

INDOOR RULES PROMULGATED BY ILLINOIS SOCCER REFEREE COMMITTEE

MODIFIED FOR USE AT LATTOF YMCA, effective January 1, 2012, Rev. Dec. 15, 2012

USSF Laws of the Game are in effect except as modified herein.

FIELD OF PLAY. Penalty kick spot is not marked. Kick will be taken 10 yards for all age levels, from the goal line, directly from the midpoint of the goal. All players other than the defending goalkeeper must be behind the spot.

CORNER KICK SPOT. Corner kick spot is not marked. Kick will be taken one yard from the wall as close to the center of the curve of the wall as possible.

GOAL KICK. Goal kick will be taken anywhere within the penalty area.

NUMBERS OF PLAYERS. Minimum 4, maximum 6 on each team on the field for the match to continue. One player of each team is designated the goalkeeper and must wear a jersey which clearly distinguishes him or her from all other players and the referee.

All team and bench personnel listed on the roster are subject to the authority and jurisdiction of the referee. A maximum of 3 non-players (manager, coach, or trainer) are allowed on the bench. No unauthorized individuals may sit with the players and coaches during the game. They also may not be within 15 feet of the bench. YMCA personnel will enforce this requirement.

No manager, coach, trainer, or any other non-player with either team may enter the field of play unless specifically beckoned on by the referee. Penalty: blue card, 2 minute time penalty. A coach will designate a player to serve the penalty, but the coach, not the player will be charged with the penalty for the purpose of accumulating blue cards for automatic send-off.

SUBSTITUTION. Unlimited and on-the-fly (including goalkeeper changes) provided both players are no more than one yard from the bench door or within their own bench area when the substitution is made. Further, neither the player entering nor the player leaving may participate in play during any period of time that they are simultaneously on the field of play. Players must enter and exit the field through the door, and may not jump over the boards. Infraction of this rule by any player shall result in blue card and 2 minute time penalty. If play is stopped to apply the penalty, the opposing team will restart play with an indirect free kick from where the ball was when the play was stopped.

INJURED PLAYER. In cases where the referee must stop the time clock for an injured player and the injured player's coach or either team's trainer is requested onto the field by the referee to attend to an injured player, that player must be removed from the field and may not rejoin play until the next substitution opportunity.

BLOOD. A player shall not be allowed to continue to play while he/she has an open wound, or blood is evident. Player(s) sent off the field for blood shall not return without first reporting to the referee. An infraction of this rule by any player shall result in a blue card, and a 2 minute time penalty.

INJURED GOALKEEPER. If play is suspended more than once as a result of a team's coach or trainer being beckoned to enter the field by the referee to attend to a particular injured goalkeeper, that injured goalkeeper shall be removed from the field of play and shall not be permitted to rejoin play until the next substitution opportunity.

PLAYER EQUIPMENT. DANGEROUS EQUIPMENT: Casts, splints, or body braces made of a hard substance, including leather, metal, rubber, or fiberglass must be covered entirely by at least ½ inch high density, closed cell polyurethane or similar substance that is satisfactory to the referee.

GLASSES. Street glasses may not be worn. Sport glasses or eye protection wear must be worn and secured with a strap.

Players who choose not to correct equipment deficiencies to the satisfaction of the referee shall not be permitted to play.

Penalty: 1) Once the game has started, and the referee notices that a player is on the field wearing no shin guards, the referee must issue the offending player a blue card, 2 minute time penalty. The team will play shorthanded.

Penalty: 2) The first time in a game a player is noticed by the referee to have faulty, dangerous, or intimidating equipment, the player shall be sent to the bench to correct the equipment deficiency and a substitute may come in for the player. No penalty. The second time that player is noticed with the same or related deficiency, the referee must issue to the offending player a blue card, 2 minute time penalty.

In the case of penalty 1) and 2) for equipment deficiency, the team will play shorthanded. The opponents will be awarded an indirect free kick at the spot where the ball was when play was stopped. In the event the ball was within the offending players' penalty area, the opponent's possession and indirect free kick will be taken at the top of the offenders' penalty area.

DURATION OF THE GAME. Two 20 minute halves for all teams except adult women who will play two 22 minute halves. Time shall be stopped as little as possible for injury, when a time penalty is issued, or as otherwise determined necessary by the referee. All efforts will be used to keep games on time.

START AND RESTART OF PLAY. The visiting team has first possession in the first period, the home team in the next period. Teams change ends at the end of each period. The kick-off may be taken in any direction, and a goal may not be scored directly from the kick-off. When a drop ball is required after a stoppage when the ball was in the penalty area, the drop ball must be performed directly out from the goal line from where the ball was when play was stopped.

In both the kickoff and the drop ball, opponents must be 10 yards for all age levels, from the kick.

BALL IN AND OUT OF PLAY. The ball is out of play when it passes over the perimeter wall, strikes a perimeter net or overhead net, when a goal is scored, or when the referee stops play. The ball is in play at all other times, including when it rebounds from the referee, perimeter wall, goalpost, or plexiglass. Play will be restarted with an indirect free kick from a place on the field closest to where the ball left the field of play, either 1 yard from the perimeter wall or net, or directly under the overhead net, except for a goal kick, or corner kick.

EXCEPTION: The ball is in play in the adult women's league when the ball strikes the perimeter or overhead net, except above or behind the penalty area. In those cases, a goal kick or corner kick is awarded depending on which team put the ball out of play.

A goalkeeper may score a goal by throwing the ball into the opponent's goal while inside his/her own penalty area.

SCORING. There is a slaughter rule: A team may add 1 player for each 5 goals that it is down (not mandatory). It must take off a player when the margin is reduced to 4, 9, etc. When a 10 goal lead is reached, additional goals will not be displayed on the scoreboard, **BUT THE REFEREE MUST KEEP THE EXACT SCORE** to report to YMCA staff. When the losing team scores to reduce the lead less than 10, the correct score will be displayed. When the leading team again gets a 10 goal lead, the score will remain with the 10 goal lead. This process should continue throughout the game.

OFFSIDE. The Offside Rule does not apply; a player may be closer than any opponents between himself/herself and the goal line.

FOULS AND MISCONDUCT. In addition to USSF fouls and misconduct rules, a player who boards or propels an opponent into a perimeter wall must have a time penalty assessed against him/her. **Sliding or slide tackling is not permitted.**

Only red and blue cards are used. Yellow card is not used.

GOALKEEPER RESTRICTIONS. A goalkeeper who gains possession of the ball outside of the penalty area may dribble it into the penalty area but shall not touch it with his/her hand(s). Violation of this rule will

result in an indirect free kick by the opponents at the point where the penalty spot should be, 10 yards for all age levels, from the goal line.

GOALKEEPER PRIVILEGES. The goalkeeper may punt, drop kick, or throw the ball from his/her possession. In cases of body contact within the penalty area between an attacker and an opposing goalkeeper not in possession of the ball, the referee shall stop the game if, in his/her opinion, the action of the attacker was deliberate. Restart will be a direct free kick by the defending team from the top of the penalty area. A time penalty may be assessed if warranted in the referee's opinion.

Fouls against the goalkeeper judged by the referee to be inadvertent shall be punished by an indirect free kick by the goalkeeper's team.

A player who intentionally chargers the goalkeeper in a violent manner or who kicks the goalkeeper while he/she has possession of the ball shall be shown the red card and sent off for serious foul play. The offender's team shall serve a full 5 minute hard penalty, regardless of the number of goals scored against his/her team.

Goalkeeper time penalties must be served by a teammate.

TIME PENALTIES.

<u>Penalty type</u>	<u>Card shown</u>	<u>Minutes assessed.</u>
Team	Blue	2
Penal	Blue	2
Unsporting Behavior	Blue	2
Last Defender	Blue	5 (soft)
Send Off	Red	5 (hard)

Delayed penalties. Referee may, if he/she chooses, apply the advantage clause and apply the penalty when play stops or the offended team loses its advantage. The referee shall call out "advantage" or "play on" to indicate a penalty will be applied. If, before play is stopped, a goal is scored by the offended team, the time penalty will be recorded against the offender, but the time will not be served. If a goal is not scored, the restart for a delayed penalty will be taken by the offended team at the spot where the ball was when play was stopped. In the event that possession was in the attacking penalty area, the restart will be taken directly out from where the ball was when play was stopped, 10 yards for all age levels. If possession is gained by the defense in its penalty area, the restart may be taken anywhere in the penalty area.

Power play goal. If a team is reduced to a lesser number of players on the field than the opponent by player(s) serving penalties, and the team is scored upon, the penalized player of that team (or, if there are two players serving penalties, the player having the least amount of penalty time remaining) shall be released and resume play. Only one player of a shorthanded team may be released early from a time penalty for each power-play goal.

Misconduct by non-players shall be assessed as unsporting behavior or send-offs and the appropriate 2 or 5 minute penalty will be served by any member the team designates. If sent off, the offending non-player is banned from the bench and playing area and from communicating with the team. Youth players should sit with parents on spectator side.

If both teams have one or more players serving time penalties and, as a result, each team has the same number of players on the field, no player will be released early from serving the penalty in the event of a goal, since neither team has a power-play.

Multiple penalties: a maximum of two penalties shall count down simultaneously. If a player is penalized while two players on his/her team are serving penalties, the penalties of the third or fourth player shall not commence until the penalty time of either first-penalized player has expired. EXCEPTION: A defender sent to the bench to serve a penalty for a foul resulting in a penalty kick shall immediately be released if the penalty kick is successful.

When a goal is scored against a team that is shorthanded by virtue of two or more players serving penalties, the player having the least amount of penal time remaining shall be released.

If members of both teams are simultaneously assessed time penalties, leaving them at equal strength (4v4 or 3v3 field players), the penalty times shall be served in full, regardless of goals scored.

At least 4 players from each team must be on the field at all times. If a team has two players serving time penalties and a third player is assessed a time penalty, the third player must go to the bench. However, he/she must be replaced on the field to maintain the required minimum number of players. The penalty time for the third player shall not commence until the penalty time of one of the earlier penalized players expires, or is terminated by an opponent's goal.

If a player from each team is sent off at the same time, teams will not be required to reduce the number of players on the field.

TEAM TIME PENALTIES. A two minute penalty will be served by the offending player other player than the goalkeeper for each of the following:

Illegal substitution, leaving the bench to join a fracas or confrontation with players or the referee, bench misconduct.

PENAL TIME PENALTIES. A two minute "penal time" penalty may be assessed at the referee's discretion for severe, tactical, or blatant fouls. A penalty must always be assessed for boarding, elbowing, striking, or kicking. A foul within the opponent's penalty area shall result in a penalty kick.

UNSPORTING BEHAVIOR TIME PENALTIES shall be awarded for failure to give the proper distance on a restart when directed to do so by the referee, circumventing the "pass back" rule, failure to make equipment adjustment when ordered by the referee, time wasting, leaning on a teammate's shoulders to head a ball, unfairly distracting an opponent, persistent infringement, and taunting an opponent. Infractions that merit more than a free kick, in the judgment of the referee, will result in a 2 minute time penalty and showing of a blue card.

LAST DEFENDER FOULS. Denying a goal or goal scoring opportunity to an opponent (who is in reasonable proximity of and moving directly toward his/her attacking goal and has only one defender left to beat) is an offense punishable by a direct free kick or penalty kick (5 minute soft power play). NOTE: If the referee judges this foul to be serious foul play, a red card send off must occur and a full 5 minute hard penalty will be assessed.

SEND OFF OFFENSES: A player will be shown a red card and sent off. He/she is banned from the bench and playing area and from communicating with the team. Youth players should sit with parents on the spectator side. A player is sent off for any of the following offenses:

Serious Foul Play, Violent Conduct, Spitting at an opponent or any other person, intentionally and roughly charging the goalkeeper while the latter is in full possession of the ball, physically contacting a game official as a form of follow-up dissent, leaving the bench to engage in misconduct or confrontation, or other incidents of unseemly behavior (5 minute power play).

Receiving a blue card 2 minute time penalty after having previously received 2 time penalty/cards in the same match must be indicated by a blue card, followed immediately by a red card. The time penalty remains 2 minutes.

Note: SEND OFF OFFENSES, except for third blue card are "hard time" penalties, and a player from the field or bench must be designated to serve the FULL 5 minutes, that is, the time penalty shall not be shortened by the scoring of a goal by the opposing team. The restart, if not otherwise designated in the rules, shall be by the offended team at the point of the infraction, or penalty kick by attackers if defender infraction occurred within the defender's penalty area, or shall be at the top of the penalty area by defenders if the infraction was committed by the attacking team within the defender's penalty area.

FREE KICK: For any infraction of the rules, a free kick shall be awarded to the offended team. Free kicks are direct or indirect kicks depending on the infraction. The ball should be put into play promptly, but there is not a specific time limit. Ten yards for all age levels must be given by the defending team on all free kicks.

Opposing players may be less than ten yards AND only on the goal line for any free kick outside the penalty area, and for IFK's inside the penalty area. However opposing players may not be less than ten yards to the sides and behind the ball. On a penalty kick all players will be positioned as described in the **Penalty Kick** section below.

Penalty kicks Encroachment shall be punished in accordance with the encroachment (failure to give the proper distance) provision in Time Penalties above.

On each free kick, the ball is in play immediately as it is touched and moves with a kicking motion.

All free kicks other than penalty kicks may be taken in any direction.

PENALTY KICK: A penalty kick is awarded for a penal foul committed by the defense within its penalty area. Dangerous play and obstruction are not penal fouls! Penalty kick will be taken 10 yards distance from goal line for all age levels. All players except the defending goalkeeper must be outside of the penalty area, at least ten yards from the ball, and no closer to the goal line than the ball. The goalkeeper may move from side to side but some part of both feet must remain at the goal line, i.e., neither foot may be entirely forward of the goal line.