

# **Q&B Sports Indoor Soccer**

1739 BINGLE  
HOUSTON, TX 77055  
832.221.8981

## **Q&B INDOOR SOCCER RULEBOOK**

### **TABLE OF CONTENTS**

#### **INTRODUCTION AND DEFINITIONS**

### **PART A - POLICIES AND PROCEDURES**

#### **A1. PLAYER REGISTRATION**

- A1-1 Waivers and ID Cards
- A1-2 Identification
- A1-3 Player Eligibility

#### **A2. TEAM REGISTRATION**

- A2-1 Roster Restrictions
- A2-2 Next Season Registration

#### **A3. PAYMENTS**

- A3-1 Team Deposits/Payment Schedule
- A3-2 Official's Fees
- A3-3 Refunds
- A3-4 Returned Checks

#### **A4. LEAGUES**

- A4-1 Schedules and League Formats
- A4-2 Standings and Tiebreakers
- A4-3 Forfeits
- A4-4 Suspended Games
- A4-5 Reschedules

A4-6 Rulebooks

A4-7 Awards

## **A5. DISCIPLINE**

A5-1 Red Card Suspensions

A5-2 Multiple Red Cards

A5-3 Terminated or Abandoned Games

## **A6. ALCOHOL POLICY**

# **PART B PLAYING RULES**

## **B1. BALLS**

## **B2. PLAYERS**

B2-1 Number of Players – Non Coed Leagues

B2-2 Goalkeeper

B2-3 Substitutions

B2-3a Substitutions During Play

B2-3b Guaranteed Substitutions

B2-3c Shootout Substitutions

B2-3d Goalkeeper Substitutions

B2-3e Illegal Methods of Entering the Field

B2-3f Substitution Violations

B2-4 Injuries

## **B3. PLAYERS' EQUIPMENT**

B3-1 Uniforms and Equipment

B3-2 Jewelry, Footwear, Headwear

B3-3 Braces and Casts

B3-4 Equipment Violations

## **B4. THE REFEREE**

B4-1 Referee's Powers

B4-2 Referee's Report

B4-3 Referee's Decisions

## **B5. THE ASSISTANT REFEREE**

## **B6. COED LEAGUES**

## **B7. YOUTH LEAGUES**

## **B8. DURATION OF GAME**

B8-1 Game Length, Time Outs, Extension of Regulation Time

B8-2 Suspended Games

B8-3 Terminated or Abandoned Games

## **B9. START OF GAME**

B9-1 Starting the Clock

B9-2 The Kickoff

## **B10. BALL IN AND OUT OF PLAY**

B10-1 Ball In Play

B10-2 Ball Out of Play

B10-2a Ball Out of Bounds

B10-2b Ball Out of Play

## **B11. SCORING**

B11-1 Scoring Goals

B11-2 Interference

## **B12. RESTARTS**

B12-1 Definitions and Procedures

B12-2 Free Kick Restarts

B12-3 Goalkeeper Restarts

B12-3a Goalkeeper Throws

B12-3b Goalkeeper Free Kicks

## **B13. PROCEDURAL VIOLATIONS**

B13-1 Three Line Pass

B13-2 Illegal Pass Back to Goalkeeper

B13-3 Others

## **B14. FOULS AND PENALTIES**

B14-1 Fouls

B14-1a Offenses and Restarts

B14-1b Six Foul Accumulations

B14-2 Violations Involving the Goalkeeper

- B14-2a By the Goalkeeper
- B14-2b Against the Goalkeeper
- B14-3 Time Penalties (Cards)
- B14-3a Definitions and Restarts
- B14-3b Short Handed Play
- B14-3c Accumulation of Blue, Yellow and Red Cards
- B14-3d Bench Penalties
- B14-4 Blue Card Penalties
- B14-4a Delayed Blue Card
- B14-4b Encroachment
- B14-4c Dissent/Entering the Referee's Crease
- B14-5 Extreme Misconduct
- B14-5a Yellow Card Offenses (Cautions)
- B14-5b Red Card Offenses (Ejections)

## **B15. SHOOTOUTS AND OVERTIME SHOOTOUTS**

- B15-1 Shootout Fouls
- B15-2 Conduct of a Shootout
- B15-3 Sixth Foul Shootouts
- B15-4 Playoff Shootouts

## INTRODUCTION and DEFINITIONS

Welcome to Q&B Sports Indoor Soccer and Futsal. Please reference the rules of indoor soccer listed below.

A **Bench Penalty** is a time penalty given to a team where no specific player is recorded as serving the penalty. A team member, coach, or spectator may cause a bench penalty and the team must play short.

**Boarding** is pushing, charging, or crowding an opponent into the perimeter wall. What might be a legal play in the middle of the field may be boarding if it runs an opponent into the wall

“**Careless**” means that the player has shown a lack of attention or consideration when making a challenge or that he acted without precaution.

**Charging** is a challenge for space using physical contact within playing distance of the ball without using arms or elbows. It is an offense to charge an opponent in a “careless” or “reckless” manner or using “excessive force”.

**Dangerous Play** is any action that, while trying to play the ball, threatens injury to someone (including the player himself).

**Dead Ball** refers to the situation when the ball is out of bounds or out of play due to a stoppage of any kind.

**Delay of Game** is called when any player, coach, or spectator is deliberately trying to slow down the progress of the game including, but not limited to, the following:

- 1) A player, coach or spectator holding onto the ball, or keeping the ball away from the opposing team or referee, so as to delay a restart.
- 2) A player or coach causing the ball to be moved farther from the place of the restart after the whistle has blown for said restart.
- 3) A player, coach or spectator distracting the referee and/or assistant referee verbally or non-verbally from restarting the game.
- 4) Any player not giving the required distance as signaled by the referee.
- 5) Any player, coach or spectator that does not leave the field of play, and/or facility, in a timely fashion may be subject to an additional time penalty.
- 6) If a player deliberately takes his/her time to get back on their side of mid field after a goal is scored. Play can begin as long as the slow player doesn't interfere with the restart.

**Double Touch** is the violation that occurs when a player taking a kickoff or restart plays the ball a second time before it is touched by another player, (teammate or opponent). You cannot double touch the ball on a kickoff or restart (including goalkeeper throw in) even if it hits the wall or referee before it comes back to you.

“**Excessive force**” means that the player has far exceeded the necessary use of force and is in danger of injuring himself or his opponent.

**Goalkeeper on the Ground:** the goalkeeper is the only player allowed to play the ball while on the ground as long as, in doing so, he is not creating a dangerous play and remains within the arc.

**Handling** the ball involves a deliberate act of a player making contact with the ball with his hand or arm (except for the goalkeeper within his own arc). The referee must take the following into consideration:

- 1) The movement of the hand towards the ball (not the ball towards the hand), (hands or arms in natural playing position).
- 2) The distance between the opponent and the ball (unexpected ball)
- 3) The position of the hand does not necessarily mean that there is an infringement.
- 4) Touching the ball with an object held in the hand (clothing, shin guard etc.) counts as an infringement
- 5) Hitting the ball with a thrown object (boot, shin guard etc.) counts as an infringement.

**Holding** an opponent includes the act of preventing him from moving past or around using the hand, the arms or the body.

**Impeding the progress** of an opponent, commonly called **Obstruction**, means moving into the path of the opponent to obstruct, block, slow down or force a change of direction by an opponent when the ball is not within playing distance of either player. All players have the right to their position on the field of play, being in the way of an opponent is not the same as moving into the way of an opponent. Shielding the ball is permitted. A player who places himself between an opponent and the ball for tactical reasons has not committed an offence as long as the ball is kept within playing distance and the player does not hold off the opponent with his arms or body. If the ball is within playing distance, the player may be fairly charged by an opponent. *It is important to remember to play the ball and not the opponent.*

**Off sides** is crossing the mid line early after whistle is blown and before ball is played on a kickoff or shootout. Players may not cross the line on a kickoff **until the ball has been played**, or on a shootout, until the referee's whistle.

**“Penalty area”** is the penalty box **but not limited to it.**

**“Reckless”** means that the player has acted with complete disregard to the danger to, or the consequences for, his opponent.

A **Slide** is any deliberate movement of leaving one or both feet while going down to the carpet in an attempt to play the ball.

**Unsporting** behavior - There are different circumstances when a player must receive at least a blue card for unsporting behavior, these include but are not limited to, e.g. if a player:

- 1) Commits a foul in a “careless” manner
- 2) Commits a foul for the tactical purpose of interfering with or breaking up a promising attack
- 3) Holds an opponent for the tactical purpose of pulling the opponent away from the ball or preventing the opponent from getting the ball

- 4) Handles the ball to prevent an opponent gaining possession or developing an attack (other than the goalkeeper within his own arc)
- 5) Handles the ball in an attempt to score a goal (irrespective of whether or not the attempt is successful)
- 6) Attempts to deceive the referee by feigning injury or pretending to have been fouled (simulation)
- 7) Fails to respect the encroachment rule
- 8) Acts in a manner which shows a lack of respect for the game
- 9) Verbally distracts an opponent during play or at a restart
- 10) Illegal entry or re-entry of a player onto the field
- 11) Audible obscene language
- 12) On restart, deliberately kicking the ball into a defender to draw an encroachment penalty on the defender
- 13) Inappropriate celebration after a goal is scored
- 14) Spitting anywhere in the facility other than in a trash can
- 15) Chewing gum while playing, on the field, or in the bench area

**Violent Conduct** is physical force that injures, attempts to injure, or abuses any individual or arena property. Violent Conduct is also any verbally or physically threatening demeanor towards any individual.



# **PART A POLICIES AND PROCEDURES**

## **A1. PLAYER REGISTRATION**

### **A1-1 Waivers and Id Cards**

All participants must sign a waiver of liability form. Anyone entering the player bench or the field must present a valid facility form of identification. You will not be able to access the field area until you have signed a facility waiver. This applies to ALL players, coaches, assistants who enter the bench area.

A team using a player who did not complete a waiver prior to playing will forfeit that game. If a player puts inaccurate information on his waiver or uses another player's card to play, his team may forfeit that game, and the player may be suspended for one year. All fees paid by a suspended player are non-refundable.

### **A1-2 Identification**

Acceptable documents for verification of age or identification are one or more of the following: driver's license, DMV ID, passport, an original birth certificate with a raised seal, green card, high school ID with birth date, or any government issued ID with his/her birth date listed thereon. For youth players a stamped outdoor roster or card from a recognized organization may be accepted.

If a formal protest is made, it is the team's responsibility to re-verify the age and/or identity of the player. Also, management may request identification from a player at any time to verify age and/or identity. The only forms of identification acceptable in these cases will be one of the items listed above.

If the player can no longer provide proof, or if the player lied about his age, his team may forfeit every game in which the offending player participated.

Any participant who is discovered to have lied about his age or identity to play in any league will be suspended for a minimum of one year. All fees paid by a suspended player are non-refundable.

### **A1-3 Player Eligibility**

- a) A player must be at least 18 years old to play or enter the bench area in any adult league.
- b) A youth player may play in a youth age group older than he is eligible for, but never in a younger age group.
- c) If a player has been paid to play professional (indoor or outdoor) soccer within the last six months, or is currently playing professionally, he is only eligible to play at the highest level in each league available in that facility.
- d) A facility may restrict advanced players from playing in leagues more than two levels down. Ask for your facility's policy.
- e) Persons with physical or mental impairments of a serious nature that may put them or others at risk will be restricted from play and bench area. Pregnancy and heart problems are conditions that put persons at risk.

## **A2. TEAM REGISTRATION**

### **A2-1 Roster Restrictions**

The maximum number of players per roster is unlimited except that, but not limited to, some facilities may have some leagues with special roster requirements and/or limitations. Please check with your facility management to be sure of the roster requirements and/or limitations on your specific league. Players may be added to the roster throughout the season, with the exception of playoff or Championship games. Everyone playing in a playoff or a Championship game must have participated in at least two prior games for that team in that season.

No one may play on two teams in the same Division except in those instances and circumstances where the facility management, in their sole and complete discretion, requires a team or player to change divisions. Then, and in such an event, a player may play on two teams with authorization of management for that one season. No one may switch teams after having played for one team in the same season except where management, in their sole and complete discretion, determines that said switch is in the best interest of the player, the teams, and the game.

## **A2-2 Next Season Registration**

Teams currently playing in any league will have the first priority to re-register by placing a deposit before a deadline set by the facility. (Usually after the third week of the current season; check with your facility.) The deposit is non-refundable.

## **A3. PAYMENTS**

### **A3-1 Team Deposits/Payment Schedule**

Every team must pay a non-refundable deposit before the deadline established by the facility in order to be registered and put on the game schedule. If a team's registration fees are not paid before the first game of the season the team may be prohibited from playing or dropped from the league, without a refund. A team may pay registration fees, in whole, or in part by various players, at the sole discretion of the Contact Person and players whose fees are not paid according to said Contact Person may be prohibited from playing.

### **A3-2 Official's Fees**

Officials' fees MUST be paid in cash before the start of each game.

### **A3-3 Refunds**

No refunds will be issued to suspended players. If a player who joined a team which registered as a "regular team" wants a refund, he must arrange to get the payment from the team's authorized Contact Person. If a team deliberately forfeits two games in a season or decides to drop out of a league, they may be replaced and no refund given. In addition, they may not be allowed to register a team again.

### **A3-4 Checks**

No checks will be accepted at Q&B Sports Indoor.

## **A4. LEAGUES**

### **A4-1 Schedules and League Formats**

Q&B Sports runs 8-game seasons. If there are enough teams, a league may be broken into two or more divisions. Formats for a league may change from season to season, depending on the number of teams in a league. Please check with your facility for the format of your league. Schedules are available for each player on a team. The home team is the first team listed on the league schedule or is designated H on the team schedule.

### **A4-2 Standings and Tiebreakers**

Leagues are set up on a Best Record system. A team's record is the total number of points earned per game: 3 points for a win, 1 points for a tie, plus 1 point for each goal scored (up to 5 maximum) - win, lose or tie.

Tiebreakers proceed in this order:

- 1) If two or more teams are tied, the head to head results (win/loss record of the game(s) between the tied teams) determines the winner.
- 2) If two or more teams are still tied, the head to head goal differential between the tied teams determines the winner.
- 3) If two or more teams are still tied, the winner is the team with the fewest goals scored against them in all league games.

### **A4-3 Forfeits**

A team will forfeit if there are not at least four players ready to play within 5 minutes of a game's scheduled start time. A team will forfeit if they lose enough players in the course of a game that they are unable to field four eligible players. A team will forfeit if they are not paid up to the amount due by that game.

Forfeits are recorded in the standings as a loss for the forfeiting team and maximum points for the winning team.

A forfeit is given to a team if a player on the team has deliberately broken any rules regarding registration or eligibility, or a team causes a game to be terminated. If a team

deliberately forfeits two games in a season or decides to drop out of a league, they may be replaced and no refund given.

If your team is in danger of forfeiting due to a lack of players, please tell the facility manager and he will attempt to find more players.

#### **A4-4 Suspended Games**

Any game which is suspended at or after half time is final. A game which is suspended before the end of the first half because of a rainout or blackout or injury will be rescheduled.

#### **A4-5 Reschedules**

If your team has a scheduling request and you make sure it is on your Team Registration Form before the league schedule is made, we will try hard to accommodate said request but said requests cannot be guaranteed. After the schedule is made, a reschedule is only possible if there is an available time slot, and if the team complies with facility policies. Please check with your facility to find out their policy on reschedules.

#### **A4-6 Rulebooks**

Rulebooks are available online at our website [www.qbsports.net](http://www.qbsports.net)

#### **A4-7 Awards**

Each player on the league winning team may receive a T-shirt or another award as chosen by the manager. A player must play in at least “half” of their team’s scheduled games to get an award.

### **A5. DISCIPLINE**

#### **A5-1 Red Card Suspension**

If a player, coach, or spectator is issued a red card, he is ejected for the remainder of that game and the length of the suspension will be determined by the facility manager.

Any player, coach, or spectator who touches, bumps, physically contacts or verbally abuses a game official or facility staff shall be guilty of violent conduct and ejected from the indoor facility.

Any player, coach, or spectator who receives a red card suspension cannot return to the Q&B facility for any reason until the full time of the suspension is served.

A player or coach who receives a 1 game red card suspension (remainder of game when card is given and next game) and is only suspended from playing for that team, may stay in the building and play for a different team, at the sole discretion of management.

### **A5-2 Multiple Red Cards**

Any action after you receive a red card and your prior history will affect the length of your suspension,

### **A5-3 Terminated or Abandoned Games**

If the referee terminates a game, the outcome of the game and any disciplinary action will be decided by the facility manager. See Referee Powers, section B4-1. If any player, coach, or spectator involved with a particular team gives the referee cause to terminate a game, the victory will be awarded to the opposing team.

## **A6. ALCOHOL POLICY**

There is no alcohol permitted on the Q&B Sports grounds. No exceptions. Additionally, no player is allowed to play under the influence of alcohol. Players found to break the alcohol rule will receive a lifetime suspension.

## **PART B PLAYING RULES**

### **B1. BALLS**

The facility will furnish balls for league games. **No other balls are allowed in the facility.**

## **B2. PLAYERS**

### **B2-1 Number of Players**

Each team plays with a maximum number of field players (based on your facility's league rules) and a designated goalkeeper on the field. A team can play with a minimum of three players and a goalkeeper but will forfeit if it then loses a player; for example, to a penalty or an injury. See Roster Restrictions, section A2-1.

A facility may run a tournament or a special league with a variation of the number of players and may, or may not, have a designated goal keeper.

### **B2-2 Goalkeeper**

A team must have a designated goalkeeper on the field at all times. The goalkeeper must wear a jersey color that distinguishes him from all other field players and from the referee. A team may **NEVER** have more than one goalkeeper on the field at one time. See Goalkeeper Substitutions, section B2-4d.

The goalkeeper may play the ball with his hands within his own penalty area, if the ball is not deliberately passed to him by a teammate's foot pass. The goalkeeper may distribute the ball by rolling, throwing, punting, or drop kicking except for a goal throw or free kick restart. The goalkeeper may drop the ball to his own feet and kick or dribble the ball. See Goalkeeper Restarts, section B12-3 and Goalkeeper Violations, section B14-2.

### **B2-3 Substitutions**

#### **B2-3a Substitutions During Play**

During the game unlimited substitutions of players may be made, provided that the player substituted for is within the touch line in front of his team's bench or off the field before the replacement steps onto the field.

Neither the substitute entering the field nor the player leaving may play the ball while the other is on the field. If either substituting player plays the ball, a timed penalty is given to the player that plays the ball.

### **B2-3b Guaranteed Substitutions**

A team is guaranteed to substitute eligible players in a timely manner at all times.

Substitutions can take place anywhere on the field. If play is inadvertently started with too many players on the field after any guaranteed substitution occasion, no penalty shall be assessed. Play will restart with a referee's whistle.

### **B2-3d Goalkeeper Substitutions**

- 1) On a guaranteed substitution, a goalkeeper can substitute for any player on his team, including players on the field. The departing goalkeeper must receive acknowledgment from the referee when a goalkeeper change is made during a guaranteed substitution.
- 2) On any other substitution, the goalkeeper must be replaced by a player from his team's bench, who cannot leave the bench until the goalkeeper is within the touchline in front of his bench or off the field. The goalkeeper must enter the bench to remove his goalkeeper jersey.
- 3) When a goalkeeper receives a time penalty, the offending team must get another designated goalkeeper onto the field and ready to play in a timely manner. A violation results in a blue card bench penalty to the offending team, and the team will play an additional player short.

### **B2-3e Illegal Methods of Entering or Exiting the Field**

Players may only enter or exit the field through their own bench door. Any other entry or exit may result in a blue card penalty.



## **B2-3f Substitution Violations**

Violations of the above substitution rules will result in a blue card penalty. Play is restarted with a free kick where the ball was when the whistle (or horn) sounded.

## **B2-4 Injuries**

The referee shall send any player off the field that requires treatment for injury or blood (regardless of whether the blood is his own or another's or is on his body or uniform). For treatments involving blood, the player must obtain the referee's approval before he may re-enter the field.

Play shall stop when the referee decides

- 1) an injury is critical (safety of the player comes first),
- 2) the injured player's location is likely to interfere with play, or
- 3) the injured player's team has control of the ball.

When play is stopped for an injury, the injured player must leave the field, except the goalkeeper. The second time play is stopped because of an injury to the same goalkeeper, he must leave the field. An injured player may re-enter the field after play is restarted. If play is stopped for an injury, anyone entering the field to assist the injured player must wait for the referee's signal. If no clear possession is determined the ball is given to the defensive team.

## **B3. PLAYERS' EQUIPMENT**

### **B3-1 Uniforms and Equipment**

All the field players of a team must wear the same color jersey, or everyone must wear a bib. The goalkeeper will wear a jersey color that distinguishes him from all other field players and from the referee. The home team changes in case of a color conflict.

Shin guards are mandatory. Shin guards must be an appropriate size for the player.

### **B3-2 Jewelry, Footwear, and Headwear**

No jewelry or watches are allowed. Health monitor/trackers are allowed as long as they are covered with a protective sweat band.

Players must wear shoes designed for the playing surface. NO CLEATS allowed. Flat or indoor shoes are permitted.

No hats are allowed. Other, non dangerous headwear must be approved by the facility's management.

A player who loses a shoe or headwear during the normal course of play will receive a warning from the referee for the first offense and a blue card penalty for the second offense.

### **B3-3 Braces and Casts**

Knee braces must be inspected and approved by the referee prior to the start of the game. Only hand or arm casts are allowed. Casts must be padded and must be inspected and approved by the referee prior to the start of the game. Please check with your facility for approval.

### **B3-4 Equipment Violations**

The referee or assistant referee can order a player to remove any unauthorized or dangerous equipment. A blue card penalty shall be issued to the player who fails to comply with the adjustment ordered. The player is prohibited from play so long as he is not in compliance with the order.

## **B4. THE REFEREE**

### **B4-1 Referee's Powers**

The referee's power to assess penalties and maintain control of the game includes violations committed during play, during stoppages, and as the players and others proceed to and from the field. The referee has the power to:

- a) Warn/Penalize/Caution/Eject - From the time the referee enters the building he has the power to penalize any player, coach, or spectator for fouls or misconduct as stated in these Rules and to give warnings or time penalties, including blue, yellow, or red cards, regardless of whether the ball is in play.
- b) Declare an Advantage - The referee allows play to continue when the team against which an offense has been committed could benefit from such an advantage.
- c) Stop, Suspend, or Terminate the Game - The referee has the discretionary power to stop the game for any violation and to suspend or terminate the game because of the elements, interference by spectators, extreme misconduct, or other situation which he deems unsafe or unacceptable. In the case of a terminated game, the outcome of the game and any necessary disciplinary action will be determined by the facility manager.

- d) Prohibit Entry onto the Field - The referee ensures that no unauthorized persons enter the field.
- e) Halt Play Due to Injury - The referee may stop the game if a player has been injured and have the player removed from the field.
- f) Signal Restarts - The referee signals the restart of the game.

#### **B4-2 Referee's Report**

The referee will file a report with the facility manager, giving all pertinent information about any red card incident.

#### **B4-3 Referee's Decisions**

The decisions of the referee regarding facts connected with play and interpretation of the rules are final. The referee may change a decision prior to restart, upon his own reconsideration.

### **B5. THE ASSISTANT REFEREE**

The assistant referee shall be positioned at the halfway line, outside the field, adjacent to the referee's crease. His responsibilities include:

- 1) ensure that every person entering the bench or the field - for whatever reason - presents his own ID card,
- 2) ensures that no unauthorized persons enter the field,
- 3) start the clock at the scheduled start time and keep the time for the duration of the game,
- 4) record fouls, time penalties, goals scored and time outs.
- 5) sound the horn to indicate illegal substitutions,
- 6) inform a player when his time penalty will expire,
- 7) sound the horn or otherwise inform the referee about any fouls or misconduct on the bench, in the stands, or on the field behind the referee's back,
- 8) assist the referee by watching for and indicating
  - a) ball out of bounds, and/or

- b) anything else requested by the referee,
- 9) in case of an altercation on the field, make every attempt to prevent players from leaving the bench to join in; observe and record violations which happen during the altercation,
- 10) in case of an injury, fill out an incident report,
- 11) in case of a red card, fill out a red card report.

## **B6. COED LEAGUES**

Coed Leagues have unique rules - please ask management.

## **B7. YOUTH LEAGUES**

Two unique rules are in effect for Youth Leagues:

- 1) In Youth Leagues, there may be a goal differential rule in effect. Please check with your facility. A team which is behind by five goals is allowed to add a player. The team may add another player at two more goals, with a maximum of two player additions. Players must be subtracted by the trailing team as the goal differential returns to six or four goals.
- 2) Youth teams may have a maximum of two coaches or non-players that must be at least 18 years of age, on the team bench during a game.

## **B8. DURATION OF THE GAME**

### **B8-1 Game Length, Extension of Regulation Time**

League games consist of 2 x 20 minutes halves.

The referee may call an official's time out for an injury or any unusual circumstance.

The only instance when regulation time will be extended is insufficient time on the clock to conduct a shootout. In that case, 5 seconds is set on the clock, and the clock is started at the referee's whistle and all other players are removed from the field.

### **B8-2 Suspended Games**

Any game which is suspended at or after half time is final. A game which is suspended before the end of the first half because of a rainout or a blackout will be rescheduled.

### **B8-3 Terminated or Abandoned Games**

If the referee terminates the game, the outcome of the game and any disciplinary action will be decided by the facility manager. See Referee Powers, section B4-1. If any player, coach, or spectator involved with a particular team gives the referee cause to terminate the game, the victory will be awarded to the opposing team.

If a team abandons a game, the outcome of the game and any disciplinary action will be decided by the facility manager.

## **B9. START OF THE GAME**

### **B9-1 Starting the Clock**

Balls must be off the field immediately after the referee or the assistant referee calls for them. Offending team will receive a blue card penalty. If both teams are involved, the clock will start and ball removal done under a running clock.

The clock will begin running at game time. A team must have at least 4 players ready to play for the game to begin. If a team is unable to start the game after 2 minutes have elapsed, their opponent will be awarded one goal at the 17:59 mark. If a team is 4 minutes late, their opponent will be awarded a second goal and the 15:59 mark. If a team is not prepared to play after 5 minutes have elapsed, the game is forfeited and the opponent is credited with maximum points (for standings purposes) at the 14:59 mark.

### **B9-2 The Kickoff**

The guest team kicks off the first half on the referee's whistle. The player kicking the ball may not touch the ball a second time until it is touched by another player (a "double touch"). Players may not cross the mid line until the ball is kicked ("offside"). The kickoff does not have to go forward. A goal may be scored directly from a kickoff. If offside is called or the kicker takes longer than 5 seconds to play the ball, the opposing team is awarded a free kick at the mid line center spot (NOTE: because this restart is a free kick, the players can be anywhere on the field, as long as they do not encroach.) If a double touch is called, the opposing team will be awarded a free kick at the point of the infraction.

After each goal, the game is restarted with a kickoff by the team just scored upon, except when a goal is scored at the end of the half.

The referee may blow the whistle as soon as the ball is reset at the center spot. This is called a "qucik restart" and it is allowed. Opposing players may not encroach.

If restart is played back no opposing player may touch or challenge the ball until he or she crosses the mid line.

Prior to the second half, the teams change defensive ends. The home team kicks off the second half.

## **B10. THE BALL IN AND OUT OF PLAY**

### **B10-1 Ball in Play**

The ball is still in play

- 1) when it rebounds from a goalpost, crossbar or wall and remains in the field,
- 2) when it rebounds off a referee on the field, or
- 3) in the event of a supposed violation, until stoppage is ordered by the referee.

### **B10-2 Ball Out of Play**

#### **B10-2a Ball Out of Bounds**

The ball is out of bounds when it goes over the perimeter wall or touches the netting above the wall or the ceiling netting.

If the referee judges that a ball was deliberately kicked out of bounds, the restart will be taken at the point where it crossed the perimeter wall or hit the netting, and the offending player may be subject to a blue card penalty.

Any ball kicked out of the field will be replaced with another; players should not leave the field to retrieve the ball.

#### **B10-2b Ball Out of Play**

The ball is out of play when it crosses the goal line or when the game is stopped by the referee's whistle. A ball out of play is restarted with a kick off, free kick, or a goalkeeper throw. See Restarts, section B12.

## **B11. SCORING**

### **B11-1 Scoring Goals**

A goal is scored when the whole ball crosses the whole of the goal line, between the goalposts and under the crossbar, provided that no violation of the rules has been committed by

the team scoring the goal. A goal cannot be scored once the horn has begun to sound; the whole ball must cross the whole line before the start of the horn. The team scoring the greater number of goals is the winner.

A goal may be scored directly from a kickoff or any restart, including but not limited to: goalkeeper throws, corner kicks, kick ins and other free kicks, except in the case of a violation of the rules recognized by the referee. Please check with your facility as some leagues may have exceptions to this rule.

### **B11-2 Interference**

No goal is allowed if an outside agent alters the path of the ball on its way over the goal line. The restart is a free kick to the defending team.

## **B12. RESTARTS**

### **B12-1 Definitions and Procedures**

A restart is the procedure for resuming play after a stoppage. Restarts consist of kickoffs, free kicks (including Kick-Ins) and goalkeeper throws. Once the referee signals a restart, a player has 5 seconds to play the ball and may not touch the ball again until it has been touched by another player. For a 5 second violation, the opposing team is given a free kick at the same spot unless the violation occurs in the team's own penalty area then the ball must be placed at the top of the penalty area. In the case of a double touch, the opposing team is given a free kick at the point of infraction. The ball must be stationary; if it is not, the kick is retaken. Opposing players may not encroach. See Encroachment, section B14-4b.

A whistle is not required for a restart after a foul, unless it is taken at the top of the penalty area. A whistle is not required for a kick-in, ceiling out of bounds, or a goalkeeper throw.

The following restarts require the referee to signal the restart with a whistle:

- a) a kickoff,
- b) a free kick taken at the top of the opponent's penalty area,
- c) a shoot out,
- d) when a player requests that opponents are 12 feet from the ball,
- e) after a time penalty is given, or
- f) after a referee's stoppage.

If the player taking the kick does not wait for the whistle, the the referee may issue a time delay penalty against the kicking team and issue a time penalty. A re-kick may also be allowed.

After each goal, the game is restarted with a kickoff by the team just scored upon, except when a goal is scored at the end of the half.

Prior to the second half, the teams change defensive ends. The home team kicks off the second half.

## **B12-2 Free Kick Restarts**

Specific free kick restarts include:

- a) Free Kick in Own Penalty area - When a player takes a free kick in his defensive penalty area, all opposing players must be a minimum of 5 feet from the ball until the ball is in play.
- b) Free Kick in Opponent's Penalty area - When a team is awarded a free kick in their opponent's penalty area, the kick takes place at the top of the penalty area. Defensive players must be 12 feet away from the ball, and the kicker must wait for the referee's whistle.
- c) Delayed Blue Card - The location of the restart after a delayed blue card is
  - 1) at the center spot of the mid-line if a goal is scored,
  - 2) at the point of the original foul if a defensive player touches the ball,
  - 3) at the point of the infraction if another foul occurs before the defensive team touches the ball. See Delayed Blue Card, section B14-4a.
- d) Shootouts - The restart for a shootout is taken in accordance with section B15-2.
- e) Pass Back to Goalkeeper Violation - The free kick awarded after an illegal pass back to the Goalkeeper. The kick is taken at the top of the offending team's penalty area. The defending team must provide a minimum distance of 12 feet and the play is restarted with the referee's whistle.
- f) Ceiling Out of Bounds - A ball which hits the top netting shall be restarted directly beneath the spot it struck the netting, unless it is kicked into the netting above either penalty area by a defending player, in which case it shall be restarted at the top of the penalty area.
- g) Kick Ins - When the ball goes over the wall or touches the netting above the wall, a kick in is awarded to the opposing team, and play is restarted on the touch line or between the line and the wall, even with the point where the ball went out. If the ball touches a player or other person on the bench who is inadvertently extending into the field, or if the ball exits through an open bench door, a kick in shall be awarded to the opposing team.
- h) Corner Kicks – A corner kick is a kick in when the ball is last played by a defending player and crosses over the wall or hits the netting between the corner marks, the opposing team takes a free kick from the corner mark nearest to where the ball went out.



- i) Referee Stoppage - When the play is stopped by the referee's whistle for any unusual circumstance, play is restarted at the place it was stopped with a free kick by the team that was in possession when the whistle was blown. If possession was not clear, the ball is given to the defensive team.

### **B12-3 Goalkeeper Restarts**

If a player from the opposing team impedes the progress of the goalkeeper or prevents or hinders him from releasing the ball into play, the offending player receives a time penalty for unsportsmanlike behavior.

#### **B12-3a Goalkeeper Throws**

When the ball is last played by an attacking player and crosses over the wall or hits the netting between the corner marks, the opposing goalkeeper restarts play with a throw. The throws shall be taken by the goalkeeper from any point within the penalty area.

The goalkeeper has 5 seconds to throw the ball, and he may not play the ball again until it is touched by another player.

A violation shall result in a free kick awarded to the opposing team at the point of the infraction if it occurred outside the penalty area, or at the top of the penalty area, if it occurred within the penalty area.

#### **B12-3b Goalkeeper Free Kicks**

The goalkeeper may also restart play with a free kick; for example, after an out of bounds or an injury time out.

### **B13. PROCEDURAL VIOLATIONS**

Procedural violations do not result in blue card penalties, are not recorded as fouls and are not added to a team's foul count. A free kick is awarded to the opposing team.

### **B13-2 Illegal Pass Back to Goalkeeper**

The goalkeeper may not play the ball with his hands if the ball is deliberately kicked to him by a teammate's foot either directly or off the wall. The goalkeeper may use his hands to play the ball if it is deflected off a teammate, or if the teammate plays the ball with another part of the body, e.g.; his head, chest, or knee.

A violation results in a free kick to the opponent at the top of the penalty area.

A player may not circumvent this rule by playing the ball from his foot to his head and then passing it back to the goalkeeper. A violation results in a blue card penalty to the offending player.

### **B13-3 Others**

Other procedural violations include:

- a) goalkeeper brings the ball in the penalty area and picks it up,
- b) player takes longer than 5 seconds to put the ball into play,
- c) player double touches ball on a restart,
- d) offsides on a kickoff,
- e) goalkeeper possession.

## **B14. FOULS AND PENALTIES**

### **B14-1 Fouls**

#### **B14-1a Offenses and Restarts**

The restart after a foul is called will be a free kick within 3 feet of the point of the infraction, or a free kick at the top of the penalty area, if it is a defensive foul in the penalty area. A whistle is not required for a restart after a foul, unless it is at the top of the penalty area, or the kicker asks for 12 feet.

### **B14-1b Six Foul Accumulation**

Every accumulation of six fouls by one team results in a penalty shootout awarded to the opponent. (Procedural violations and time penalties do not count toward the total of six fouls). The foul count carries over from the first half to the second half. For a six foul accumulation no blue card penalty is given, and the team is not short handed. No substitutions are allowed until the referee's whistle starts the shootout. See Conduct of a Shootout, section B15-2.

### **B14-2 Violations Involving the Goalkeeper**

#### **B14-2a By the Goalkeeper**

- 1) The goalkeeper may only possess the ball within the penalty area for a maximum of 5 seconds (hands or feet). He can move anywhere in the penalty area in that 5 seconds. If the goalkeeper exceeds that time, the opposing team is given a free kick at the top of the penalty area. The defending team must provide 12 feet minimum distance for the kick. The kicker must wait for the referee's whistle.
- 2) The goalkeeper may not play the ball with his hands if the ball is deliberately kicked to him by a teammate's foot either directly or off the wall. The goalkeeper may use his hands to play the ball if it is deflected off a teammate or if the teammate plays the ball with another part of the body; e.g.: his head, chest, or knee. A teammate of the goalkeeper may not circumvent this rule by playing the ball from his foot to his head and then passing it back to the goalkeeper. A violation results in a blue card penalty to the offending player.
- 3) The goalkeeper has only one possession with his hands per team possession. The goalkeeper cannot bounce the ball or throw it in the air and catch it again.
- 4) The goalkeeper cannot bring the ball into the box and then pick it up.

Violations of rules 1-4 above are procedural infractions and are not added to the six foul counts. For any goalkeeper violations in the penalty area, the opposing team is awarded a free kick at the top of the penalty area. The defending team must provide 12 feet minimum distance for the kick. The kicker must wait for the referee's whistle.

- 5) A goalkeeper may slide within the penalty area, but may not play the ball outside the penalty area while on the ground (dangerous play). A violation is a free kick at the point of infraction.

- 6) If the goalkeeper either deliberately strikes an opponent by throwing the ball violently at him, or pushes him with the ball while holding it, he shall be cautioned or ejected, as deemed appropriate by the referee, and the opposing team awarded a shootout if the offense is initiated within the penalty area.
- 7) If a ball is handled by the goalkeeper outside the penalty area it may result in a blue card penalty.

To clear up any confusion about the goalkeeper handling the ball around the penalty area we offer the following explanation. The key point is the location of the ball. If the ball is inside the penalty area (lines are inside) at the moment of contact, it is not a handball, even if any other part of the goalkeeper's body is outside the penalty area.

When a goalkeeper receives a time penalty, the offending team must get another designated goalkeeper onto the field and ready to play in a timely manner. A violation results in a blue card bench penalty to the offending team, and the team will play an additional player short.

### **B14-2b Against the Goalkeeper**

- 1) If a player from the opposing team deliberately impedes the progress of the goalkeeper or prevents or hinders him from releasing the ball into play, the offending player receives a time penalty for unsportsmanlike behavior.
- 2) During play or on a restart, if a player follows a goalkeeper around inside the penalty area, impeding him from the play a foul will be called and the ball awarded to the goalkeeper's team at the point of infraction.
- 3) Charging the goalkeeper or attempting to play the ball when he has possession of the ball is a foul. The goalkeeper is said to have possession of the ball when either the goalkeeper has at least one hand on the ball, or the goalkeeper is covering up the ball and no play can be made on the ball without striking the goalkeeper.

### **B14-3 Time Penalties (Cards)**

#### **B14-3a Definitions and Restarts**

Referees may issue blue, yellow or red cards for various infractions.

A player can be given a yellow or a red card without first receiving a blue card or warning.

(Blue, yellow, and red card offenses are described in B14-4a, B14-5a and B14-5b.)

After a time penalty for a hard foul is given, play is restarted at the point of the infraction with a free kick by the opposing team.

### **B14-3b Short-Handed Play**

When a player receives a time penalty . . . .

1. The player cannot return to the game until their full time is served, even if a goal is scored against his/her team. So a blue card means that player cannot return to play for a full two minutes. A yellow card means that player must sit for the full three minutes.
2. The time penalty begins on the referee's whistle to restart play,

When a player receives a time penalty his/her team's shorthanded plays ends when . . .

1. the time expires
2. or the opposing team scores having a man advantage (more players on the field) then the team may add an eligible player (not the player who received the time penalty) so they are no longer playing shorthanded.
3. If both teams are at even strength a team may only add a player when their penalty time expires no matter the number of goals scored.

Regardless of the number of players from one team serving time penalties, a team may not have fewer than four players on the field. Only two time penalties per team may be served at one time. Any penalties after that cannot start until the shortest time penalty ends. Because an offending player cannot return to play until his penalty is served, a team that does not have enough substitutes to field at least four eligible players must forfeit the game.

**EXAMPLES:** See examples of short-handed play at the end of the book.

### **B14-3c Accumulation of Blue, Yellow and Red Cards - Personal Penalties**

#### **Multiple blue cards:**

- 1) 1st blue card = player is penalized 2 minutes.
- 2) 2nd blue card after serving 1st blue = player is penalized 2 minutes, and is recorded as being at yellow card status.
- 3) 2nd blue card concurrent with the 1st = player is penalized 2 minutes for the first blue card and 2 minutes for the second blue and is recorded as being at yellow card status. (If his team is short handed and the opposing team scores, his first penalty ends and the second one begins.)

- 4) 3rd blue card (consecutive or concurrent) = player is recorded at red card status. His team is penalized 5 minutes.

**Multiple yellow cards:**

- 1) 1st yellow card = player is penalized 3 minutes, and is recorded at yellow card status.
- 2) 2nd yellow card after serving 1st yellow = player is recorded at red card status. His team is penalized 5 minutes.

**Accumulating a blue and yellow card:**

A player who receives a blue or yellow card, consecutively or concurrently, = red card status. His team is penalized 5 minutes.

**Red card:**

If a player, coach, or spectator receives a red card, that person is ejected from the premises for at least the remainder of the game. His team is penalized for 5 minutes.

**B14-3d Bench Penalties**

The following violations can result in a bench penalty, which is a time penalty during which the team plays short but no player is recorded as serving the penalty.

- 1) Illegal substitutions.
- 2) Abusive language or persistent misconduct from the bench area.
- 3) Abusive language or persistent misconduct by spectators in the stands.

A team can receive an unlimited number of bench penalties with or without an initial warning.

Play restarts with a free kick by the opposing team where the ball was when the whistle (or horn) sounded.

**B14-4 Blue Card Penalties**

**B14-4a Delayed Blue Card**

In instances where the referee would issue a blue card, but chooses to apply the advantage rule, he shall acknowledge the offense by holding the blue card above his head until either:

- 1) the team of the offending player gains control of the ball (possesses the ball for more than one second, deflects the ball into open space, or directs the ball toward a teammate or the goal), or
- 2) the referee stops play for any reason.

If the offending player leaves the field of play before the two minutes is issued he/she will be issued a second blue card for unsporting behavior.

Once play is stopped, the offense is recorded and the penalty is served by the player. If a goal is scored against the offending team the penalty is still recorded and served by the player; however, the team may not play short if they have an eligible substitution. The location of the restart after a delayed blue card is:

- 1) at the center spot of the mid line if a goal is scored, or
  - 2) at the point of the original foul if a defensive player touches the ball,
- or
- 3) at the point of the infraction if another foul occurs before the defensive team touches the ball.

#### **B14-4b Encroachment**

For all free kick restarts:

- 1) The defender must provide a minimum of 3 feet for the taking of a free kick. If a defensive player makes any movement toward the ball to block the free kick and crosses into the 3 feet minimum space, he is guilty of encroachment and will be assessed a blue card penalty. The defender may move from side to side to play the ball but not forward.
- 2) If the player taking the free kick asks the referee to enforce the 12 feet distance, he must wait for a whistle restart. If a defensive player makes any movement toward the ball to block the free kick and crosses into the 12 feet space, he is guilty of encroachment and will be assessed a blue card penalty. The defender may move from side to side to play the ball but not forward.
- 3) If the referee asks a defensive player to move 12 feet from the ball, and the player does not immediately comply, a blue card delay of game penalty shall be assessed.
- 4) If the player taking the free kick chooses to 'quick kick' the ball and it strikes the defender attempting to provide the minimum space, then there is no encroachment.

- 5) When a team is awarded a free kick in its opponent's penalty area, the kick will take place at the top of the penalty area. Defensive players must be 12 feet away from the ball, and the kicker must wait for the referee's whistle.

On a kickoff, the defending team must be at least 12 feet away from the ball and on their side of the mid line. A player stepping into the ball before the ball is kicked is encroachment. The kickoff is retaken.

#### **B14-4c Dissent/Entering the Referee's Crease**

Any words or actions directed by a player, coach, or spectator at a referee in question or shows a difference of sentiment or opinion of a call. Dissent may result in at least a blue card penalty. If the penalty is given to the coach or the bench, the team must play short, but no player is recorded as receiving the penalty.

Only the authorized team captain or coach may discuss a call with the referee, at a stoppage of play, with the agreement of the referee.

Players may not approach the referee or assistant referee during discussion. Players who approach may be given a blue card penalty.

### **B14-5 Extreme Misconduct**

#### **B14-5a Yellow Card Offenses (Cautions)**

Behavior which warrants a minimum of a yellow card includes, but is not limited to:

- 1) fouls which the referee considers "reckless",
- 2) initiating physical contact short of fighting,
- 3) a tackle from behind,
- 4) persistent infringement of the rules.

#### **B14-5b Red Card Offenses (Ejections)**

Behavior which warrants a mandatory red card includes, but is not limited to:

- 1) fouls which the referee considers to involve "excessive force"
- 2) a tackle from behind which endangers the safety of an opponent,
- 3) striking or attempting to strike an opponent,
- 4) any form of fighting or violent conduct,
- 5) spitting on or at another person,
- 6) leaving the bench to join an altercation on the field,



- 7) abusive language or behavior toward a referee, assistant referee or facility staff,
- 8) Touching, bumping or any physical contact with a referee, assistant referee, or facility staff.

The referee or assistant referee while in uniform; any management; or staff on duty have the right to eject a player, coach or spectator before, during or after a game. That person must leave the property immediately (possible tournament or two leagues exception). If an ejected player(s) fails to leave the premises, the game will be terminated and the victory awarded to the opposing team. If, after receiving a red card misconduct continues, additional red cards may be issued.

## **B15. SHOOTOUTS AND OVERTIME SHOOTOUTS**

### **B15-1 Shootout Fouls**

A shootout shall be awarded for any of the following fouls committed by a defending player in his defensive half of the field:

- a) a foul within his defensive penalty area or inside the goal for which a time penalty is issued,
- b) a foul from behind against an attacking player who has control of the ball and has one or no defensive players between himself and the goal, or
- c) any foul where he is the last player on his team between an attacking player with the ball and the goal.

A shootout is awarded when one team has accumulated six fouls.

### **B15-2 Conduct of a Shootout**

- a) The designated shooter must set the ball on the center yellow spot. The goalkeeper has at least one foot on his goal line and may not move off it until the referee whistles the start of the shootout.
- b) Both teams must be behind the mid line and. When the referee blows the whistle, play is restarted. The player taking the shootout can play the ball forward using any legal manner to score, including direct shot, dribble and shoot, playing the ball off the boards, passing to a teammate, etc.
- c) For a shootout other than a six foul penalty, the penalized player must be off the field.

- d) Coed leagues have unique rules which would still apply during a shootout, please check with management for those unique rules”.
- e) A player cannot circumvent the rules to gain an advantage. A violation is unsporting behavior; a warning will be issued, and a blue card penalty may be given. (An example is entering one door and your player exiting the other door during a shootout). Play is stopped for the warning and/or card, and the shootout is retaken.
- f) Should game time expire before the taking of the shootout, the clock shall be reset at 5 seconds and the shootout retaken.
- g) During a shootout if a goalkeeper commits a dangerous foul, a blue card penalty will be issued, and a shootout will be awarded.
- h) Offsides on a shootout: If any player crosses the mid line before the whistle, the horn will sound and play will be stopped. The referee will give a verbal warning to all the players. If one or more players is offsides again, his team receives a bench penalty and will be one player short. (If both teams are offsides, both are one player short.) If one or more players is offsides again, another bench penalty is given and the team is short one more player

### **B15-3 Sixth Foul Shootout**

For a six foul accumulation, no blue card penalty is given.

### **B15-4 Playoff Shootout**

For league or tournament formats in which some playoff games cannot end in a tie and must have a winner, the game will be decided with a playoff shootout. (E.g., the winner advances, or winner takes all.)

Conduct of a playoff shootout is as follows:

- a) Each team chooses five players to take the first five shootouts, and states the order in which they will shoot. The five shooters can be anyone on the team including the goalkeeper. Players can participate in the playoff shootout even if they were on the bench at the end of the game.
- b) The chosen five players for each team remain in the circle at midfield. The remainder of the teams return to their designated players’ boxes.
- c) Playoff shootouts are one on one between the shooter and the goalkeeper. No one else from either team is lined up at midfield or involved in the shootout. Opposing goalkeepers take turns defending one goal.
- d) Five seconds are put on the clock, and at the whistle the clock is started.

The shooter must score within the five seconds for the goal to count. The whole of the ball must cross the whole of the line before the horn starts to sound.

- e) The designated shooter must set the ball on the center spot of the opponent's red line. The goalkeeper has at least one foot on his goal line and may not move off it until the referee whistles the start of the shootout.
- f) Coed leagues have unique rules which would still apply during a shootout, please check with your facility's management for those unique rules.
- g) If at the end of the five shooters the score is still tied, each team chooses one more shooter, they each take a shootout, and this continues until one team scores and the other misses. No shooter may shoot twice until all players for their team have taken a shootout or until the other team repeats a shooter.
- h) During a shootout if a goalkeeper commits a foul, a verbal warning will be given, the shootout will be replayed, and the goalkeeper must be replaced during that particular shootout.
- i) During a shootout if a goalkeeper commits a second foul, a new goalkeeper must be chosen for the remainder of the playoff shootouts.
- j) If a goalkeeper commits an offense for which a card is given, then a new goalkeeper must be chosen for the remainder of the playoff shootouts.

The Q&B manager is responsible for the enforcement of these rules.

If you have any questions please ask your facility's manager.

**Q&B SPORTS**  
**INDOOR SOCCER**

