

INDOOR SOCCER RULES

Located At Arundel Indoor Sports Arena

All Student Guild rules apply as per outdoor soccer with the following exceptions:

TEAMS

1. A team consists of four (5) on court players including a goalkeeper
2. A maximum of 4 players that identify as male on the court at any time per team.
3. Unlimited interchange applies.

KICK OFF

1. The game shall be started or re-started (awaiting the Ref's whistle) from the centre point and the ball can be played in any direction.
2. Opponents are not allowed into the middle third of the court until after the ball has been played.
3. A goal may be scored direct from the kick off.

THE GOALKEEPER

1. Goalkeeper substitutions must only made once players have notified the referee.
2. The goalkeeper is the only player allowed in his goal area. An indirect free kick will be awarded if any field player enters any goal area.
3. The goalkeeper has five seconds to move the ball out of the goal area before an indirect free kick is awarded.
4. The goalkeeper may not leave his defensive third and may only handle the ball in his own goal area.
5. If the goalkeeper is holding the ball and the ball is outside of the goal area (View the semi-circle as an imaginary wall going to the roof), it is to be judged as a hand-ball.

SCORING

1. A goal is scored when the referee determines the whole of the ball has passed over the goal line through the face of the goal.
2. Any field player may score from any field position as long as the goal area rules are not infringed. (Refer to 'Indirect free kicks'.) Goalkeepers are permitted to score.

FREE KICKS (All outdoor rules apply with the following additions.)

1. **Direct free kicks** will be awarded for:
 - Any contact due to charging or attempting a tackle from behind (This will not be tolerated.)
 - Slide tackles or tackling whilst in the ground.
 - High feet, only if considered dangerous play at the referee's discretion.
 - 'Pinning' a player against the net. The player in possession must be allowed room to move in one direction only of at least half a metre. This particularly applies to players in possession of the ball in corners of the court.

(N.B. Playing the ball onto the top net is allowed.)



2. **Indirect free kicks** will be awarded for:
 - Any field player entering either goal area. This includes reaching into the goal area from the field of play. (View the semi-circle as an imaginary wall going to the roof.)
 - Holding the net.
 - Playing the ball from a sitting or lying position.
 - Intentionally passing the ball back to the goalkeeper from the defending third (Only if the goalkeeper plays the ball within the goal area or takes the ball back into the goal area). **(Applies to 11yrs and over.)**
3. Opposition players must be at least two meters from the ball on all free kicks.
4. Free kicks may not be taken within two metres of the opposition's goal area.
5. Free kicks can be quickly taken, i.e. do NOT need to wait for the Ref's whistle.
6. The referee will play on if he determines the infringed team has advantaged.

GENERAL

1. The game will consist of 4 x 10 minute quarters.
2. There is no off-side.
3. Penalty goals may be awarded if the referee determines a deliberate foul stops what would certainly have been a goal.
4. The sin bin, as well as send offs may be used at the referee's discretion. Players sent off or sin binned can not be replaced.
5. Hats and jewellery are NOT permitted to be worn.
6. Footwear – Non marking flat soled shoes – **NO STUDS**
7. Abuse, violence or serious aggression of any kind towards fellow players or officials will not be tolerated and will be dealt with in the strongest way possible.

NET ABUSE

1. No player may push or propel himself from the net. Any player doing so will be penalised. (Also refer to 'Holding the net' under the heading FREE KICKS.)

LATE START PENALTIES will apply – 1 goal for every 3 minutes late up to 9 minutes.