



FC Nova Soccer Club Indoor Youth League

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Indoor Soccer Rules (4v4)

NO CASTS OR SPLINTS, PADDED OR OTHERWISE, WITH OR WITHOUT A DOCTOR'S NOTE, AT ANY TIME!!! THIS ISSUE IS NOT NEGOTIABLE.

***** No Goalkeepers *****

***** No offside *****

***** If a defending player touches the ball in the Goal Box, a goal is scored *****

***** If an attacking player touches the ball in the Goal Box, it is a goal kick *****

LAW I: THE FIELDS OF PLAY

1. Dimensions: Length 65 feet, Width 30 feet
2. Markings:
 - A Goal Box will be marked in front of each goal. Corner kick spots shall be marked.
 - A kick off mark and center mark shall be made at the center of the field. A penalty mark will be the field center mark.

LAW II: THE BALL

1. Size 4 balls will be used for all youth games Under 12.
2. Teams must provide their own soccer game balls.

LAW III: NUMBER OF PLAYERS

1. Each match shall be played by two teams, each consisting of up to 8 players.
2. Each team will play four players on the field at a time (4 v 4).
3. No players will be permitted to be a goal keeper or to handle the ball.
4. A minimum of two players on a side must play. If less than two players are on a team, the game shall be terminated.
5. Unlimited substitutions allowed as listed under Substitutions below.
6. Substitute players are to remain in the player boxes. Only players and two coaches are permitted in the box. A team having a nonparticipating person in the box will be awarded a two minute penalty.
7. Substitutions
 - During play:
 - Player must be within the touchline at his team box door or off the field before a substitute player can come on.
 - When play has ceased:
 - After a goal is scored.
 - After a time penalty is awarded.
 - On an injury time out.
 - When the ball leaves the field of play.

LAW IV: PLAYER EQUIPMENT

1. Must have current membership card.
2. Home team wears WHITE. Away team wears pennies.
3. Shin guards are mandatory and must be totally covered by stockings/socks.
4. Only flat-soled shoes designed for indoor artificial surfaces must be used (no studded/screw-in shoes). Turf shoes are NOT permitted.

LAW V: REFEREES

1. At least one official will be present during play.
2. They shall keep a record of the game.
3. Reports on EJECTION must be filed before leaving the facility.

LAW VI: OTHER GAME OFFICIALS

1. The second or third official shall be a timekeeper/scoreboard operator.

LAW VII: DURATION OF GAME

1. U5 – U8: A game shall be played in two equal halves of 20 minutes.
2. A half time interval shall be 2 minutes.
3. The clock shall only be stopped for serious injuries.

LAW VIII: START OF PLAY

1. Kick-off will be given to the home team. Away Team will have kick off at the start of the second half.
2. A kick off will start the game and restart the game after a goal has been scored.
3. Teams will change direction at half time and alternate kick off.
4. A goal cannot be scored directly from a kickoff.
5. A goal cannot be scored directly from a goal kick.

LAW IX: PLAY OF BALL

1. The ball is out of play when it wholly crosses the perimeter wall, makes contact with safety netting or:
2. When the ball makes contact with the building superstructure or lighting. For violation an indirect free "kick-in" will be awarded to the opposing team from the touchline at a point closest to where the ball made contact with the safety netting or the building superstructure or lighting.

LAW X: METHOD OF SCORING

1. A goal is scored when the whole ball has passed over the goal line, between the goalposts and under the crossbar, provided it has not been thrown, carried, or intentionally propelled by hand or arm by a player of the attacking side.
2. A goal is also scored if a defending player touches the ball while standing in the Goal Box or touches the ball while it is in the Goal Box.
3. The team scoring the greater number of goals during the game shall be the winner.

LAW XI: THREE-LINE VIOLATION

1. No Violations.

LAW XII: FOULS AND MISCONDUCT

2. No play is permitted within the Goal Box in front of each goal. Players may pass through the goal box, but must not touch the ball while it is in the Goal Box or while they are standing in the Goal Box.
 - If a defending player touches the ball while standing in the Goal Box or while the ball is in the Goal Box, a goal shall be awarded to the opposing team.
 - If an attacking player touches the ball while standing in the Goal Box or while the ball is in the Goal Box, a goal kick shall be awarded to the defending team.
3. Major Offenses (Direct Free Kick Awarded)
 - Kicking or attempting to kick an opponent
 - Tripping or attempting to throw an opponent
 - Jumping at an opponent
 - Charging an opponent in a violent or dangerous manner
 - Charging an opponent from behind
 - Striking or attempting to strike or spitting at or on an opponent
 - Holding an opponent
 - Pushing an opponent
 - Intentionally handling the ball
 - Charging (checking) an opponent into the perimeter wall
4. Minor Offenses (Indirect Free Kick Awarded)
 - Playing in a dangerous or reckless manner
 - Fair charging an opponent when the ball is not in playing distance
 - Obstructing an opponent
 - Slide tackling (knee touching the turf).
 - Illegal substitution
 - Delaying game

5. Misconduct (Card is issued)
 - A player shall be cautioned (Yellow Card) if he/she:
 - persistently infringes the laws
 - shows by word or action dissent at any referee decision
 - is guilty of unsporting behavior
 - receives a second 2-minute time penalty for a major or minor offense
 - A player shall be ejected (Red Card) if he/she:
 - is guilty of violent conduct or serious foul play
 - uses foul, abusive or insulting language (FAIL)
 - persists in misconduct after being issued a yellow card
 - receives a third 2-minute time penalty for a major or minor offense
6. Delay of Game
 - If a player intentionally delays the game, the referee may award a time penalty for delay of game
 - If a player, in the opinion of the referee, feigns an injury, the referee may award a 2 minute time penalty for delay of game
7. Time Penalties
 - Time penalties fall into three categories:
 - 5-minute penalties (Red Card)
 - 4-minute penalties (Yellow Card)
 - 2-minute penalties (Blue Card)
 - A time penalty of 5 minutes is awarded only at the time a player is ejected. Another team member serves the entire time penalty.
8. A Time Penalty can be awarded for:
 - I. Illegal substitution.
 - II. Player re-entering game without making equipment adjustment.
 - III. Any of the ten (10) major offenses.
 - IV. Any of the seven (7) minor offenses.
 - V. Whenever a player is issued a sanction card.
 - VI. Delay of game.
 - VII. Unsporting behavior.
 - VIII. Referee's crease violation.
 - IX. Encroachment.
 - X. Delay of more than 5 seconds in taking a free kick.
 - XI. Double minor offenses.
 - XII. Breach of any house rules (i.e. chewing gum or chewing tobacco in the facility, etc.).
 - XIII. Leaving door(s) unlatched while not in use.
 - XIV. Striking a light fixture either deliberately or by a misdirected kick. No time penalty will be awarded from an incidental deflection.

9. Release of players from the Penalty Box

- At the expiration of their full time penalty; penalty time will carry over to the next time period of play (i.e. to the second half or over-time periods).
 - After a goal is scored against their team
 - In case of 4 minute penalty the last 2 minute must be served i.e. the 1st 2 minute is erased.
 - Only one player can come out per goal
 - When three players from same team are in Penalty Box:
 - four players must still be on field
 - time for third player begins when time for the first player expires (Field 2)
 - first player cannot leave Penalty Box until stoppage in play
- ** Substitutes for ejected players must serve the full 5 minutes.

10. Bench Penalty

- Unsporting behavior from a team box will result in a verbal warning against the team. Should the misconduct persist a bench penalty will be issued against the offending team. The team manager/coach must remove one of the field players to serve a time penalty.

LAW XIII: FREE KICKS

1. The following apply to all restarts:

- Ball is in play when it moves from foot contact from the initial player
- Opposing players shall be (10) feet from the ball
- Player taking a kick cannot play it again until someone else touches the ball
- If an opponent refuses to move back (10) feet on referee's request, he may be given a time penalty for unsporting behavior

2. The following apply to direct and indirect free kicks:

- If a player taking the kick delays the taking for longer than five (5) seconds after having been signaled to do so by the referee, he may be awarded a time penalty for delay of game (wasting time).

LAW XIV: PENALTY KICKS (SHOOT OUT)

1. Time shall be extended at the end of each period to allow the taking of a penalty kick.
2. Penalty kicks shall be taken from the center spot. All players must stand in line with or behind the ball and at least five feet from the center spot.

LAW XV: KICK-INS

1. This is an indirect free kick; a goal shall not be scored directly from a kick-in.
2. Balls out of play shall be placed within two feet from the wall at the place where the ball has left the field of play. The ball is considered to be out of play when it makes contact with the protective netting.

LAW XVI: GOAL KICKS

1. If an attacking player touches the ball while standing in the Goal Box or while the ball is in the Goal Box, it shall be kicked into play from within the goal area by a member of the defending team.
2. When the whole of the ball passes over the end perimeter wall between the red corner markers, having last been played by one of the attacking team, it shall be kicked into play from within the goal area by a member of the defending team.
3. A goal shall not be scored direct from such a kick.

LAW XVII: CORNER KICKS

1. When the whole of the ball passes over the end perimeter wall between the corner red markers, having last been played by one of the defending team, a direct corner kick shall be awarded to the attacking team; the whole ball must be placed on the corner mark, at the nearest corner spot.