARTICIPATING IN A GAME.

Law I – Player Equipment

Matching team colors 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 the away team will wear bibs. Bibs will only be supplied by the facility during these instances. [After rosters lock, if players show up without their team color they may not be allowed to play or their team may be subject to forfeit]

Shin Guards

Youth Leagues – mandatory *and must be completely covered by socks.*

Adult Leagues – recommended

Shoes

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

Players may not wear metal jewelry i.e., rings, watches, earrings, necklaces, or hard hairpieces exposed – Must be either removed or covered and taped. Players will not be allowed to play with a hard cast (even if it is wrapped.) Sports watches may be worn but must be covered if asked.

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

Both teams must be ready at the scheduled start time. The minimum number of players to start a game is 4. A team has the option to take a 5-minute grace period if they do not have 4 players to start the game. The clock will run during this grace period. After 5 minutes of the start of the clock, the team must play or forfeit the game.

AGE DIVISIONS

Adult:

5 vs 5 (Four players + Goalie)

Coed: 5 vs 5 (3 Males + 2 Females) – Must start the game with a minimum 1 female player if playing short.

Men's Over 35 – 5 vs 5 (Teams are allowed to roster 3 players between 30-34 to be on their roster)

Youth

Ages 8-17 – 5 vs 5 (4 Field Players + Goalies)

Ages 5-6 – 4 vs 4 (4 Field Players) – $\frac{3}{4}$ Field

Ages 6-7 – 4 vs 4 (4 Field Players) – $\frac{3}{4}$ Field

DURATION OF THE GAME:

Adult Game Times:

2 X 24 Minutes (1 Minute half-time)

Youth Game Times:

Ages 5-6 and 6-7 play 4 x 11 Minutes. (1 Minute between each period)

Ages 7-8 and above – 2 X 22 Minutes (1 Minute half-time in between the halves)

Goals:

Adult Leagues

If a team's score goes 10 points above their opponent's team, the losing team will have the option of adding an extra player. This rule will be in effect for recreational divisions only. Teams playing in the competitive divisions will not have the mercy rule applied. **Mercy rule will not apply during playoffs / championship for any division**

Youth Leagues

Ages 5-6 & 6-7– 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. This rule will be in effect for recreational leagues/divisions only, teams playing in the competitive divisions / leagues will not have the mercy rule applied.

Ages 7-8, 9-10, and 11-13 – Rec. Divisions – 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. This rule will be in effect for recreational leagues/divisions only.

Teams playing in the competitive divisions / leagues will not have the mercy rule applied.

Ages 14-16 If a team's score goes 4 points above their opponent's team the winning team will be reduced 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.

TIMEOUTS AND CLOCK STOPPAGE

Play On!

The ball is always in play unless: (Ball is still in play if it hits the side nets).

1. The ball hits the roof netting. (If the ball hits the roof the ball will be put in play at the 3rd line from the team in possession).
2. The ball hits the back net. The ball will be considered out of bounds and the possessing goalie will put the ball back into play by hand. (If a defensive player intentionally kicks the ball to the back net it will result in a direct free kick from the 3rd line with a wall.)
3. If the ball exits the field or gets stuck it will result in an out of bounds and will be put into play from the goalkeeper of the team now in possession).
4. If there is a head injury. (Players that sustain a head injury must be evaluated off of the field prior to continuing play).
5. If the ball impacts the referee AND it changes the advantage of the play then the play will be stopped and there will be a drop ball from the point of contact.
6. Referee stops play.

The clock will continue to run during all portions of the game unless stopped by the referee or if the Scorekeeper/Manager deems it necessary, **except during the last minute of the second half if any of the following occur or the goal differential is 4 points or more.**

- – A player is injured – See above head injury protocol.
- – If the ball goes out of bounds.
- – During any foul until the ball is put back in 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 (two) 30 second timeouts per game that can be called during any dead ball or keepers possession.

GUARANTEED SUBSTITUTION:

All games are played 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 coming off of the field is within 3 feet of any of the doors to exit. If the player substituting off is on the field of play beforehand this will result in an illegal substitution foul.

Illegal substitution results in a team **blue card**. The play will resume from the awarded team’s 3rd line by their goalkeeper. If the substitution results in disruption of the play such as the ball being touched by the player substituting out or the ball exiting the field through the door it will result in a blue card to the offending team and an indirect free kick from the offending teams 3rd line.

Doors are to be opened outward, not into the field of play. Players must sub using the bench area their team is using. Teams will receive one warning as a reminder before a blue card is issued.

Law III – Three Line Violation

A player is guilty of three-line violation when he/she passes or last touches the ball across three lines (the two white lines and the centerline) in the air past the opponent’s 3rd line without the ball touching another player, side netting, or the perimeter wall. The opponents receive an indirect free kick at the center of the first white line that the ball crossed.

*If an attacking team takes a 3 line free kick and it hits an opposing player back across the 3rd line without the intent of clearing it, it will not be considered another 3 line violation. Instead the ball will be put back in play from the spot on their defensive end.

All balls that hit the roof or exit the field will be considered out of bounds and result in a goal kick from the possessing team's 3rd line.

Law IV – Kick Off and Free Kicks

The game will start with the away team receiving the ball and will alternate teams for the start of each quarter / half.

Kick offs start after referee whistle – no quick starts on kick off! The opposing team must have 3 players behind the half before the restart can take place. (Referee discretion on if the team is time wasting including subbing.)

Kick offs, 3 Line Free Kicks, and Substitution Violation Free Kicks are indirect (2 touches.) All other free kicks are direct. A team has five seconds to take a free kick. The defending team is required to be 5 steps or more away from the ball. Failure to give adequate space will result in a warning / possible blue card.

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

A team cannot score off an indirect free kick if the player shoots the ball and is deflected into the goal by a defensive player.

Pass backs in front of half that end up in goal will be considered own goals, however deflections from a shot will not.

Adult League & Youth League Kick Offs – 2 touch – The ball must oscillate prior to the 2nd player touching the ball. The ball must be passed laterally or backward at kick off. A 5-foot Halo is required around the kick off line by the defending team.

Quick restarts are allowed on free kicks and 3 line violations. No whistle is required on free kicks unless the player with the ball asks for distance. 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

Adult League– If a player commits a foul inside or outside of the box preventing a goal scoring opportunity the opponent will be awarded a shoot-out. Any infraction that occurs outside of the box including a goalkeeper that does not prevent a goal scoring opportunity will result in a normal foul. Fouls in the box away from goal will be placed on the PK spot with a wall. (Direct)

Youth League- ANY foul committed in the box will result in a shoot out. Goalies that commit a foul outside the box behind the 3rd line will result in an indirect free kick on the PK spot. (With a wall)

DOGSO- Denying Obvious Goal Scoring Opportunity; When a player commits a foul (like holding, pushing, sliding, or handball) that stops an opponent who has a clear, undeniable chance to score.

Shoot out description – A shoot out will start from the field's center line with the offensive player possessing the ball. Once the offensive player advances with the ball the goalkeeper may come off his line to defend or make a save. The offensive player has **5 seconds** to complete the shootout. The player may not play the ball off the wall. Shoot out is considered over once the offensive player scores, misses the goal, loses possession, or time expires. If the shot does not result in a point then the goalkeeper will put the ball back into play from their 3rd line. During the shoot out all players must stand away from the offensive player behind the half line.

5 Second Rule: Goalies will have until the referees 5 count to put the ball back into play. Once the referee blows the whistle the opposing team will get an indirect free

kick with a wall. (Adult and Competitive Youth League) **Recreational Youth Leagues**, the ball will go back to the opposing team on the 3rd line.

Adult League/Youth League- If the goalkeeper commits a foul during the shoot out it will result in a penalty kick (no wall) and at referee's discretion a yellow card.

Youth Leagues – Unintentional Hand balls out of the box will result in a free kick where the foul occurred. Deliberate handball outside of the box will result in an added foul to foul count along with a free kick.

1. If the goalkeeper has control of the ball with his hands, they may not release the ball into play and handle it again, until it has touched an opponent.
2. If a teammate intentionally passes the ball to the goalkeeper, the goalkeeper may not handle the ball. (Referee discretion.)
3. A goalkeeper cannot bring the ball from outside of the box to the inside of the box and handle the ball with their hands. (Direct Free kick on the 3rd line)
4. 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 possession is established when the goalkeeper has two hands on the ball or the ball is secured between the goalkeeper's body and the ground and has come to a complete stop.

4V4 YOUTH LEAGUES – There is no goalkeeper in 4v4 play.

A player cannot guard the goal during play, they must VISIBLY stay in front of the PK line. Encroachment on the goal by a defensive player will result in a direct free kick from half.

5-6: Any foul in between the 3rd line and goal will result in a direct free kick from half.

6-7: Any foul in between the 3rd line and goal will result in an indirect free kick from the 3rd line in a 2v2 format. (2 attacking players against 2 defending players set up in the wall)

Law VI – Fouls and Misconduct:

If a player receives a card, it does not count towards the team's foul count.

No headers allowed in youth leagues ages 4-11 – An intentional header outside of the goalkeeper box will result in a free kick. An intentional header inside of the goalkeeper box will result in a penalty kick from the top of the box without a wall.

Hand Balls – A handball is described as an extension of the arm/hand that comes in contact with the ball. When a player is protecting themselves, such as covering their face or other body parts to prevent injury, and the hand or arm do not push the ball it may be considered a non-foul.

All Competitive Leagues 10 years old and above will enforce the 6-foul rule. Once a team reaches 6 team fouls it will result in a shoot out. Fouls will reset after.

A defensive player who intentionally kicks the ball (referee discretion) to the back net to cause a goal kick will result in a direct free kick from that team's 3rd line with a wall. Play can only be started by the whistle.

A player who holds the wall to keep possession or guards the ball in the corner will result in a foul and a free kick.

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, staff, or the management. Any misconduct will result in a red card and the possible suspension of either players or entire teams. In any event of the 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. If the opposing team scores before the two minutes is up the power play is over.

Foul language, taunting, Boarding a player (pushing a player into a wall intentionally,) Intentional Hand Balls, Illegal Substitutions, Slide Tackles, Tackles From Behind, Pushing From Behind, A Foul That Intentionally Affects a Goal Scoring Opportunity.

Exception – If a goalie receives a blue card, a player from the team may serve the penalty. 2nd blue card for the goalie will result in a shoot out.

If simultaneous blue cards are given the players from each team must exit the field and serve the FULL 2 minutes regardless of teams scoring.

Yellow Card: The player issued the yellow card will serve a full 4-minute Penalty and the team will play down 1 player for the first 2 FULL minutes regardless of being scored on. The full 4 minutes must be served by the carded player before being eligible to step back on the field.

Players **can** receive a yellow card without being given a blue card. Goalkeepers must serve a Yellow Card penalty if received.

If a player receives 3 cards (blue, yellow, or a combination of either) in one match it will result in an accumulation red card.

Red Card: 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 **four**-minute penalty before entering the game. The team will play down 1 player. The full **four** minutes will be served regardless of goals being conceded (no return on the power play).

Red cards given off the field for vulgar profanity, threatening or racist remarks to any player or staff member must leave before the game can resume. Failure to do so will result in the game being called a forfeit against the team with the problematic player/spectator.

If a team receives multiple red cards causing their roster to drop to 3 players on the field that team will forfeit the game. See below for forfeit information. A red carded player must leave the facility immediately.

When players from both teams receive a red card the teams will play down for a full 2 minute penalty. If there is a blue card within that time frame the team can replace the carded player for the duration of the power play. (This is to keep games from instantly ending in a forfeit due to the # of players on the field and is the only exception.)

One physical strike -hit or miss- minimum 6-month suspension – maximum lifetime suspension, subject to management discretion. (Suspension carries into the next season)

Cards not caused by physical strike / fighting

First red card – minimum of a 7-day suspension AND one additional game suspension. During the suspension from the league/division that red card occurred in the player will be suspended from all leagues that they participate in.

Second red card (within 6 months – Minimum 9 game suspension)

Third red card (within a calendar year) – Minimum 18 game suspension.

Threatening referee – Minimum 9 game suspension

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

All suspensions will be reviewed and determined by management.

Any intentional action to cause serious injury (head butt, punching, etc.) will result in an automatic 6-month or possible indefinite suspension until appealed.

Any player who leaves the bench in a fight will receive a red card.

All players have the right to appeal a red card. Appeals must be sent to info@indoor5.com.

You Spit – You Sit! Any player who spits on the field will receive a Red Card. (No time penalty)

No sliding is allowed by any field player (except for the goalkeeper starting from inside his/her penalty area and as long as that slide does not foul another player)

If a player's knee/s or both hands are on the ground and they make contact with the ball, it will be marked as a foul for playing on the ground.

Bench Misconduct: Bench misconduct is physical or verbal abuse by bench personnel (coaches or players). The first bench misconduct will result in a warning to the team. The second Bench Misconduct will result in a Card and a player from the field will have to serve the penalty. If the referee cannot identify the perpetrator/s the card will be issued to the Coach with the penalty still applied to the team.

ONLY REGISTERED PLAYERS FOR THE TEAM (MANAGER OR COACH) WILL BE ALLOWED ON THE BENCH AREA.

Ineligible Players: If a player has received a red card and has not served a one game suspension immediately following the red card; his/her team will forfeit all games until the suspension is served. The same penalty will apply to players playing out of the required age limit. Any player illegally fielded is the responsibility of the coach/manager. Any player who plays illegally (playing without being on the roster or is outside of the age 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 for minimum 1 game.

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 definitively 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. Any team playing with players not on the roster or outside of the age range for an age defined league will result in a forfeit.

A forfeited match is scored as a 7–0 loss to the team forced to forfeit.

Forfeited games may also be applied for disciplinary sanctions on various administrative matters such as violence on the field, use of ineligible players, and improper attire.

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 at least 24 hours prior to the game if they cannot attend the game. 1 makeup game may be allowed per season with proper notification which may not necessarily be played on the same night.

Law VIII – Team Rosters

1. All teams must have an assigned manager by registration. The team manager is the point of contact between the facility and its players. They are responsible for ensuring league fees, fines and suspensions are paid/served. The team manager must have a card on file and is responsible in the event the fees are not paid by their deadlines.

2. The maximum team roster size is 12 players. Teams may add players up until week 4. Indoor 5 staff will print out a final roster on week 4 for the Team Manager to approve. All players must check in with the score keeper prior to the start of the game.

3. All players must have completed player membership and waiver prior to playing their first game. Any player under 18 must have his/her parent/guardian complete the player profile and waiver. Team managers must make sure that all players have a valid membership and are on the roster.

4. In the event a player or players are affected by illness or are seriously injured as determined by management the team may add players to the roster at any point during the regular season (proof of injury or illness may be required) as long as the players / team notify management PRIOR to the game and follow all above mentioned guidelines for registration. **NO EXCEPTIONS DURING PLAYOFFS**

5. **Age eligibility definition** – A player must be within the age range as described for a league at the start of the season. For example, if a player is playing in the

8–9-year-old league that player must be no older than 9 years old on the first game of the season. Players are still eligible to play in an age specified league if they have a birthday during the league season and become older than the league age.

Indoor 5 does not verify age during the registration process, so it is up to the player, parent, or guardian to input the correct information. In the event that a player is suspected of playing outside of the age range, proof of player age may be requested by staff or management and must be provided by the player/parent/guardian upon request. If a player is found to be playing outside of their age range the player may be suspended, team may be forced to forfeit games that the player participated in, or the team may be removed from the league. Please send any questions to management at info@indoor5.com.

6. Division Placement – Teams will be evaluated during the first 2 games of the season . After those games are played teams will be grouped into divisions based on skill level. In some cases, this may be a different division than the team originally signed up for.

7. If there are more than 12 teams; players may play for another team during the regular season in different divisions. However we do not guarantee that game times won't cross over. Players on the roster must play a minimum of 2 games during the regular season to be eligible for playoffs.

NOTE – If a player is deemed to be above the skill level of the bracket the team is signed up for then the entire team must move to the appropriate bracket, or the player must be removed.

Law IX – Playoff / Finals / Consolation Games

Playoff Seeding For Adult League:

Leagues with up to 5 teams – 1 vs 3 and 2 vs 4

Leagues with 6 or more teams – 1 vs 4 and 2 vs 3

Teams are scheduled to play 9 games during the season. The first 4 teams in each division will compete in the semifinals. All teams outside of the top 4 will play

consolation games. The winners from the 2 semifinal matches will play for the finals. All other teams will play consolation games. Depending on the number of teams in a division, teams may play the same team back-to-back or play outside of their division during the consolation games. For divisions with an odd number of teams some teams may play more than 9 games, have bye weeks, or have double headers to ensure that all teams play a minimum of 9 games.

Playoffs seeding is based on wins and losses, head-to-head, and goal differential. In some cases, teams may play outside their divisions for schedule variety or unknown skill level of new teams.

If a Playoff game ends in a tie, the game will then be decided by shootouts (best of 3). ANYONE who played in that game can be a shooter/goalie. 5 different players must take one before players can recycle their shooting order.

Recreational age groups between 6-10 years old will decide ties via normal PK Shootouts (best of 3).

YOUTH LEAGUE:

League Champions options depending on season format will be noted prior to the start of season.

Finals format- All regular season games will follow win, loss, draw, points differential format. Top 2 teams from each division will play in the championship game, all other teams will play consolation games.

Points format- All games will follow win, loss, draw, points differential format. The top team from each division is the champion. If there is an odd number of teams in the division, the ranking will be based on the standard format and head-to-head results. If a tie is determined, a tie breaker game will be played.

Special Playing Rules

1. Shots towards goal taken 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's penalty line to the opposite penalty line. If the 3-line rule is violated the opposing team will be awarded an indirect free kick from the 3rd line with the penalized team allowed to form a wall 5 steps away. (By the Referee)
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.
5. Referees playing the advantage to an attacking team will still be counted towards the defending teams foul count whether the play results in a goal or not. In certain situations the referee can also give a delayed Blue Card to the offending player.

ALL FEES ARE NON-REFUNDABLE TO ANY 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, comments or concerns 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, Mother's Day, Father's Day, and Superbowl Sunday. If you have other specific days that you may not be able to play, they must be discussed prior to the schedule being posted and we will

advise if we can accommodate. Please take into mind your schedule prior to committing to the league.

3. Your team may play less than the scheduled number of games if one or more opponents forfeit or drop out of the league.

4. In order to keep balanced leagues, Indoor 5 Soccer may remove players from teams and if necessary, even move the entire team to a different division or league.

5. Youth Leagues – In order to keep balanced games, teams may play against kids who are older/younger than their age group.

6. A \$150 deposit is required to add a team to the league. Full team league fees are due by the 4th game of the season as long as weekly payments are made. (Individual Team players must pay at the time of registration.)

7. If you manage a team and do not have enough players to field a team; PLEASE call our front office ASAP. NO CALL/NO SHOWS will result in a \$50 fee that will need to be paid before your team is scheduled again. Call outs day of (less than 10 hour notice) will result in a \$30 fee. A repeated offence without payment will have your team disqualified from playoffs and possibly dropped from the league WITHOUT a refund.

8. Any damage to the facility caused by a team/player/guest of the team, will be added to the team fee and it will be the team manager's responsibility to collect that fee from the player / team.

This includes:

- Damage to equipment or facility caused by carelessness or abuse. In this case an invoice will be accompanied with an email to the team manager when charges are added.

- Cleaning fee: If a team has food, drinks, or brings in items such as decorations, party favors, or anything that leaves a mess that requires cleaning outside of a normal scope, a minimum \$50 cleaning fee will be added to the team's account. Pictures will be sent as an email to the team manager along with the description of charges based on the amount of cleaning needed.

9. Children are to be attended to by a parent/guardian at all times. Children will be asked to return to their parent/guardian if running around the outside of the field, playing unattended on with any equipment or field. We ask that parents escort their children to the restrooms and check before and after for cleanliness of the bathroom. Please notify management of any issues that require attention.

10. The gym area is not part of the Indoor 5 membership. Stay out of the gym area and off the gym equipment. The field area is shared with the gym during certain programs and times. If the field is in use by the gym, then the field is off limits at that time. Although the field may be empty, check with Indoor 5 staff prior to using the field.

11. To prevent overcrowding do not enter the facility prior to your scheduled program start time. For youth league games we allow for a 5- minute warm-up period prior to the start of the game. For example, if your scheduled game time is 1pm, you will be allowed a 5-minute warm up period and the game will start at 1:05 pm. If you arrive early to a program, you may be asked to wait outside until the scheduled time.