

Southside Soccer Club



Indoor Program

Rules Manual

Indoor Rules of Play

Table of Contents

PURPOSE	Error! Bookmark not defined.
RULE 1 – Field of Play	3
RULE 2 – The Players	3
RULE 3 – Equipment	4
RULE 4 – The Referee.....	4
RULE 5 – Rules of Play	4
RULE 6 – Goal Keeper.....	5
RULE 7 – Free Kick	6
RULE 8 – Fouls & Misconduct.....	6

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Southside Soccer Club

Purpose of Program

The purpose of this program is to provide a fun, safe, sports activity for children. The clubs will ensure that every child gets to play in a safe environment, with positive and non-threatening support from the coach and spectators. Each game should be fun and non-competitive, with each player given the opportunity to play at least half of the game regardless of ability.

As parents, board members, spectators, coaches and referees our goal for this program is for all children to have a good time.

Program Rules

- All participants – children, coaches, referees, and parents – are encouraged to learn the rules and play to the rules fairly and safely.
- Each player should be allowed to play at least half the game and be given the chance to experience a variety of positions on the field.
- Promote the safety of the children. Dangerous or violent play, on or off the field, will not be encouraged or tolerated.
- Each player deserves support, respect and encouragement from coaches, parents, referees, and other players.
- Referees are there to make sure the players are safe and that the game is fair, they should be treated with respect.
- Participants should promote and demonstrate good sportsmanship.
- Participants should try to give some time to help organize each season and keep the program running smoothly.

Dispute Resolution

If any participant feels that anyone involved in the game acted inappropriately, or that the referee did not regulate the game fairly or safely, they should contact their soccer club:

**Southside Soccer Club
www.southsidesoccer.org
admin@southsidesoccer.org
503-968-7197**

Indoor Rules of Play

RULE 1 – Field of Play

- Location** Any gymnasium or facility approved by the clubs. Field of Play details for each location can be found at the club websites.
- Playing Surface** The main playing surface is the floor of the facility between the lines that indicate the boundaries of the court.
- Keeper Area** An area from the end wall to a clearly visible line approximately five feet from the goal face, which extends the width of the playing surface. The Goalkeeper may use their hands when in this area.
- No Kick Zone** In the keeper area, players may not kick the ball if the goalkeeper’s hands are within twelve inches of the ball. *The no-kick zone, delineated by lines on the playing surface, has been eliminated.*
- Goals** The goals are typically eight feet wide and six feet high. The goal line is the line between the posts of the goal.
- Food & Drink** **Food or drink of any kind, including water bottles, is not allowed in the school gyms.** The referee may stop any game until the food and drink is removed. If the food or drink is not removed, the referee can suspend the game.
- Fields of Play** Use the chart below to determine the playing field for specific locations:

	Goals	Goalie Area	Team Location
Southside Elemen. Schools	Set goals against end wall.	Use end line as goalie line.	Use wall opposite parents.
Southside Middle Schools	Set goals 3 feet from wall	Use end line + free throw box	In bleachers; use 2 nd row.

RULE 2 – The Players

- Teams** The teams are formed by each club from the list of registered players. The number of players playing at one time will be subject to the total number of registrants at an age group. All games will be 5v5. Starting with 4th grade the 5th player is a goal keeper. I.e.; four field players and a goalie.
- Legal Player** A player must be registered to the club. Players may be “borrowed” from the opposing team, if agreed upon by the coaches, in order to play a game of equal numbers.
- Playing Time** Games are 55 minutes in length. The coaches will have up to 10 minutes to warm up and prepare the team. There will then be two 20-minute halves with a

5-minute break between halves. There are no “time outs” and the clock will not be stopped for any reason. Each child must play at least half the game.

Substitutions

A player, other than the Goalkeeper, may be substituted at anytime during the game without notifying the referee. A player on the field who is being substituted must be off the field before the incoming player comes onto the field of play.

RULE 3 – Equipment

Shoes

Players are required to wear clean, non-marking gym shoes. Cleats are not allowed in the school gyms, but are acceptable in the Sherwood Fieldhouse.

Shin guards

Players are required to wear shin guards at ALL TIMES. Shin guards must be completely covered by the socks.

Shirts

All players are required to wear the club’s approved matching shirt. When a player is a goalkeeper they must wear a shirt that is a different color from either team or the referee.

Other Equipment

Shorts should be black or dark colored. Socks can be any color but must be long enough to cover the shin guards. Kneepads are recommended; however, they must be soft and free of metal or hard plastic.

Ball

In the school gyms, a futsal soccer ball will be used.

Jewelry/Cast Safety

Players are prohibited from wearing ANY jewelry to games &/or practices. If post earrings for newly pierced ears cannot be taken out then the player is not eligible to play. Taping of earrings is NOT allowed. Articles that may constitute a danger to others, e.g. casts, braces, or splints, are not allowed.

Coach Equipment

Coaches should have a first aid kit and their club’s medical release forms (registration forms) for all players at every game and practice.

RULE 4 – The Referee

Authority

The referee has absolute authority over the game, the coaches, players, spectators and the facility. The referee is considered an official representative of their club. Referee decisions are final. If the referee encounters any situation, which is not specifically covered under these rules, the referee may use their own judgment in settling the situation.

Substitute Referee

If the assigned referee does not show up five minutes before the scheduled start time, the two coaches shall appoint a person to be referee for the game. The substitute referee shall have the same authority and duties as an assigned referee. The home coach will notify their club of the referee no-show immediately following the game.

RULE 5 – Rules of Play

Start of Play

The home team chooses which goal to defend. The initial kickoff is taken by the visiting team. The ball can be kicked in any direction at kickoff.

Ball Out of Play The referee will stop play when the ball is out of play by blowing the whistle. The offending team is the one that was the last to touch the ball before it went out of play. The referee will restart the game by awarding an indirect free kick to the other team. The ball is out of play when the ball passes fully across the boundary line and an indirect free kick will be awarded to the other team. The game is restarted with the kick taken from a point on the floor by the closest side line. If the ball becomes unplayable, and the referee can not determine which team should possess the ball, play is restarted with a drop ball.

Drop Ball The referee will position a player from each team with their backs to their own goals and drop the ball onto the ground between them. The ball is in play as soon as it hits the floor; players are not allowed to touch the ball until then. A goal can not be scored directly from a drop ball situation. The drop ball restart is performed at the place where the ball was when play was stopped, but outside the keeper area.

Injuries If an injury occurs or appears to have occurred, the referee must stop play immediately and tend to the injury. The injured player should be substituted and play should resume with a drop ball at the place where the ball was when play was stopped (not where the injury occurred).

Scoring A goal is scored when the whole of the ball has completely passed over the entire width of the goal line and entered the goal. Before entering the goal the ball can be last touched by a player of either team, however, the ball must have been touched by an attacking team player at least once in the defending team's half of the playing area. If the ball enters the goal without being touched by an attacking player, a goal kick is awarded to the defending team.

RULE 6 – Goal Keeper

Hands The goalkeeper may use their hands to touch the ball anywhere in the keeper area. The goalkeeper is subject to all other rules of the game, and is not entitled to commit fouls, or play violently or dangerously in order to gain possession of the ball.

Possession The goalkeeper has possession of the ball when the ball is stopped and the keeper's hand, or any other part of their body other than the foot, is in contact with the ball.

Six Second Release The keeper must release the ball within six seconds after gaining control of the ball.

Goalkeeper Substitution The goalkeeper may only be substituted during a stoppage in play. After the whistle has blown, the coach notifies the referee ("Keeper Sub!") and the referee will allow the substitution before restarting the game; time is not stopped for this substitution.

Penalty Substitution If a goalkeeper is out for a penalty time, another player can be substituted into that position.

Mid Court Line Violation A mid court line violation occurs if the goalkeeper touches the ball with their hands and then throws, kicks or drop-kicks the ball over the mid court line without the ball touching a player, the playing surface or the side walls in their half of the field. If a violation occurs the other team is awarded an indirect free kick at the point where the ball crossed the mid-court line. A mid court line violation cannot occur from a goal kick even if the goalkeeper takes the goal kick.

Goal Keeper Back Pass A goalie may not pick up the soccer ball if it was kicked to him/her by a member of their own team.

RULE 7 – Free Kick

Indirect Free Kick All kicks of a dead ball that start or restart the game are indirect free kicks. This includes the kick off, out of play kick in, or any kick awarded by the referee for fouls or violations. The kick may be made in any direction, and is playable by another player after the ball has rolled its circumference (24”). The player taking the free kick cannot touch the ball a second time until it has been touched by another player. In order to be scored as a goal, an indirect free kick must touch another player before entering the goal.

Placing the ball Normally the kick is taken from where the violation occurred. However, if a free kick is awarded to the attacking team it shall be no closer to the goal than the basketball free throw line or an equivalent distance defined by the referee.

Opponent Distance Players are free to stand between the ball and the goal for all indirect free kicks, even those from the free throw line. Players on the defending team must be at least 10 feet from the ball until the ball is kicked.

RULE 8 – Fouls & Misconduct

Misconduct It is unsportsmanlike conduct for a defender to make gestures, encroach on the ball, or otherwise obstruct a free kick before the ball has been kicked.

Dangerous play The following behaviors are considered to be a dangerous play foul: High kicking (lifting leg or foot higher than horizontal), sliding or slide tackling by any player, both feet leaving the ground (jumping at the ball), dangerous or violent play directed at the goalkeeper while possessing or attempting to possess the ball. Any other play in which a player does not have control of his/her body, that may constitute a danger to any other player, is a foul.

Body Fouls The following behaviors are considered to be a body foul: any attempt to push, bump, shove, hit, strike, force a player into a wall, charge violently from behind or away from the ball, or the use of hands or body to hold, control, or prevent movement of another player.

Hand Ball An intentional handball, in which the hand or arm is moved with the intent to control the play of the ball, is a handball foul.

Delay of Game	Intentional delay of the game and when the goalkeeper retains control of the ball for longer than six seconds is considered a delay of game foul.
No-kick rule	In the keeper area, players may not kick the ball if the goalkeeper's hands are within twelve inches of the ball. <i>The no-kick zone, delineated by lines on the playing surface, has been eliminated.</i>
Inappropriate Behavior	The following behaviors are fouls: repeated or violent fouling; intimidating play; dissent of the referee's decision by any coach, player or spectator; obstruction of, or encroachment on a free kick; foul, improper, belittling or angry language, actions or gestures; any other conduct which the referee considers to be inappropriate to fair play or good sportsmanship.
Offside Rule	There are no limitations on where players may be (no offside rule).
Advantage Rule	For minor offenses where the team being fouled has a clear advantage following the foul, the referee may chose not to stop play or award a free kick. The referee should acknowledge that an offense has occurred, but that play should continue, by sweeping one or both arms in the direction of play and saying, "Play on".
Additional Penalties	In addition to awarding an indirect free kick, the referee may penalize an offending player for a foul or rule violation with one of the following:
1. A Verbal Warning	For minor offenses the referee will talk to the offender (player, coach or spectator) and warn them that their behavior is unacceptable
2. A Yellow Card	For a more serious offense or for repeated minor offenses, the offender is shown a yellow card and given a one-minute penalty on the bench. The team plays one player short until the minute has expired, or the opposing team scores.
3. A Red Card	For a very serious single offense or a second yellow card offense, the offender is shown a red card and the player is not allowed to play for the remainder of the game. The player must remain on the premises and may sit on the sidelines with the rest of their team. The team plays one player short for one minute, or until the opposing team scores. After one minute, another player may be substituted. The referee will report any red card offenses to the offending club's coordinator for investigation.
Coach and Spectators	A referee will penalize the team for unacceptable conduct by the coach or any of the team's spectators, however, no penalty time will be served by a player. If a coach or spectator is shown a red card that person will be asked to leave the premises immediately.
Stopping a Game	If a player refuses to leave the playing field or if a coach or spectator refuses to leave the building or if anyone attempts to intimidate the referee, the referee has the right to abandon the game. If the referee abandons the game, the teams may not continue playing and everyone must leave the facility immediately.
Sportsmanlike Play	Lopsided wins are discouraged. If one team is leading by a margin of more than five goals, its coach should play short sided, require a minimum number of passes, or make other efforts to equalize the skill level without detracting from the intent of the game.

Dispute Resolution

If any participant feels that anyone involved in the game acted inappropriately, or that the referee did not regulate the game fairly or safely, they should contact their soccer club:

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