



# **Indoor Soccer Rule Book**

**Updated 03/2017**

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## **FieldhouseUSA House Rules**

1. **NO food, drinks, or chewing gum** allowed on the playing surfaces.
2. **NO spitting** allowed in the building.
3. **Jewelry and sharp objects will not be worn** during games.
  - 3.1. *This includes, but is not limited to watches, earrings, necklaces, rings and barrettes.*
4. **Taunting, baiting or profane language is not allowed.**
  - 4.1. *One warning will be given. The second incident will result in an ejection from the facility.*
5. **Playing in casts or splints** is only allowed after presenting a valid Doctor's clearance and the area has been wrapped in a soft material such as bubble wrap and must be to the satisfaction of the Manager on Duty and the referee.
6. **NO climbing or hanging on the wall system** surrounding any of the fields or practice areas.
7. **NO climbing or hanging on the netting** surrounding the fields or the court dividers.
8. **NO slide tackling** is permitted in any league.
  - 8.1. *Sliding to block is not considered slide tackling.*
9. **Players who are injured and bleeding** will be required to exit play immediately and attend to the wound.
  - 9.1. *A player may re-enter the game ONLY after applying a bandage dressing that sufficiently covers the wound and has it approved by the referee.*
10. **Parents are responsible for their child's behavior** at ALL times while they are in the building.
11. There will be **NO alcoholic beverages** allowed on FieldhouseUSA premises, includes parking lot.
  - 11.1. *Anyone found to have alcohol will be banned from FieldhouseUSA permanently.*
  - 11.2. *Anyone found to be intoxicated during play will be banned from FieldhouseUSA permanently.*
12. **NO fighting of ANY kind** is allowed on FieldhouseUSA premises, includes parking lot. Any player or spectator ejected from a game must leave the facility immediately.
  - 12.1. *First offense is a suspension from the current season. Any player leaving the bench to join a fight will receive the same penalty.*
  - 12.2. *The second offense will result in a lifetime suspension from FieldhouseUSA.*
  - 12.3. *No refund of any kind will be given when a player or team is suspended for any infraction.*
13. **If the police have to be called** out to FieldhouseUSA due to fights between players or spectators, that team will be required to forfeit the season.
  - 13.1. *The second offense will result in a lifetime suspension from FieldhouseUSA. NO refunds will be warranted.*
  - 13.2. *Coaches or team managers are responsible for their team and its audience members.*
14. If you want to **protest a game** you must pay FieldhouseUSA a protest fee of \$100.00.
  - 14.1. *Upon review of the game, if found in favor of your team, your team will be refunded their \$100.00.*
  - 14.2. *Upon review of the game, if found NOT in favor of your team, the \$100.00 will NOT be refunded and the game stands as is.*
15. **League Play and Tournament Play:** Coaches will supply warm-up and game balls for their teams.
16. **Practices or Instruction Sessions:** Participating teams/players participating in practice or instruction sessions, must supply their own balls.
  - 16.1. *NO other balls will be allowed in FieldhouseUSA, this includes parents, siblings or friends playing on other courts while practice or clinic sessions are in progress.*

## General Information

League	Game	Roster Min.	*Roster Max.	Ball Size	Game Time	Field Size
U4	4 v 4	4	10	3	(2) 20 min. halves	34 ft. (W) x 82 ft. (L)
U5						
U6						
U7						
U8						
U7	7 v 7	8	18	4		Full Turf
U8						
U9						
U10						
U11						
U12						
U13						
U14						
U15+	7 v 7	7		5		
Any Modified	5 v 5	5	12	Based on age group	Based on age group	
Any Modified	6 v 6	6	14			

*\*Teams may exceed maximum roster size with coach and league approval.*

### **League Management**

FieldhouseUSA may adjust the rules as needed prior to the start of the season. Any changes after a season begins will be limited to extreme situations and must be approved by the Director.

### **Number of Players**

- Minimum of 2 players less than maximum are needed to start and continue a game in all age groups.
- Coed teams must have 2 females on the field. (Female goalkeeper counts)
- Coed teams will play a player short if minimum number of females are not on the field.
  - If minimum number of players is not met at game start time, the game clock will start. A maximum of 5 minutes can pass before the game is considered a forfeit.
- Recreational teams can have up to 3 FieldhouseUSA competitive players on the roster.

## **Modified Playing Rules for 4v4, 5v5, and 6v6 Play**

### **Field of Play**

The field will consist of a modified length. The 4v4 will be played across the turf area with smaller goals (bow nets). Modified barriers will be used to divide the field. The 5v5 and 6v6 will be played utilizing the entire turf shortened using barriers behind the goals. The barriers will be set on the yellow lines at each end with the goals in the middle.

### **Goalkeepers**

No goalkeepers are used in 4v4, 5v5, or 6v6 play.

- Players are NOT allowed to hang back around their goal.
- Players MUST be at minimum 4 ft away from their goal.

### **Substitutions**

Substitutions are made on the fly.

## **GAME ETIQUETTE**

- Focus should be on your team (not your opponent) and comments/cheering should be positive and encouraging.
  - Coaches are responsible for their parents/spectators.
- Please treat all referees and time keepers with respect. If you have an issue/concern during a game please find a FieldhouseUSA employee and/or ask for the Site Manager.
  - Keep in mind, you might not always agree with a call made by the referee, mistakes do happen, but please approach/treat with respect.
  - If you have a serious issue/complaint seek out the Site Manager and complete an incident report.
  - Please note that we will watch a game to observe the situation, but we will NOT stop or interfere with a game. We are there to observe ONLY.
- **ALL** players must receive equal playing time. – **Applies to recreational league ONLY!**
- Only 2 coaches are allowed on the team sideline during a game.
- Home team will change uniforms or wear pennies if teams are in the same color. FieldhouseUSA can provide pennies during games if needed.
- **If someone is given a red card, North Texas Soccer handles punishment.**
- Please pick up after your team at the end of your game.

The following is a summary of NTSSA indoor rules and guidelines. For a complete listing of all indoor rules, refer to **Chapter 5** or **Chapter 12** of the NTSSA rulebook

(found at [http://www.ntxsoccer.org/assets/pdfs/2016-2017\\_NTSSA\\_Bylaws\\_and\\_Rules\\_2.pdf](http://www.ntxsoccer.org/assets/pdfs/2016-2017_NTSSA_Bylaws_and_Rules_2.pdf)).

## **Chapter 12**

### **Rules for Indoor Play**

#### **North Texas State Soccer Association**

#### **PLAYERS**

Only currently registered indoor players shall be permitted to play. At no time may a player or coach be allowed to participate with an expired I.D. card

#### **I.D. CARDS**

No player may be on a roster without a valid NTSSA Indoor I.D. card. Coaches must have a valid NTSSA Indoor I.D. card to be allowed in the player bench area. All players and coaches are required to have a picture permanently laminated to the I.D. card. No player may play without furnishing a valid NTSSA Indoor I.D. card to the referee prior to entering the field of play. The referee must verify player cards and game line-up for each game, and will sign to indicate acceptance.

At no time will an adult I.D. card be allowed for youth play, except as a coach card. An adult may purchase a "Youth I.D. Card" marked "coach" on the card to be used only when coaching a youth team. Youth at least seventeen (17) years old may receive provisional senior status upon approval from NTSSA. A sticker indicating approval will be affixed to the back of the youth player card.

Referees who question the validity of a player's I.D. Card should immediately send the player to the Facility Manager. The Facility Manager should determine the validity of the I.D. Card. If the card is found to be valid, the player will report to the field and the Facility Manager or scorekeeper will advise the referee that the player can play. If the card is found to be invalid, the facility should send the I.D. Card to NTSSA along with the name and address of the person attempting to use the card. (A card is considered to be "invalid" if the person presenting it is not the person to whom it was issued, or has been altered from its original condition.)

Temporary player cards may be issued by a facility. The card is valid for one game only. Referees must retain all temporary cards and turn them in to NTSSA. The referee may not accept temporary cards that have been altered.

#### **12.2 THE BALL**

12.2.1 Approved Ball Specifications: Size 5; spherical; leather or approved material; 27-28" circumference; 14 -15 ounces; 7-9 lbs/sq. inch pressure used for U-14 and older, a size 4 for U-12 and younger. Facility may use size 3 for U-6-U-8.

### **12.3.3 I.D. Cards**

1. All players, coaches and bench personnel are required to have an Indoor I.D. card issued for the current soccer year in order to be allowed in the player's bench area.

## **12.4 PLAYER EQUIPMENT**

### **12.4.1 Equipment**

Required Shirt (all members of team must have same basic color), shorts, socks (which completely cover the shin guards), shin guards, indoor soccer footwear, numbers on shirts are mandatory: Minimum of 4" in size, permanently affixed to back of shirt, must be of contrasting color to that of the main body of the shirt. No exception is allowed for alternate shirts, numbers are required. Cover-ups are allowed as long as player wears numbered jersey underneath cover up. Compression shorts are permitted and do not have to be same color as uniform or shorts.

### **12.4.2 Footwear**

Flat soled or shoes designed for artificial surface. Rubber cleats are permitted, but not recommended. Hard plastic cleats are not allowed.

### **12.4.3 Goalkeeper**

Colors that distinguish from other players and the referee. Field players playing as goalkeeper must wear goalkeeper jersey. Numbers on goalkeeper jersey are not required since this shirt may be exchanged among players. Protective headgear made of close-cell, slow-recovery rubber that stays soft in its final form are allowed. Gloves are allowed.

## **12.7 DURATION OF THE GAME**

### **12.7.1 Duration**

1. Two 20-minute halves.
2. Running clock unless stopped by the referee.
3. Time extended to take a penalty shootout.
4. Referees may add or subtract time for malfunction or time keeper error.
5. Facility may designate other stoppages of clock such as in last two (2) minutes of a period.

### **12.7.2 Intervals Between Periods**

Two-minute half-time.

### **12.7.3 Time Outs**

Referees may call a time out for unusual situations such as injury, etc.

#### **12.7.4 Overtime Period**

No overtime except in playoffs and then as designated by facility.

### **12.9 BALL IN AND OUT OF PLAY**

#### **12.9.1 Ball In Play**

1. From start to finish including when:
  - a. Rebounds off post, bar, perimeter wall into the field and netting above perimeter wall below 8' line.
  - b. Rebounds off referee into the field.
  - c. A supposed infringement until decision is made by the referee.

#### **12.9.2 Ball Out of Play**

1. Completely crossed the perimeter wall or ball contacts wall or net above the "high line" designated the top of the perimeter wall. Restart with free kick from point on touchline nearest spot where ball went out of play.
2. Makes contact with the building superstructure above the field. Restart from the center of the red line nearest to where the ball hit the superstructure by opposing team.
3. Makes contact with player, coach, or bench personnel leaning over the bench wall with hands or arms into field of play. Restart with free kick at that point, awarded to opposite team from the one who made contact with the ball.
4. Ball becomes stuck between sections of the perimeter wall. Restart with drop ball.

#### **Restarts – Ball Over Perimeter Wall**

1. Kick-In: Kicked in from the touchline where it crossed perimeter wall. If ball exits through open bench door or inadvertently touches a substitute or bench personnel extending into field, restart taken by opponent. Deliberate interference shall be penalized according to Rule 12.16.4b. Ball may be kicked in any direction and is in play after it is kicked and moves. A goal may be scored directly
2. Goal Clearance: Ball over perimeter between corner flags last touched by an opponent.
  - a. A throw taken by the goalkeeper from any point within the penalty arch.
  - b. Ball not in play until it has left the penalty arch.
  - c. A goal may be scored directly if ball does not cross three lines in air.

#### **NOTES:**

*If the ball does not go beyond the penalty arch, the throw must be retaken.*

*Opposing players must be outside the penalty arch until the ball leaves the penalty arch.*

*Goalkeeper taking the goal clearance cannot play the ball after it has left the penalty arch until it has been touched by another player.*

*Referee must signal to goalkeeper for play to start, if he does not immediately put the ball into play. Verbal signal is permissible, goalkeeper has five (5) seconds to put ball back into play.*

Penalty: Free kick top of penalty arch.

*Ball bounced by goalkeeper during a goal clearance does not result in a free kick at top of penalty arch due to the ball having not been put back into play.*

*Youth play exceptions: For U-12 and younger, the goalkeeper is permitted to dropkick the ball back into play in lieu of throwing the ball.*

## **12.12 SUBSTITUTION**

### **12.12.1 Substitutes**

All bench personnel and players listed on the line-up are subject to the referee's authority. Any player who enters the field of play without having first presented a valid NTSSA Indoor I.D. card to the referee shall be assessed a two-minute unsportsmanlike conduct time penalty. If the player cannot produce a valid card, then the player will not be allowed to participate, must leave the bench area and a substitute shall serve the two-minute penalty.

### **12.12.2 Unlimited Substitution**

Unlimited substitution may be made at any time during play, provided substituted player is within touchline at own bench area as new player enters the field. Neither player may participate in play while both are on the field. Violation: Two-minute team penalty from where the ball was.

### **12.12.3 Guaranteed Substitution**

1. Restart may be delayed for up to fifteen (15) seconds to allow substitutions at the following times:

- a. Goal is scored.
- b. When time penalty awarded.
- c. Injury stoppage.
- d. Stoppage signaled by referee.
- e. To allow exit from penalty box.
- f. Ball over perimeter
- g. Ball into superstructure
- h. If play restarted with too many players, no penalty assessed.

## **12.15 FOULS/TECHNICAL VIOLATIONS**

### **12.15.1 Fouls**

Player commits any of the following offenses in a careless, reckless manner or with disproportionate force will be penalized by a free kick from the point of infraction.

These add to a team's total foul count:

- Kicking or attempts to kick an opponent.
- Tripping or attempts to trip an opponent.
- Jumping at opponent.
- Charges an opponent.
- Striking or attempting to strike an opponent (mandatory time penalty).
- Elbowing or attempt to elbow an opponent results in mandatory time penalty (elbow to face is an ejection for violent conduct).
- Pushing an opponent.

Or commits any of the following:

- Contact with an opponent before contact is made with the ball.
- Handling the ball.
- Boarding (mandatory time penalty).
- Dangerous play.
- Fair charge, but ball not in playing distance.
- Obstructing when not playing the ball.
- Spitting at any person (ejection for violent conduct).

### **12.15.2 Six Team Fouls**

A team's sixth non-time penalty foul (as described in Rule 2.11.5.1(a-n) in a half will result in a penalty shootout (see Rule 2.11.7) being awarded. No time penalty is served. Fouls that result in a time penalty being awarded do not count in a team's six foul count.

### **12.15.3 Technical Violations**

Player commits an offense that is not a foul but is a violation of a rule, which necessitates the awarding of a free kick at the point of the infraction. Did not count against team's total foul count:

- Second hand touch by goalkeeper (12.13.1a).
- Goalkeeper takes hand possession from a passback (12.13.1b)
- Five-second violations by goalkeeper (12.13.1c).
- Illegal handling by goalkeeper (12.13.1d)

Three-line violations (12.11)  
Kick-off violations (12.8.4)  
Free Kick restart violations (12.14.1)  
All two-touch violations.

## **12.16 TIME PENALTIES**

### **12.16.1 Time Penalties**

After the start of the game, time penalties may be awarded for offenses committed when play is in progress or during any stoppage (including between periods).

Time penalties will be classified as follows:

1. 2 Minute Power Play Penalties: Blue Card  
Team Time Penalty: Illegal substitution  
Team Time Penalty: 3rd Technical Misconduct  
Penal fouls listed in Sec. 12.15.1  
Unsporting Behavior
2. 5 Minute Misconduct (Non-Power Play): Yellow Card  
Dissent  
Technical Offenses
3. Ejectionable Offenses: Red Card  
Penal fouls: 2 Minute Time Penalty  
3rd Time Penalty: 2 Minute Time Penalty  
Game Misconduct: No Power Play

### **12.16.2 Team Time Penalties**

Blue Card

1. Two-minute time penalty for the following:

During play substitutions may be made at any time on an unlimited basis, provided the player substituted for is within the touchline at bench area, or off the field of play within his own bench area, before the substitution is made.

Notwithstanding the above, neither the player entering nor the departing player may participate in play and or gain an advantage during the period of time when

they are simultaneously on the field and the ball is in play. Such violation shall result in a 2 minute Team Power Play penalty. It shall be the coaches choice as to which player serves the two minute Power play penalty and that penalty does not accrue against the player for purposes of multiple accumulated time penalties for ejection.

### **12.16.3 Penal Time Penalties**

#### **Blue Card**

1. Two-minute penalty for severe, tactical or blatant offenses listed in Rule 12.15.1 committed while ball is in play.
2. If the offense occurs in the defending penalty arch and warrants a penal time penalty, then a Penalty Kick (see 12.18) is awarded.
3. If the offense occurs in the defending player's defensive half of the field and is: (1) foul from behind against an attacking player having control of the ball with one or no defensive players between himself and the goal or (2) any foul where he is the last player on the defending team between the attacking player and the goal, then and warrants a penal time penalty, then a Shootout (see 12.17) is awarded.

### **12.16.4 Unsporting Behavior: Blue Card**

Referee Discretion, a two minute time penalty may be assessed any player who exhibits an Unsporting behavior.

Encroachment: Referee requests 15' and the player refuses or a player within 15' intentionally interferes with the restart. A two minute power play time penalty is awarded and a team warning issued to the team that any further actions will result in a misconduct penalty.

Player entering the field of play prior to presenting I.D. card to the referee.

### **12.16.5 Ejectionable Time Penalties**

A player or non-player shall be ejected and a two (2) minute power play penalty awarded for incidents of:

1. Violent conduct or serious foul play
2. Foul or abusive language or action
3. Head butting
4. Third man into an altercation
5. First man off the bench joining an altercation
6. Leaving the penalty box and joining an altercation
7. Spitting on or at an opponent or game official
8. Third time penalty in the same match. Blue card shown first, followed by red

card.

If play is stopped to eject the player, a free kick is awarded to opposing team at point where offense occurred.

A teammate will serve the time penalty or until a power play goal is scored against that player's team. The ejected player must leave the field.

***EXCEPTION:** Youth player under supervision of an adult coach may remain in the bench area if parent or guardian is not present.*

### **12.16.6 Misconduct**

A five (5) minute misconduct penalty shall be assessed against players who show disapproval, by word or action, of the decision by the referee or other game officials or acts in a severe unsporting behavior. These penalties shall be administered by:

1. Misconduct by players: yellow card is shown and a 5 minute time penalty is awarded no power play. No time is posted. Player may not leave penalty box until the next guaranteed substitution or when the ball has gone over the perimeter wall after the entire 5 minutes have elapsed. If a time penalty is awarded and that player is then guilty of dissent, that player will be assessed a 5 minute misconduct penalty, a teammate will serve the original 2 minute time penalty and be released after a power play goal is scored or time is served. Player serving misconduct will serve the entire 5 minute penalty.
2. Misconduct by non-players: yellow card is shown, no time penalty is awarded. No time is posted as this shall be considered administrative in nature and is recorded for purposes of multiple penalty and ejection for that individual.
3. Team misconduct: team misconduct shall be defined as physical or verbal abuse of the referees where the offender is not identifiable. For any team violation, referees shall assess a misconduct penalty to the coach of the offending team. This rule does not prohibit referees from penalizing individual players or non-playing personnel. For player / head coaches, the team misconduct penalty shall count towards the accumulation of penalties for such player / coach.
4. Team Violations: team misconducts and the following offenses will accumulate toward multiple misconducts (3) which will result in a power play being awarded.

Additional Team Violations:

- a. Game delay, delay because a team is not present or ready to start the game at the commencement, after a timeout, at the conclusion of halftime as well as any other recommencement during the course of the game. Engaging in tactics that delay the restart of the game immediately following the referee's whistle to stop play.
- b. Illegal substitution – delay of game after a warning.

c. Illegal substitution for playing with no goalkeeper

Misconduct – Technical Infractions

A 5 minute non-power play penalty may be assessed for the following offenses:

Player violations:

1. Leaves penalty box prior to expiration of time penalty
2. Guilty of gesticulation on a free kick
3. Violates penalty kick procedures after a team warning
4. Interferes in shootout procedures
5. Commits delay of game violation
6. Encroachment, after a team warning has been issued.
7. Circumventing the pass back rule
8. Referee crease violation
9. Equipment adjustment: player re-enters play without making the requested equipment adjustment.
10. Intentionally kicking the ball away after a stoppage to delay the restart or in protest of the referee's call.

**12.16.7 Game Misconduct (Red Card)**

A Game Misconduct Penalty shall be assessed any player or non-player who is guilty of:

Insulting, offensive or abusive language directed to an official or someone other than an opponent.

Physical contact with an official in dissent of a call.

- a. Assault: Physical force (includes spitting on) directed at an official.
- b. Abuse: A threat of physical force (includes spitting at) directed at an official.
- c. Simple contact with an official is not considered assault or abuse.

Unseemly behavior (such as spitting) directed at officials or spectators.

Leaving penalty box to engage in dissent or confrontation. Substitute will serve remainder of any power play time penalty.

Violent conduct toward a teammate, referee or other non-player opponent.

## ADMINISTRATION:

Red Card is shown to a person; they are removed from the field of play. No power play is awarded. I.D. card is retained and a report filed. If play is stopped to eject the player, a free kick is awarded to opponent.

After-game Misconduct: Referee shall not display red card but will notify the person the misconduct will be reported to NTSSA. Player I.D. card should be retained if possible, but report may be filed without it.

## 12.17 PENALTY SHOOTOUT

### 12.17.1 Definition

Awarded for any of the following fouls committed by a defending player in his defensive half of the field:

1. Foul “from behind”, by an attacker with one defender (probably the goalkeeper) between attacker and goal and has a reasonable goal scoring opportunity.
2. Any foul where he is the last player on the team between the attacking player with the ball and the goal.
3. A penalty shootout may be awarded following a delayed blue, if the offense would have originally warranted.
4. Cumulative sixth foul in a half or fourth in overtime; a penalty shootout is awarded. No time penalty served.
5. A Penalty Kick, if appropriate, shall take precedence.

### 12.17.2 Application

1. The penalized player shall be in the penalty box. All other players except the shooter and goalkeeper shall be behind the halfway line; defending players in the center circle, attacking players outside the center circle.
2. Ball placed at the center of the red line nearest the attacking goal.
3. Attempt may be taken by a player of the attacking team.
4. The referee’s whistle signals the start of play at which time all players may enter the attacking half. The player making the attempt must play the ball forward and may try to score regardless of the number of times the ball is played off the walls, goalkeeper, by the shooter or a teammate. (Two touch rule does not apply.)
5. The game clock starts on the referee’s whistle.

6. Goalkeeper must have at least one foot on or behind the goal line and not move until after the referee signals.
7. All game rules apply during the shootout.

#### **12.17.5 Overtime Shootout Application**

1. If a winner has not been decided in the overtime, then the game will be decided by shootouts.
2. The referee will choose the goal.
3. Visiting team takes the first shootout attempt.
4. Teams will alternate taking five (5) shootout attempts.
5. If, before both teams have taken their five (5) kicks, a team scores more goals than the other could, the shootout will cease.
6. All other players must be on the player benches.
7. Ball placed at center of red line nearest attacking goal.
8. From the referee's whistle, the shooter has five (5) seconds to score regardless of the number of times the ball is played off the walls, goalkeeper or the shooter.
9. Any foul committed by the goalkeeper regardless of field position, will be penalized by an additional Power Play penalty and the taking of a penalty kick by any member of the offended team. The goalkeeper will serve the appropriate time penalty. Any infraction by the kicker shall end the attempt. Any time penalties will accrue as in normal play.
10. Goalkeeper shall have at least one foot on or behind the goal line and not move until the referee whistles.
11. Facility scorekeeper will be the official timekeeper during the shootout attempt.
12. If no winner is decided after five (5) kicks, teams shall continue alternate kicks until a winner is decided.
13. All players on the lineup are eligible to take part.
14. A player of the same team takes another kick after five (5) players of his team have made an attempt and may repeat again after an additional five (5) players.
15. For use in CO-ED games, there is no requirement as to the number of males or female shooters, however, a goal scored by a female shooter will count 2 points whereas goals scored by males shooters will count 1 point.