

Indoor Soccer Rules



**UNITED
BOYS & GIRLS CLUB**
OF SANTA BARBARA COUNTY

Goleta Unit

1. Ball Size

- League 1: Size 3 soft
- Leagues 2 + 3: Size 4 Futsal

2. Teams/Start

- All leagues are played with 5 players on the court per team
- All leagues have one goalkeeper
- A team must have at least 4 players to start the game
- If a team only has 4 players then a 4v4 game will be played until more players arrive.
- If a team is not ready with 4 players within 10 minutes of the game start time the game will be considered a forfeit and a scrimmage will take place with normal rules applied. Forfeit will be scored as a 1-0 win to the team that was present.

3. Game Time/Clock

- League 1: four 7 min quarters League 2 + 3: Four 8 min quarters
- Half-time: 2 minutes
- The clock is running. It will not stop unless there is reason for an extended stoppage (injury or time-wasting) – this is at the referee's discretion.
- Any free kicks or penalties awarded before the game clock expires will be allowed to be taken after time has expired but must be scored directly to count.

4. Substitutions

- Substitutions can only be made at quarter time or half time.
- **Each player must play at least half of a game.**
- Failure to play each player half a game will result in a forfeit.

5. Fouls

- Any of the following may be considered a foul: Deliberate hand ball, slide tackling, pushing, kicking or otherwise hurting or obstructing an opponent, obstructing the goalkeeper, foul language, and excessive force, time-wasting.
- A direct free kick takes place at the place the foul or handball occurred.
- A direct free-kick inside the goal box results in a penalty kick.
- An indirect free kick (ref will tell players and raise hand) means the ball must touch another player before a goal can be scored.
- An indirect free kick results from: The ball being trapped in a corner, the ball going into the stands, behind the goal, sideline interference or anything other than a foul/handball.
- All free kicks require players be 5 yards from the kick taker or on the goal line if 5 yards is not possible.

-Yellow Card = Warning

-2 Yellow cards = Red card

-Red Card = Out for rest of game/possible suspension.

6. Goals

- A goal will be scored if the whole ball crosses the line.
- After a goal the team which did not score restarts play with a goal kick.
- Goals cannot be scored directly from throw-ins, kick off, or from a goalkeeper throw.
- Goals cannot be scored directly off the basketball hoop and this will result in a goal kick.

7. Goalkeepers

- Goalkeepers may handle the ball only inside the marked goal box.
- Goal keepers may either put the ball on the ground and kick it, or throw it out.
- Once the goalkeeper places the ball on the ground it is live apart League in which case the goalkeeper has a "free kick".
- No dropkicks or an indirect free kick to the opposing team results from half-way.
 - Goal keepers may only hold the ball for 5 seconds before it must be placed on ground or thrown.
 - Throws may not go over halfway on the full. If they do they will result in an indirect free kick from halfway.
 - Once a goalkeeper places the ball on the ground he cannot pick it up again (relaxed in k-3rd grades)
 - Pass backs are allowed.

8. Overtime

- If the scores are tied at the end of regulation time the game will be considered a draw unless the game is a playoff game.
- In the event of tied scores in a playoff game, one extra period of 5 minutes will be played.
- If the scores are still tied after one period a "sudden death" second period will be played with the first team to score declared the winner.
- If no team scores then the game will be decided by penalties.
- If penalties are needed to determine the outcome of a game it will be best of 5 kicks, then sudden death.
- Each player must take a kick before a player is allowed a second kick.

9. Points

- A team shall be awarded 8 points for a win, 4 points for a tie and 1 point for each goal (up to maximum of 3 points).

10. Tie-break

- Head-to-head, goal difference between tied teams, goal difference overall, goals scored, coin toss.

11. Penalties

- A contact foul or handball in the goal box will result in a penalty. (Goal box in league 1, Free throw line in leagues 2 and 3).
- Players can only take two steps before kicking the ball.
- Opposition players must be outside of the key.

12. Sidelines

- The ball will be considered out of play if it goes into the bleachers and does not immediately come out.
- Play will continue wherever reasonable and safe at the referee's discretion.
- If the ball is deemed out of play then it will be returned to play with and over the head throw in.
- Any interference from players or coaches on sidelines will result in an indirect free kick to the opposition.
- The ball is also deemed out of bounds if it goes into the side of or behind the goal net. This will result in a goal kick from the edge of the goal box.

13. Spectator Standards

- Any offensive language, gestures, or behavior will result in being asked to leave the gym and a possible suspension.
- Any "refereeing" from the stands or arguing with the referee will result in a team warning. Two warnings to a team in a game and the game will be continued but considered a forfeit for the offending team.

14. Mercy Rules

- If a team is losing by 7 goals or more they may add a player. If the goal difference becomes 5 the extra player must be removed. If this results in a team that was up by 7 losing the game, then that it is still counted – they were still up by 5 with an equal amount of players.