



Field Rules for Indoor Soccer League

Field Area

- Play starts at the center circle.
- There are two halves.
- There is a goal crease area.
- Penalty shot spot is indicated by a circle.
- There are **NO** out of bounds on the sides of the field, allowing the ball to be played off the wall.
- Play restarts with a kick-in.
- No gum or Gatorade in playing area.

Players

- Each team must have 5 players (8U) and 4 players (10U), one who is the goalkeeper
- Teams must have a minimum of (4) players to start the match, otherwise the match results in a forfeit.
- Substitutions are unlimited and done at coaches' discretion.
- All players must sign a release form to be on a team roster.
- Only team players and coaches are allowed in the team area.
- Players may only be on one roster per division. (unless agreed with BSC Management)
- Minimum roster size of 5 players.

Equipment

- No jewelry allowed.
- Players must wear jersey, shorts, socks, shin guards and indoor shoes or sneakers (no cleats).
- BSC will provide game balls.

Referee

- Each match will have a referee, the referee enforces all rules.
- Decisions of referees are final.



Length of Game

- Matches will consist of (2) equal periods of twenty-five (25) minutes.
- The clock is running time and will start on-time.
- There is no overtime for tied games.

Start of Play

- The referee will determine which teams starts with the ball. The opposing team will take the kick-off in the second half. A kick-off will occur also after a goal has been scored. (Defensive team must stay behind marked line)
- The kick-off can go in any direction. A goal can **NOT** be scored from the kick-off.
- The kicker may not touch the ball a second time until it has been touched by another player.
- An indirect kick is awarded to the opposing team to be taken from where the foul occurred.
- A dropped ball is a method of restarting play when the ball is still in play, if the referee is required to stop play (e.g., injury).
- An indirect kick will be rewarded if the goalkeeper throws the ball over the half-line without being touched by another player.
- Goalkeepers cannot punt the ball.
- A hand ball will result in an indirect free kick.
- When Goalkeeper has ball, must throw in or place ball on turf and pass.

Out of Play

- When the ball hits the ceiling. The ball is awarded to opposing team for a free indirect kick.
- When the ball crosses the side-lines resulting in kick in or end-lines (goal kick).



Scoring

- A goal is awarded when the **entire** ball crosses the goal line.
- No offensive player can be in the goalie crease area unless the ball is there first. An indirect free kick will be rewarded to the defensive team if this occurs.
- There are no off sides.

Penalties/Fouls

- If a referee issues a yellow card, the player will have to sit for 5 minutes and team will be short-handed.
- If a referee issues a red card, the player will have to leave the field of play for the rest of the game. Two red cards result in player being suspended for the season.
- If there are matching penalties for yellow cards, both teams will play short-handed.
- There is no slide-tackling. A free kick will be rewarded if a player is whistled for slide-tackling.
- Fighting will result in a two (2) game suspension.
- Bicycle kicks are not allowed. Opposing team is rewarded a free kick.
- Heading is not allowed for players 12 and under. Opposing team is rewarded an indirect free kick.
- All indirect free kicks must be put into play within (5) seconds.
- All defenders must be a minimum of (3) yards from the ball in all directions on in direct free kicks and kick ins.

Penalty kicks

- The ball must be placed on the penalty mark.
- The player taking kick must be identified.
- The goalkeeper must remain on goal line.
- All other players must be behind the half-field line.



Goal kicks

- A goal kick is awarded when the entire ball crosses the end-line.
- Offensive team must move back to half line during goal kick

Kick-ins

- A kick in is awarded when the whole of the ball passes over the end line after touching defensive team on both sides of the goal.

Goalkeeper

- The goalkeeper has five (5) seconds to put the ball back into play after gaining possession and control of the ball.
- Play will be stopped by the referee(s) when the ball that is thrown by the goalkeeper, travels in the air over the halfway line without being touched by another player.
- The goalkeeper may slide tackle/slide in the penalty area only. If any part of the goalkeeper's body leaves the penalty area, play will be stopped, and an indirect free kick restart will be awarded to the opposing team at the location where the infringement occurred.
- The goalkeeper may not dribble the ball into the penalty area and pick the ball up. Play will be stopped, and the opposing team will be awarded an indirect free kick restart at the top of the penalty circle.
- No opposing player shall approach or obstruct the goalkeeper at any time until the goalkeeper has completed the drop kick or throw in.

Rules subject to change.