

Hudson Soccer Association Instructional and Recreational League

Indoor Soccer Rules and Guidelines 300, 400, 500, 700, 800 and 900 Divisions

The purpose of these rules is to provide a safe and enjoyable environment for our children to learn and play the game of soccer.

1. Number of Players:

- a. Team size – 15 maximum; 13 Preferred
- b. All players arriving prior to the start of the game **must** play a minimum of 50% of the game.
- c. Substitutions are permitted anytime provided the flow of the game is not disturbed. Players must exit the field before the substitute can enter the field.
- d. Coaches are encouraged to share players if one team is short players.
- e.

Divisions	Number of Players on the Field	Ball Size
300, 700	7 + Goal Keeper	4
400, 800	6 + Goal Keeper	4
500, 900	6 + Goal Keeper	5

2. Players Equipment:

- a. All players should wear a team jersey, shorts and socks. The jersey must be worn over all other outer garments.
- b. Shin guards are required by all players and must be covered by the player's socks.
- c. Mouth guards are optional.
- d. Jewelry is not allowed. This includes watches, rings, bracelets (including "Livestrong" bands), necklaces, hair berets, earrings, etc.
- e. Tennis shoes or molded sole soccer shoes must be worn. Outdoor soccer shoes are **not** allowed.
- f. Goalkeepers **are** required to wear a distinctive jersey.
- g. Children with a cast or splints are permitted to play with the permission of their medical advisor or doctor; however, sufficient padding is required to protect the other players.

3. Duration of the Game:

- a. A "Game" is an assigned 60-minute time interval on the field controlled by the Referee and the Game Clock and to be used in the following approximate intervals:
- b. 15 minute warm-up and practice period.
- c. Game Times:

Divisions	Game Duration	Breaks
300, 700	Four 8 minute quarters	2 minutes between quarters, 5 minute between halves
400, 500, 800, 900	Two 20 minute halves	5 minute between halves

- d. The clock will not be stopped for any reason including a player injury.
- e. The Referee has the authority to shorten the warm-up time if it is necessary to get the games back on the published schedule. Only under extreme circumstances should the game time be shortened.
- f. **THE GAME IS OVER WHEN THE ASSIGNED TIME IS UP. Start and finish your games on time!**

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4. **Ball In and Out of Play:**

- a. All boards and glass are in bounds. Ceiling and building superstructure are out of play.
- b. Any ball considered out of play along the length of the field will result in an indirect free kick to the other team. Ball shall be placed within two feet of the wall nearest the place the ball left the field.
- c. Any ball considered out of play along the end of the court, will result in a goal kick if the offensive team played the ball last or a corner kick if the defensive team played the ball last. Opposing players must be 6 yards from the corner kick, and outside the penalty area for a goal kick.
- d. Any ball played into the ceiling will result in an indirect free kick to the opposing team from the center of the nearest line below where the ball hit the ceiling.

5. **Method of Scoring:** The entire ball must cross over the goal line, between the goal posts and under the cross bar to be considered a goal.

6. **Goalkeeper:**

- a. **Possession** shall be deemed when the **goalie has one hand on the ball.**
- b. Goalkeepers **may** use their hands to pick up a pass back from a defensive player.
- c. Goalkeepers should be discouraged from trying to score, especially if their team is winning.
- d. Goalkeeper should put the ball back into play within about 5-6 seconds after gaining possession.

7. **Offside:** There is no offside rule for indoor soccer, but coaches are strongly discouraged from directing a player to always play near their opponent's goal (cherry-picking) when the ball is at the opposite end of the field.

8. **Three-line Rule:** Any ball traveling in the air over all three lines will result in an indirect free kick from the center of the red line closest to the goal where the kick originated.

9. **Running up the Score:** Every effort should be made to minimize one-sided games. Coaches should consider the following options when this occurs:

- a. Switching players to different positions,
- b. Establishing a minimum number of touches by the team and/or each player
- c. Limit a player or players to the defensive side of the field.
- d. The losing team may put an extra player on the field to even the competition when losing by more than two goals.

10. **Conduct:**

- a. Parents and Coaches should refrain from yelling during the game. Derogatory comments directed to coaches, players, or the referee will not be tolerated. Referees and League officials have the authority to ask offenders to leave the arena.
- b. Coaches should stay in their team box and off the field except in the case of an injury.
- c. Players who are endangering others by persistent dangerous play or unsportsmanlike conduct will be cautioned by the referee, and may be asked to leave the field for a period of time.

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11. Fouls: Any play that could possibly result in injury.

- a. The restart for any foul, depending on the nature of the foul and the division, is an indirect or direct free kick taken at the point of infraction.
- b. Opposing players must be 6 yards away from the ball on any free kick.
- c. For either a Direct or Indirect Kick, the kicker cannot play the ball a second time if it rebounds off the wall and is not touched by another player on either team.
- d. The referee should make a short explanation of all infractions to the offending players.
- e. If play is stopped for any reason other than a foul, like an injury, the restart is a drop ball.

12. Indirect Free Kicks: A goal can be scored against the opponent only if the ball is touched by a **second player of either team**, and the kicker must make the ball visibly move to be considered a valid touch. The following fouls will result in an Indirect Free Kick at the point of infraction for all divisions:

- a. Slide tackling: For the safety of all players slide tackling is NOT allowed.
- b. Dangerous Play: bringing foot above the waist and/or close to a player's head, falling on the ball, or attempting to kick the ball when goalie has possession.
- c. Too many players on the field.

13. Direct Free Kicks: A goal can be scored by kicking the ball directly into the opponent's goal without the ball touching any player other than the kicker.

There are no Direct Free Kicks, including Penalty Kicks, in the 300, 720 and 730 divisions. All free kicks for the following fouls are indirect for these divisions.

- a. The following fouls will result in a Direct Kick for the 400, 500, 800, and 900 divisions only.
 - i. Fouls by hand: handling the ball, holding, pushing, and striking. Hand balls must be **intentional** to be called.
 - ii. Fouls by the feet: tripping, kicking, jumping at an opponent (intentionally)
 - iii. Fouls by body: charging from any direction, violent conduct (intentionally)
 - iv. The kickoff at the start of every half and after a goal is considered a Direct Free Kick.
 - v. All free kicks from fouls inside the box are to be taken from the top of the arc
- b. Fouls resulting in a Direct Free Kick inside the Penalty Area (Penalty Kicks):
 - i. - Free Kick will be taken by a player the same grade as the goalie, or younger.
 - ii. - All players except the goalie and the shooter will be behind the ball and lined up at the nearest red line prior to the shot.
- c. All other fouls result in an Indirect Free Kick.

14. Referee:

- a. **The decision of the referee is final.**
- b. Any discussion of a referee's actions, both positive and negative, should be taken up with the Referee Coordinator after the game **unless** these actions or inactions appear to threaten player's safety, then this should be brought to the attention of the Referee Coordinator during the game.