



**USA Sports
Official Rulebook
Indoor Soccer**

Spring 2009 - Winter 2010

Player Equipment

Shin Protection - All players are required to wear shin protection. Shin protection must be made of a suitable material and have some degree of protection. Shin protection cannot be made of cardboard.

Socks – All players must wear long socks that completely cover shin protection.

Footwear – All players must wear proper athletic footwear. USA Sports recommends soccer-specific shoes intended for indoor or artificial turf use. Footwear cannot have any metal, plastic, or hard studs. Footwear cannot have less than 25 studs. Footwear cannot be dangerous.

Clothing – All players must wear a shirt and shorts or pants. Clothing cannot be offensive or dangerous. Shirts should match team jerseys. Shorts do not need to match.

Jewelry – Players may wear jewelry that is not dangerous or offensive. Jewelry must be very secure and cannot be dangling or draped in any way. The referee will allow jewelry at his discretion.

The Ball

Matches will be played with approved balls provided by USA Sports. Balls must be of the correct size and must be inflated to 8-12 PSI. USA Sports will provide two match balls for each match. Balls cannot be used for warm-ups for upcoming matches. All Adult Leagues will play with a size 5 ball. All leagues U14 and older will play with a size 5 ball. All leagues U10 and older will play with a size 4 ball. All leagues U9 and younger will play with a size 3 ball.

Players & Teams

Number Of Players – All leagues except 4v4 leagues will play with 3-5 field players and 1 goalkeeper. All 4v4 leagues will play with 2-3 field players and 1 goalkeeper.

Courtesy Rule – A team in any league except Mens' Premier may add an additional field player on to the field if the team is behind their opponents by at least 6 goals. The player must be removed if the team comes within 5 goals of their opponent.

Player Substitutions - Teams may substitute players at any time during the match. The player who is leaving the field must be within 5 feet of the team bench before the player entering the field may enter. Neither player may touch the ball or interfere with play until the player leaving the field is completely off the field. Teams may not gain an advantage from a substitution. Any violations to this rule will result in a time penalty and a free kick to the opposing team where the ball is when play is stopped. Players cannot be substituted to take a Penalty Kick.

Goalkeeper Substitutions – Teams may substitute a goalkeeper at any time during the match. Any violations to this rule will result in a time penalty and a free kick to the opposing team where the ball is when play is stopped. Goalkeepers may not be substituted during a Penalty Kick, except where the goalkeeper is injured.

Match Clock

The match clock will begin at the scheduled match time. The clock start will only be postponed at the discretion of USA Sports or USA Sports Staff. The clock must begin no later than 5 minutes following the scheduled match time. Teams must be ready and warmed up, as the match may start within one minute of the ending of the match before. Please be ready to play at your scheduled match time.

Stoppages - The match clock will be controlled by the Timekeeper. The clock will only be stopped during any match for the following reasons:

- 1) When the ball leaves the field of play or becomes lodged in the netting.
- 2) When there is an injury requiring attention.
- 3) During a time-out.
- 4) If a Penalty Kick is earned during the last two minutes of a match.
- 5) If a goal is scored during the last two minutes of a match.
- 6) As determined by the referee.

Time-Outs – Each team during every match is allowed to use one time-out. Time-outs are 30 seconds in length. A team must have clear possession of the ball to call a time-out during play. A time-out may also be called at any kick-off or other stoppage of play. Any violations to this rule will result in a time penalty and a free kick awarded to the opposing team where the ball is when play is stopped.

Penalty Exceptions – If less than five seconds remains on the match clock when a penalty kick is awarded, the clock will be reset to five seconds. The clock will begin when the referee signals play to begin.

Forfeits - In the event a match is considered a forfeit, the score will be recorded as 5-0 win for the non-forfeiting team. In the event that both teams forfeit, the score will be recorded as 0-5 loss for both teams involved. A forfeit occurs when:

- 1) A team is unable to field enough players within five minutes of the start of the match.
- 2) A team is found to be playing with unregistered or ineligible players.
- 3) A team is not paid in full by the second match.
- 4) A team receives more than two send-offs in a single match.
- 5) A referee determines that the match will not continue due to misconduct or excessive violations of the Rules.

Field Markings

Half Line – A white line spanning the entire width of the field marked halfway between the goals.

Penalty Lines – A white line on each side of the Half Line spanning the entire width of the field, 50 feet from the goals.

Goal Lines – A white line between the goal posts of each goal and directly beneath the goal crossbar, marking the front side of the goal.

Bounding Lines – A series of white dashes on either side of the field spanning between the two Penalty lines, 3 feet inside the field.

Center Circle – A white circle directly in the center of the Half Line, 5 yards in radius.

Penalty Arcs – A white arc surrounding the goal, approximately 40 feet in length and 25 feet in width.

Center Mark – A yellow mark on the very center of the Half Line.

Penalty Mark – A yellow mark on the very center of each Penalty Line.

Goal Mark – A yellow mark at the top of the Penalty Arc.

Corner Mark – A yellow mark 5 yards to each side of the Penalty Arcs, 3 feet from the wall.

Scoring

A goal is scored when the whole ball crosses the whole Goal Line while between the goal posts and the goal crossbar, and no infraction has occurred prior to the scoring of a goal. A goal cannot be scored after time expires.

Starts & Restarts

Respecting Distance – These basics apply to all starts and restarts, except Dropped Balls and Penalty Kicks. Opposing teams must give AT LEAST 5 feet of distance for any restart. If the kicking team requests the full distance, the opposing team must give AT LEAST 5 yards of distance for any restart. Opposing teams may not jump toward or extend any part of the body toward a restart until the ball is in play. Any player or team that violates this rule may receive a time penalty without warning.

Restart Basics - The kicking team has five seconds to take the restart from the time the referee signals. The player taking the restart may not touch the ball twice consecutively until another player touches the ball. A goal may be scored from any restart.

Kick-Offs – At the start of every match, the home team will kick off. At halftime, the teams will switch ends of the field and the away team will kick off. After a goal is scored, the team who did not score will restart the match with a kick-off. Teams must remain on their half of the field for a kick-off. Opponents must remain outside the Center Circle until play begins. Each team is guaranteed 20 seconds after a goal is scored to substitute players. A kick-off may not be taken until the referee has signaled.

Free Kicks – A free kick may be taken by any player on the field. The free kick must be taken at the point where the incident occurred, except as mentioned in the Rules. Free kicks may be taken without a signal from the referee, except when full distance has been requested.

Corner Kicks – A corner kick must be taken at the corner mark closest to where the violation occurred. A corner kick may be taken without a signal from the referee, except when full distance has been requested.

Goalkeeper Restart – A goalkeeper may restart the ball using any method. A goalkeeper may not distribute the ball to himself. The opposing team may not enter the penalty arc to impede a goalkeeper restart. Any violation to this rule by the opposing team may result in a time penalty without warning.

Dropped Ball – A dropped ball is another method of restarting play. The ball is considered in play when the ball touches the ground. If a dropped ball is given when the ball is inside the penalty arc, the dropped ball is moved to the corner mark.

Penalty Kick – A penalty kick is taken from the penalty mark. The goalkeeper must be in contact with the goal line until play begins. All players not directly involved in the penalty kick must remain behind the half line until play begins. Play begins when the referee signals. The kicker may have possession of the ball for up to five seconds without another player touching the ball or a goal is scored.

Violations – Except as mentioned, any violation of a restart by the team taking the restart will result in a free kick to the opposing team at the same place. Except as mentioned, any violation of a restart by the opposing team will result in a retaking of the restart. Any player or team who persistently infringes upon a restart rule may also receive a time penalty.

Match Violations

Out Of Play – If the ball comes in contact with the netting, a free kick will be awarded to the opposing team at the point where the contact first occurred, excepted as noted. The ball must be placed within 3 feet of where the contact occurred.

If the ball contacts the netting on the end of the field, between the two corner marks, and a defender last touched the ball, a corner kick is awarded. If an attacker last touched the ball, a goalkeeper restart is awarded.

If the ball contacts the netting above either penalty arc after last being touched by a defender, the free

kick will be taken at the goal mark.

Three-Line Violation – A free kick will be awarded to the opposing team if a defender kicks the ball in the air across both penalty lines without touching another player, the wall, or without leaving play. The free kick will be taken at the penalty mark.

Four Touches – During a co-ed match, a free kick will be awarded to the opposing team if a male player touches the ball more than three times consecutively without another player touching the ball.

Goalkeeper Restrictions – A goalkeeper may handle the ball if it is in any way inside the penalty arc. A goalkeeper may not handle the ball if it has been deliberately kicked to him by a teammate. A goalkeeper may slide, unless his slide causes him to completely leave the penalty arc. A goalkeeper may only slide when it does not endanger another player.

Misconduct – A free kick will be awarded to the opposing team if a player commits any of the following violations:

- 1) Shows dissent toward a referee or staff member.
- 2) Delays the restart of play.

Fouls

Fouls – A free kick will be awarded to the opposing team if a player commits any of the following fouls:

- 1) Kicks or attempts to kick an opponent.
- 2) Trips or attempts to trip an opponent.
- 3) Jumps at an opponent.
- 4) Charges an opponent in a dangerous manner.
- 5) Strikes or attempts to strike an opponent.
- 6) Pushes, holds, or boards an opponent.
- 7) Slides or slide-tackles an opponent.
- 8) Plays in a dangerous manner.
- 9) Obstructs or impedes an opponent.
- 10) Plays in an overly aggressive manner.
- 11) Deliberately handles the ball, except the goalkeeper inside his own penalty arc.

Foul Accumulation – During every match, fouls will be counted by the timekeeper. A foul will be added to a team's foul count when any foul listed above is committed. A penalty kick will be awarded to the opposing team when a team accumulates five fouls. Accumulation will not be reset until a penalty kick has been awarded. If a player receives a time penalty or is sent off for the foul, his team may have another foul added to the foul count, at the discretion of the referee.

Discipline

Time Penalty – A time penalty is given to a player or team when a Blue Card is shown by the referee. A time penalty may be issued for any of the following:

- 1) Commits any foul or misconduct in a reckless or dangerous manner.
- 2) Shows dissent by word or action to any staff member.
- 3) Taunts or intimidates an opponent or staff member.
- 4) Attempts to fight with another player.
- 5) Persistently violates the Rules.
- 6) Illegal substitution.

- 7) Misconduct by team officials or spectators.
- 8) Brings gum onto the field.
- 9) Spits on the field.
- 10) Any reason not mentioned in the Rules that the referee feels is necessary.

If a player receives a time penalty, that player must leave the field immediately to his team bench. The player must remain off the field for a period of two minutes. His team must play with one less player for the full two minutes, or until the opposing team scores a goal. The time penalty will not begin until the referee signals play to begin.

If a team receives a time penalty, the team must remove a player of their choice from the field. The player must remain off the field for a period of two minutes. His team must play with one less player for the full two minutes, or until the opposing team scores a goal.

Send-Offs – A player is sent off when he is shown a Red Card by the referee. A send-off is issued for any of the following:

- 1) Commits any foul or misconduct in a violent manner or with intent to harm.
- 2) Is guilty of violent conduct or serious foul play.
- 3) Is abusive in word or action toward any player or staff member.
- 4) Fights with another player.
- 5) Spits at another player.
- 6) Spits gum onto the field.
- 7) Receives two time penalties in a single match.

Any player who is sent off must leave the field immediately. That player, unless he is a youth player, must exit the facility immediately. If he is a youth player, he may remain in the building until he can be escorted out by a responsible adult. His team will be issued a five-minute time penalty. This time penalty will not expire when the opposing team scores a goal. The time penalty will not begin until the referee signals play to begin.

Discipline Points - Players will receive one discipline point for receiving a time penalty. Four discipline points will be assessed to any player receiving a direct sending-off (not associated with receiving a second time penalty in the same match). Players who receive a time penalty for dissent or diving will receive another point in addition to the one point for the time penalty.

Player Accumulation – Players will receive suspensions from play at USA Sports based on the following point accumulation standards:

- 1) If a player receives 4 or more points in a single season between all teams on which he is registered, he will be suspended for a period of 10 days.
- 2) If a player receives 7 or more points in a single season between all teams on which he is registered, he will be suspended for a period of 60 days.
- 3) If a player receives 12 or more points in a 365-day period between all teams on which he is registered, he will be suspended for a period of 365 days.

If a player receives a 60-day suspension, that player will be required to pay a \$15 membership reinstatement fee following the suspension in order to participate again at USA Sports.

If a player receives a 365-day suspension, that player will be required to pay a \$50 membership reinstatement fee following the suspension in order to participate again at USA Sports.

Suspensions will begin with the day following the day on which the match was played where the points were assessed.

Any player who has received a suspension will not receive any refund on any fees paid.