

## INTRODUCTION

Along with outdoor soccer in the United States, indoor soccer (or "arena soccer" as some prefer) has witnessed significant growth over the last three decades. Founded in 1998, the United States Indoor Soccer Association, is dedicated to supporting the national identity of indoor soccer and serving the game's most basic needs. Naturally, among these are standardized rules (including field dimensions, markings, and goals.)

*The Official Rules of Indoor Soccer* (Amateur and Youth edition) were originally published in 2001. Prior thereto, there had been no attempt to standardize rules for amateur or youth play. With all the influences from outdoor soccer, futsal, pro indoor and "house" rules, imagine a tournament organizer having to come up with rules that teams would readily understand and obey. The industry is far better off today.

The 1990s were a terrific boon for indoor soccer, and thankfully, many facilities learned that playing indoor by the outdoor rules would not serve the best interests of the game or their business. More than anything, the boards define today's game for the vast majority of North American indoor sports facilities. They make the game faster, higher-scoring, and arguably more exciting for players and spectators alike, than its outdoor cousin—or even futsal. Consequently, indoor soccer, typically played on synthetic grass, has gained wide acceptance and achieved an identity apart from either.

On behalf of all indoor sports enthusiasts, USIndoor is delighted to present this fourth edition of *The Official Rules of Indoor Soccer*. Its goal is to promote unity within the indoor soccer world, enhance the sport's national identity, pave the way towards a truly national tournament, and fulfill a vital, practical need. Above all, our vision is that our work may play a small role in making the game more accessible and fun for everyone.

*Don Shapero, USIndoor president*

# THE OFFICIAL RULES OF INDOOR SOCCER

## Amateur and Youth Edition

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THE OFFICIAL RULES OF INDOOR SOCCER (Amateur and Youth Edition) sanctions standard rules for the game of "indoor soccer," defined as that form of soccer whose play is bounded by a physical structure (e.g., wall, board, or combination thereof) within the field of play. Owing to the game's many adaptations required by differing arenas, ages of players, spectator concerns, and competitions, the *Official Rules* represent a balance of interests and practicalities, while promoting a vision of what is indoor soccer. The Administrative Authority of each league is ultimately responsible for promulgating the rules which best suit its facilities, referees, and players.

For these reasons, the *Official Rules* acknowledge the existence of "house rules." Rather than mandate compliance with the *Official Rules*, we urge an appreciation for this book's history and purpose in harmonizing regional variations. That said, we expect that standardization across all divisions will someday be fully embraced.

Compared to previous editions, this one makes relatively minor adjustments. To highlight a few, the current edition updates certain terminology (e.g., "sudden victory" instead of "sudden death" and "send off" instead of "ejection"), simplifies the administration of Yellow Cards (Rule 10.8), addresses specific rules where questions and confusion arose (e.g., Shootouts, Rule 12) and eliminates the rarely, if ever, used Penalty Kicks.

Rule 1, "The Field of Play," continues to reside in the Appendix, along with a Field Diagram. The Appendix also includes technical aspects of officiating, as well as specialized definitions.

As the game continues to develop so will the *Official Rules* be amended from time to time. Toward that end, the United States Indoor Soccer Association encourages questions and input. For more information about the *Official Rules* or indoor soccer referee certification, please contact USIndoor via its website. Thank you for your support!

*Said Sanhoury, USIndoor Director of Officials*



# THE OFFICIAL RULES OF INDOOR SOCCER

## Amateur and Youth Edition

### THE RULES

#### Rule 1 – The Field of Play

*Owing to structural differences among indoor soccer facilities, "The Field of Play" is included as Appendix A, rather than set forth by rule.*

#### Rule 2 – The Ball

**2.1 Specifications:** The dimensions and weight of the ball are that of a standard size 3 or 4 for U12 and below, subject to the Administrative Authority's discretion. The ball is size 5 for above U12, including adult divisions.

**2.2 Ball Change:** The ball may not be changed except by the Referee.

**2.3 Maintenance of the Ball:** Game balls are delivered to the Referee prior to each game. At the end of each Half, the ball is maintained by the Referee. Upon the game's conclusion, the Referee returns all of the game balls to the person or team which supplied them.

#### Rule 3 - The Players

**3.1 Teams and Benches:** A game is played by two teams having a maximum of 18 eligible players and at least 1 adult on the Team Bench. Bench personnel may include up to 2 non-players.

- (a) *U12:* For U12 and below, the Administrative Authority shall determine the maximum number of players from each team that shall occupy the field during each Half, and

there shall be no fewer than two less than such number throughout the game.

- (b) *Above U12:* For above U12 and for adult divisions, no fewer than 4 or more than 6 are allowed.
- (c) *Coed:* The Administrative Authority may dictate other player rules for adult co-ed divisions, subject to its discretion.
- (d) *Overtime:* During an Overtime Period, neither team shall play with more than the minimum allowed hereunder.

**3.2 Substitution During Play and Stoppages:** Each team may substitute players freely; provided that during play, players must substitute off the field or within the Touchline in the area of their Team Bench. For substitutions within the Touch Line, neither the player entering the field, nor the player being substituted, may play the ball while the other is on the field.

**3.3 Substitution Violations:** The Referee issues a Team Time Penalty for having too many players on the field.

**3.4 Player Requiring Treatment for Injury:** The Referee sends any player to the Team Bench who requires treatment for injury or blood (regardless whether the blood is the player's or another's, or is on his or her body or uniform.) This occurs at the first opportunity recognized by the Referee, whether at the game's next stoppage or the Referee's order when (i) the injury is deemed critical, (ii) by the location of the injured player, he or she is likely to interfere with play, or (iii) the injured player's team has control of the ball. Any player sent off for treatment may not reenter until fit to return and, if applicable, until the expiration of the player's Time Penalty. The Referee shall approve any blood treatment prior to allowing the player to reenter the field. If allowed by the Referee and permitted by administrative policy, a player whose uniform is stained with blood and untreated may wear alternative clothing.



## Rule 4 – The Players' Equipment

**4.1 Uniform:** Players, other than Goalkeepers, wear their team's uniform, consisting of the same color and style jersey, shorts and socks, shin guards and indoor footwear. Unique team numbers appear on the back of the jersey.

**4.2 Goalkeeper:** The Goalkeeper wears jersey colors distinguished from all other players and from the Referees. Other permitted equipment includes gloves, pants instead of team shorts, and approved headgear. In all other respects, Rule 4.1 applies.

**4.3 Dangerous Equipment:** A player may not wear any jewelry or other accessory. If a player is unable to remove a necklace or ring, it is taped to his or her chest or finger. Casts, splints, or body braces made of a hard substance must be padded to the satisfaction of the Referee.

## Rule 5 – The Referee

**5.1 Referees:** One (1) Referee officiates each game. The Referee may be assisted by a second floor Referee, an Assistant Referee, and a Timekeeper. (See Appendix D, Assistant Referee and Timekeeper.) So long as a Referee is on the facility compound of an assigned game, he or she shall execute, or delegate to other Game Officials the execution of, these Rules.

**5.2 Decisions of Fact and Rule:** The decisions of the Referee regarding facts connected with play and interpretation of Rules are final. The Referee may change any decision prior to a Restart upon the Referee's own reconsideration.

**5.3 Powers:** The Referee's power to assess penalties, and otherwise assure fair play and maintain control of a game, extends to violations of these Rules committed during play, during stoppages, and as players and

other team personnel proceed to and from the field of play. This includes the power to:

- (a) *Award or Disallow a Goal:* The Referee determines whether or not a goal is scored.
- (b) *Suspend or Terminate the Game:* The Referee stops, suspends, or terminates the game at the Referee's discretion by reason of the elements, interference by spectators, an unsafe condition, or other justifiable cause.
- (c) *Stop the Clock:* The Referee stops the Game Clock due to an unusual delay (subject to administrative policy.)
- (d) *Prohibit Field Entry:* The Referee ensures that no unauthorized person enters the field of play during a game.
- (e) *Summon Security:* The Referee asks facility management to prevent any spectator, including team personnel, from interfering with the play of the game for:
  - (1) Violent conduct, including tossing objects onto the field;
  - (2) Foul or abusive language or behavior; or
  - (3) Persistent unseemly behavior.

**5.4 Game Report:** The Referee files a Game Report, describing the facts surrounding send offs, serious injuries and as otherwise may be required by the Administrative Authority, whether occurring before, during, or after the game.

## Rule 6 – The Duration of the Game

**6.1 Periods:** A regulation game consists of 20-minute halves (which may be extended to 28 minutes, depending on administrative policy), subject to the following:

- (a) *Overtime Period and Tiebreaker:* If, in a tournament or playoff, the game is tied at the end of regulation, a 5-minute "sudden-victory" Overtime Period follows, subject to the Administrative Authority. If still tied at the end of

the Overtime Period, a Tiebreaker takes place, as set forth in Rule 12.

- (b) *Running Clock:* Except in the case of an unusual delay, as determined by the Referee, the Game Clock counts down continuously through each Half or Overtime Period.
- (c) *Extension of Play:* Play may be extended to permit a Shootout in accordance with Rule 12.3.
- (d) *Clock Malfunction:* If the Game Clock does not count down properly, the Referee may add or subtract time as he or she deems appropriate. All violations occurring during a clock malfunction are treated as if occurring while the ball is in play.

**6.2 Period Intervals:** There may be a 2-minute Halftime and a one-minute intermission before any Overtime Period and Tiebreaker.

## Rule 7 – The Start and Restart of Play

**7.1 Start of Play:** A Kickoff from the Center Mark starts play at the beginning of each period and after every goal. Immediately prior to the Kickoff, all players remain in their respective defensive halves, and all defending players are outside of the Center Circle. Once the Referee signals the Kickoff, a player of the team having the Kickoff has 5 seconds to play the ball in any direction. The same player may not again play the ball until it touches another player.

**7.2 Defensive End:** The Referee designates the end of the field each team will defend, in accordance with administrative policy.

**7.3 Start of First and Second Half and Overtime:** The Home Team takes the opening Kickoff for the First Half and any Overtime Period, and the Visiting Team takes the opening Kickoff for the Second Half.

**7.4 Kickoff After Goal:** Except at the end of a Half, play restarts after

each goal with a Kickoff by the opposing team.

**7.5 Restarts:** A Restart is the manner of resuming play after a goal or other stoppage. Restarts take place by a Kickoff, Free Kick, Goalkeeper Distribution, or Dropped Ball, as set forth elsewhere in these Rules. The team opposing that which is responsible for the stoppage takes the Restart. Except for a Dropped Ball, the same player who takes a Restart may not again make contact with the ball until touched by another player. Other than for Kickoffs or as provided below, Restarts occur within three feet (3') from the spot of the ball at the moment of stoppage.

**7.6 Free Kick:** A team receives a Free Kick after stoppages other than when a Dropped Ball or Goalkeeper Distribution is required. Before the team takes the Free Kick, the ball must be stationary. All opposing players are at least 15 feet (5 yards) from the spot of the Free Kick (or, if within 15 feet of the opponent's Goal, along the Goal Line) until after the Restart. The Referee whistles the Restart for all Free Kicks taken from any Circle Mark and after stoppages due to an injury, Time Penalty, or other incident within the Referee's discretion. In the instance of a Time Penalty or send-off, the Referee whistles the Restart after the player serving the Time Penalty has sat down in the Penalty Area or the person sent off has left the area visible to the field of play. The spot of the Free Kick is that provided in Rule 7.5, except as follows:

- (a) *Within Own Penalty Arch:* A Free Kick within a player's defensive Penalty Arch may be taken from any spot therein. All opposing players remain outside the Arch and at least 15 feet (5 yards) away until the ball is in play beyond the Arch. If, after the Free Kick, any player touches the ball before it has left the Penalty Arch, the Free Kick is retaken.
- (b) *Within Opponent's Penalty Arch:* When a team is awarded a Free Kick within its opponent's Penalty Arch, the Free Kick takes place at the opponent's Free Kick Mark ("Top of the Arch").



- (c) *Illegal Pass Back to Goalkeeper:* A Free Kick occurring after an illegal pass back to the Goalkeeper (Rule 10.3) is taken at the Goalkeeper's Free Kick Mark ("Top of the Arch").
- (d) *Delayed Penalty:* After a Delayed Penalty (Rule 11.6) the Restart is taken (i) according to the ensuing stoppage, as normally administered, or (ii) in case the defending team obtains possession of the ball during play, at the spot of the original offense. If the original offense would have resulted in a Shootout, but for the Delayed Penalty, the Restart is a Shootout, except when the attacking team has scored or committed a Foul or Carded Offense, in which cases (i) applies.
- (e) *Shootout:* The Restart for a Shootout is taken in accordance with Rule 12.
- (f) *Kick-In:* If the ball crosses over a length of the Perimeter Wall, a Free Kick (*i.e.*, Kick-In) is taken from the point on the Touch Line nearest where the ball crossed over. If the ball goes out of play after touching a player substitute or other Bench personnel, who is inadvertently extending into the playing field, or if the ball exits the field through an open door of a Team Bench, the Kick-In is taken by the other team.
- (g) *Corner Kick:* When the whole of the ball, having last touched a defending player, crosses an end of the Perimeter Wall between the Corner Flags, the opposing team takes a Free Kick from the Corner Mark, nearest to where the ball exited play.
- (h) *Goalkeeper Distribution:* See Rule 7.8.
- (i) *Three-Line Violation:* For Three-Line Violations, the Restart is taken from the offending team's Restart Mark (*i.e.*, from the middle of the Red Line.)
- (j) *Superstructure Violation:* For Superstructure Violations, the Restart is taken from the Restart Mark nearer to where the ball was last played.

**7.7 Dropped Ball Restart:** If neither team has clear possession of the ball at a stoppage, the Referee restarts play with a Dropped Ball. A Dropped Ball caused while the ball is inside a Penalty Arch takes place at the nearer Free Kick Mark; otherwise at the spot of stoppage. The ball is "in play" once the ball contacts the ground untouched.

**7.8 Goalkeeper Distribution:** Play restarts with a Goalkeeper Distribution by a Goal Clearance (or, for youth, a punt) after an attacking player has last touched the ball before crossing an end perimeter wall between the Corner Flags. The Goalkeeper has 5 seconds to distribute the ball once the Goalkeeper controls the ball and the Referee whistles the Restart. The Restart is taken from any point within the Penalty Arch. Opposing players are at least 15 feet (5 yards) beyond the Penalty Arch until the ball is "in play." The provisions otherwise apply as to Free Kicks and Restarts.

## Rule 8 – The Ball In And Out Of Play

**8.1 Ball In Play:** The ball is "in play" once each Kickoff or Restart legally begins and the ball makes any discernible movement. The ball remains "in play" until a stoppage, recognized by the Referee.

**8.2 Restarts Within Defensive Penalty Arch:** For Restarts by a team within its Penalty Arch, the ball is not "in play" until the game is properly restarted and the ball is propelled beyond the Penalty Arch by the player taking the Restart.

**8.3 Ball Out Of Play:** The ball is "out of play" once any stoppage occurs which the Referee acknowledges or orders, whether for goals, Fouls, Time Penalties, injuries, out of bounds, Three-Line Violations, or Superstructure Violations.

**8.4 Three-Line Violation:** A Three-Line Violation occurs when a player propels the ball in the air across the two Red Lines and the Halfway



Line toward the opponent's Goal without the ball's first touching the Perimeter Wall or another player or a Referee on the field of play.

**8.5 Superstructure Violation:** A Superstructure Violation occurs when the ball contacts any part of the building above the field of play.

## Rule 9 – The Method of Scoring

**9.1 Goal:** A team scores a goal when the whole of the ball legally crosses its opponent's Goal Line, between the Goalposts, and under the Crossbar. A goal may be scored directly from a Kickoff or Restart. For co-ed play, the Administrative Authority shall determine any other conditions or point system that may apply, subject to its discretion.

**9.2 Winning Team:** The team scoring the greater number of goals during a game is the winner.

**9.3 Interference:** No goal is allowed if an outside agent materially alters the path of the ball on its way over the Goal Line. In such instance, Rule 7.5 dictates the manner of Restart, except for a Shootout or Penalty Kick, in which case it is retaken.

## Rule 10 – Fouls and Other Violations

**10.1 Fouls:** A Foul is assessed to a player who commits the following offenses in a manner the Referee considers careless, reckless or using excessive force:

- (a) Kicks or attempts to kick an opponent;
- (b) Trips or attempts to trip an opponent;
- (c) Jumps at an opponent;
- (d) Charges or obstructs an opponent;
- (e) Strikes, elbows or attempts to strike or elbow an opponent;
- (f) Pushes an opponent;

or who:

- (g) Plays in a dangerous manner (*e.g.*, boarding, slide-tackling);
- (h) Holds an opponent; or
- (i) Handles the ball (except by the Goalkeeper within his or her Penalty Arch).

Should a player simultaneously commit multiple Fouls, the Referee assesses the more serious one. All Fouls result in a Free Kick unless otherwise stated herein.

**10.2 Unsporting Behavior:** The Referee stops play for Unsporting Behavior, resulting in a Free Kick and possible Time Penalty (*see* Rules 10.7-10.9), for the following offenses:

- (a) *Illegal Substitution After Injury:* Attempting to enter play without the required Referee consent;
- (b) *Equipment Violation:* Entering play without an ordered uniform adjustment;
- (c) *Leverage:* Using the body of a teammate or any part of the field to gain an advantage;
- (d) *Encroachment:* Entering the protected area of an opposing player taking a Free Kick (after initial Warning);
- (e) *Trickery:* Illegal pass back to a Goalkeeper (Rule 10.3(b));
- (f) *Delay of Game:* Engaging in tactics causing the Referee to delay a Kickoff, Restart or Goalkeeper Distribution;
- (g) *Dissent:* Committing any of the following offenses, whether before, during, or after the game:
  - (1) *Referee Abuse:* Words or actions directed by any player or team personnel at an official in dissent;
  - (2) *Breach of Penalty Area Decorum:* Delay in entering the Penalty Area, failure to sit and remain seated in the Penalty Area after a Warning, or premature or unpermitted exit from the Penalty Area;
  - (3) Entering the Referee Crease without the Referee's permission;

- (h) *Other*: Behavior which, in the Referee's discretion, does not warrant another category of penalty (e.g., taunting, foul language, or violation of co-ed rule established by the Administrative Authority.)

**10.3 Goalkeeper Violations:** For the following violations by a Goalkeeper, the opposing team receives a Free Kick:

- (a) *Illegal Handling*: Bringing the ball from outside of the Penalty Arch to his or her hand within it, or receiving the ball again after a Goalkeeper Distribution without the ball's having first touched another player (e.g. drop-kick, dribble);
- (b) *Pass Back*: Handling the ball, having been passed deliberately and directly to him or her from a teammate, unless by the head, chest, or knee and without "trickery";
- (c) *5-Second Limit*: Controlling the ball with either hand or foot inside of the Goalkeeper's Penalty Arch for over five (5) seconds.

**10.4 Team Violations:** The Referee issues a Team Time Penalty for the following violations by a team or unidentified person:

- (a) *Leaving Team Bench*: Players leave a Team Bench to join a fracas, melee, or confrontation with the opposition or a Game Official;
- (b) *Bench Dissent*: After an initial "Warning" issued to the Team Captain, one or more players from a Team Bench verbally abuse the Referee.
- (c) *Other*: Unsporting Behavior which, in the Referee's discretion, does not warrant another category of penalty (e.g., too many players on the field.)

**10.5 Advantage Rule:** The Referee allows play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from an existing offensive

advantage. In the case of a Carded Offense, Rule 11.6 applies.

**10.6 Flagrant Fouls:** A Shootout is awarded for the following Fouls committed by a defender in his or her defensive half of the field:

- (a) A Foul within the Penalty Arch or Goal for which the defender receives a Time Penalty;
- (b) A Foul from behind against an attacking player, having control of the ball and one or no defensive players between himself and the Goal; and
- (c) Any Foul where he or she is the last player on his or her team between the attacking player with the ball and the Goal.

**10.7 Blue Card:** Unless otherwise provided in Rules 10.8 or 10.9, the Referee issues a Blue Card for serious violations of Rules 10.1 (Fouls) and 10.2 (Unsporting Behavior), for violations of Rule 10.4 (Team Violations) and for:

- (a) *Deliberate Handball*: Handling the ball deliberately (or by a Goalkeeper outside of his or her Penalty Arch);
- (b) *Goalkeeper Endangerment*: Endangering a Goalkeeper within the Goalkeeper's Penalty Arch by sliding or charging into him or her, regardless whether the Goalkeeper is in control of the ball;
- (c) *Boarding*: Forcing an opponent into the Perimeter Wall; and
- (d) *Shootout*: Committing a foul by the Goalkeeper during a Shootout.

**10.8 Yellow Card:** The Referee shows a Yellow Card for:

- (a) *Administrative Yellow*: Committing a second Blue Card offense; and
- (b) *Non-Player Personnel*: Violating Rule 10.2 (f) or (g) by anyone who is not a player.

**10.9 Red Card:**

- (a) *Administrative Red:* Receiving a Third Time Penalty;
- (b) *Straight Red:* A person receives a Red Card for violations of Rule 10.1 for violent conduct or serious foul play, such as:
  - (1) *Elbowing:* Intentionally elbowing an opponent above the shoulder;
  - (2) *Vicious Slide-Tackling:* A tackle into one or both legs of an opponent, seriously endangering him or her;
  - (3) *Fighting:* Striking or attempting to strike an opponent with intent to injure;
  - (4) *Leaving Bench or Penalty Area:* Leaving the Team Bench or Penalty Area to engage in a fracas or melee with the opposition or a Game Official; and
  - (5) *Extreme Unsporting Behavior:* Committing particularly despicable behavior, including:
    - (i) Spitting at any person;
    - (ii) Persistent use of extremely abusive language or behavior toward a Game Official;
    - (iii) Bodily contact with a Game Official in dissent.

**Rule 11 – Time Penalties**

**11.1 Penalties for Carded Offenses:** The following penalties apply to offenses for which a Card is issued (subject to further action by the Administrative Authority):

- (a) *Blue Card:* Two-Minute Time Penalty in the Penalty Area;
- (b) *Yellow Card:* Warning that the person's next cardable offense will require send-off;
- (c) *"Administrative" Red Card* (for a player's third Blue Card): The player receives a Two-Minute Time Penalty for the Blue Card and is sent off for the rest of the game; and
- (d) *"Straight" Red Card:* Five-Minute Time Penalty and send-off for the rest of the game.

For send-offs, see Rules 11.3 (Designation of Penalty Server) and 11.5(f) (Maximum Time Penalty).

**11.2 Service of Penalties:** Except as provided under Rule 11.3, a person who commits a carded offense serves the penalty. A person who is sent off after the game has started may not return to the area visible to the facility, until allowed by the Administrative Authority. Players serving Time Penalties proceed swiftly to their team's Penalty Area, have their Time Penalties posted and counted down in unison with the Game Clock, and serve their Time Penalties, seated, until their expiration or the conclusion of the game; except that, if a player's release from the Penalty Area would cause too many players to be on the field (as could occur in the case of the expiration of multiple, simultaneous Time Penalties, or Time Penalties to three or more players from the same team), the player is released upon the earlier of: (i) the expiration of a teammate's Time Penalty resulting in fewer than two teammates in the Penalty Area with penalty time remaining, (ii) a stoppage, when permitted by the Referee, or (iii) the next occasion that the ball goes out of play.

**11.3 Designation of Penalty Servers:** Players are designated by their teams to serve Time Penalties of their team, their Goalkeeper, non-player personnel, and of teammates who receive Red Cards. In each instance, the designated player may not already be serving a Time Penalty. Time Penalties served by designated players do not count against their personal records, but of those responsible.

**11.4 Short-Handed Play:** For each Time Penalty being served by a player, his or her team shall play with one fewer field player until its expiration; provided that a team may not have fewer than the minimum under Rule 3.1, regardless of the number serving Time Penalties. Should a player receive a Time Penalty, while two or more teammates are already in the Penalty Area, his or her team continues to play with the minimum while the player joins his or her teammates in the Area.



**11.5 Exceptions to Penalty Time:** Under the following circumstances, Time Penalties either expire prior to their completed countdown, or have the beginning of their countdowns delayed:

- (a) *Powerplay Goal:* If a team is scored upon having fewer players on the field of play, due to one or more players serving Time Penalties, a player from the team is released from the Penalty Area into the field of play, unless prohibited under Rule 11.2, and the player's Penalty or Penalties are wiped out. If the team has two players in the Penalty Area, only the player whose Time Penalty or Penalties are recorded earlier is affected.
- (b) *Delayed Penalty:* See Rule 11.6.
- (c) *Multiple Penalties:* If two teammates are serving Time Penalties when another teammate is penalized, his or her Time Penalty does not begin to count down until at least one of the teammates' Time Penalties has expired and his or her Time Penalty is next to begin.
- (d) *Release of Teammates Serving Simultaneous Time Penalties:* When two or more teammates' Time Penalties expire simultaneously, the order in which they are recorded dictates the order of their release.
- (e) *Simultaneous Send-Offs:* When two simultaneous Red Cards carrying the same Time Penalties are assessed to opposing players, their Time Penalties are not served.
- (f) *Maximum Time Penalty:* No player may receive more than 5 minutes for penalties arising at the same time on the Game Clock, irrespective of the number or nature of accumulated offenses or the fact that one or more teammates may be designated to serve such time.
- (g) *End of Game.* All Time Penalties carry over between periods and expire at the end of the game.

**11.6 Delayed Penalty:** In instances where the Referee would issue a Blue Card, but for the Advantage Rule (Rule 10.5), the Referee

acknowledges the offense by holding the Card above his or her head until the earlier to occur of the following:

- (a) *Opponent's Possession:* The team of the offending player gains control of the ball;
- (b) *Stoppage:* The Referee stops play for any reason.

Once play is stopped, the offense is recorded and assessed, as customary, except when a goal is scored, in which case the Time Penalty is not served. In the event of a powerplay goal, Rule 11.5(a), regarding the release of a player from the Penalty Area, remains applicable.

## Rule 12 - Shootouts and Tiebreaker

**12.1 Shootout (not Tiebreaker):** For a Shootout:

- (a) Any player of the attacking team may take the Shootout;
- (b) All players serving Time Penalties are seated in their appropriate Penalty Area. All players of the attacking team stand on or behind the Halfway Line and outside of the Center Circle. Players of the defending team stand or behind the Halfway Line and inside of the Center Circle;
- (c) The ball is placed at the Restart Mark (on the Red Line) nearer the attacking Goal;
- (d) The Goalkeeper has at least one foot on his or her Goal Line and may not move off of it until after the Referee whistles the Shootout to begin;
- (e) Once the Referee whistles the Shootout to begin, the ball is "in play" and all rules apply;
- (f) Neither team may substitute until the earlier of the first 3 seconds or the next stoppage.

**12.2 Tiebreaker:** A Tiebreaker proceeds in accordance with Rule 12.1, except that:

- (a) Subject to 12.2(f) and (g), both teams have 3 Shootouts, with players from each team shooting alternately;

- (b) The Referee designates the Goal at which both teams shoot and the team which shoots first (according to administrative policy);
- (c) All players, other than the player taking the Shootout and the defending Goalkeeper, remain within their Team Bench areas;
- (d) The player taking each Shootout has 5 seconds to score after the Referee's whistle;
- (e) Any foul committed during a Shootout results in loss of the Shootout. Carded Offenses are recorded as normal and players sent off, except there are no Time Penalties;
- (f) If a team obtains a 2-Shootout advantage, the Tiebreaker ceases and the winner is declared;
- (g) If, after both teams have taken 3 Shootouts, neither has an advantage, the Tiebreaker continues, alternating one player at a time, until both teams have taken an equal number of Shootouts and one team has scored when the other has not;
- (h) During a Tiebreaker, no player may take more than 1 Shootout for every set of five 5 of his or her team.



# THE OFFICIAL RULES OF INDOOR SOCCER

## Amateur and Youth Edition

### Appendix A – The Field of Play

*This Appendix comprises generally accepted standards for field dimensions, walls, goals, and markings. Adaptations should be considered for fields less than standard length, particularly regarding Red Lines, Three-Line Violations and Shootouts.*

**A.1 Field Dimensions:** The field of play shall be adapted for the size of the facility, with dimensions between 140 and 210 feet in length and 60 and 90 feet in width. *The standard dimensions are 180 by 75 feet, with corners rounded in the arc of a circle having a 28 foot radius.*

**A.2 Perimeter Wall:** The field of play is enclosed by a Perimeter Wall, which is part of the playing surface. The Wall is 4 to 12 feet high, *with the standard being 8 feet, except above the Goals (2 feet above the Crossbar) and along the Team Benches and Penalty Areas (4 feet).*

**A.3 Playing Surface:** Flooring is affixed to the ground of the playing area.

**A.4 Markings:** The field of play is marked with white lines 4 inches wide.

**A.5 Halfway Line:** A Halfway Line, parallel to the Goal Lines, divides the field of play into two equal halves.

**A.6 Center Mark:** A Center Mark, 9 inches in diameter, marks the center of the field of play.

**A.7 Center Circle:** A Center Circle, 15 feet in radius, surrounds the Center Mark.

**A.8 Restart Mark:** A Restart Mark, 9 inches in diameter, marks the center of

the field of play 50 feet from each Goal Line.

**A.9 Red Lines:** A Red Line, parallel to the Goal Lines, extends through each Restart Mark and up the Perimeter Wall.

**A.10 Goals:** A Goal adjoins the perimeter wall at the center of each end of the field of play. Each Goal consists of two upright, tubular Goalposts, 12 to 14 feet apart (measured from their nearest points), joined by a horizontal Crossbar, 6 1/2 to 8 feet high (measured from the nearest point of the Crossbar to the field surface), a Net, extending 5 feet behind the Goalmouth and the plane of the Perimeter Wall, and the area created thereby. *The standard Goal dimensions are 12 feet wide by 6 1/2 feet high.* The foremost outside contours of the Goalposts and Crossbar are smooth and flush with the plane of the perimeter wall. The depth of the Goalposts and Crossbar is 4 inches. The Net is supported to allow the Goalkeeper mobility within the Goal.

**A.11 Goal Lines:** A Goal Line, delineating the boundary of each Goal, is drawn between the Goalposts.

**A.12 Corner Flag:** A Corner Flag sits 3 feet above the Perimeter Wall at each corner of the field of play.

**A.13 Corner Mark:** A Corner Mark, 9 inches in diameter, is 3 feet within the Perimeter Wall, situated beneath each Corner Flag.

**A.14 Touch Line:** A Touch Line, having 3-foot dashes separated by 1-foot spaces, is 3 feet within the Perimeter Wall along its length between Corner Marks.

**A.15 Penalty Arch:** A Penalty Arch surrounds each Goal within the field of play. The Arch's standard dimensions consist of two 20-foot lines drawn at right angles to the Goal Line, each extending from the Perimeter Wall and equidistant from the middle of the Goal. Fields longer than 180 feet may have lines up to 25 feet. A semicircle (15-foot radius), connecting the lines' ends and

extending further into the field of play, completes the Arch.

**A.16 Free Kick Mark:** A Free Kick Mark, 9 inches in diameter, marks the top of each Penalty Arch ("Top of the Arch").

**A.17 15-Foot Mark:** A 15-Foot Mark, a line 1 foot long by 2 inches wide, parallel to and centered on the Goal Line, is 15 feet from the Free Kick Mark.

**A.18 Team Benches:** Team Benches are on each side of the Halfway Line along one of the field's lengths. The Team Benches are separated from each other and reasonably protected from spectators. The Team Benches have identical specifications relative to the Halfway Line.

**A.19 Referee Crease:** A Referee Crease, a semicircle 15 feet in radius, abuts the Perimeter Wall wherever the official scorer's table is located, *preferably at the center of the field across from the Team Benches.*

**A.20 Penalty Areas:** The Penalty Area of each team is across from its Team Bench, just beyond the Perimeter Wall, on each side of the Referee Crease. The Penalty Areas are reasonably protected from their surrounding areas. If unavailable as described, the Administrative Authority shall designate alternate Penalty Areas.

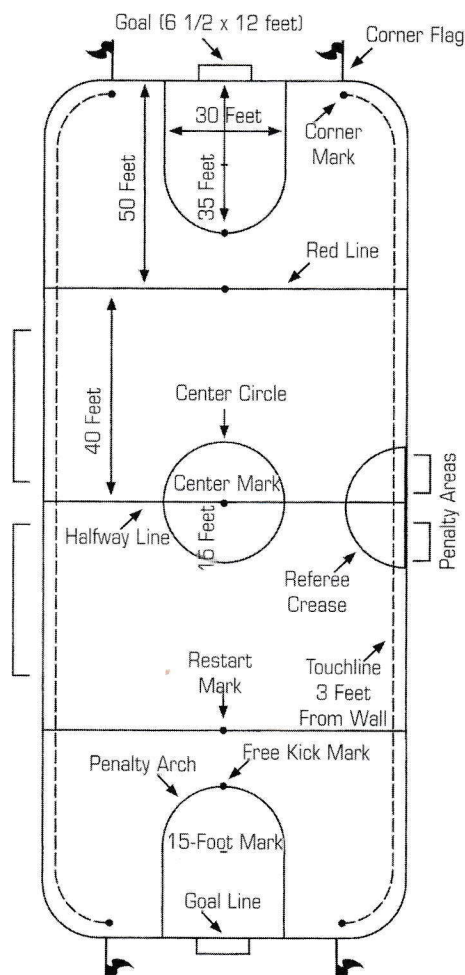
**A.21 Goal Lights:** Goal lights, indicating goals and the expiration of time periods, may rest atop each Goal.

**A.22 Game Clock and Scoreboard:** A Game Clock displays and counts down the game time of each Half, the intervals between Halves and any Overtime Period, and Time Penalties. A Scoreboard maintains the score of the game for each team and contains the Game Clock.

**A.23 Horn:** A horn or buzzer, controlled by the Referee, is sounded upon the expiration of each Half and Overtime Period, with 30 seconds remaining in any intermission, and upon the expiration of the same.



## Appendix B - Official Field



## Appendix C - Other Game Officials

**C.1 Assistant Referee:** The Assistant Referee is positioned at the Halfway Line, beyond the field of play, and adjacent to the Referee Crease. Subject to the authority of the field Referee(s), the Assistant Referee's duties include:

- Whistling illegal substitutions, including at Restarts;
- Whistling Three-Line Violations;
- Supervising the Timekeeper;
- Assuring the accuracy and completeness of each team's Line-Up Card;
- Keeping and maintaining the Game Report for the Referee;
- Supervising the Penalty Areas and notifying the Referee of any violation of Penalty Area decorum;
- Controlling the appropriate release of a player from the Penalty Area; and
- Signaling a Time Penalty for "Persistent Team Fouls" (if applicable) by holding a Blue or Yellow Card overhead.

**C.2 Timekeeper:** The Timekeeper is the official timekeeper of the game and of Time Penalties. He or she assists the Referee by operating the Game Clock and Scoreboard and is equipped with a reserve stopwatch or other timing device.

## Appendix D - Definitions

**Boarding:** Forcing an opponent into the Perimeter Wall.

**Charging:** Initiating physical contact with an opponent with or without the ball.

**Control by Defense during a Delayed Penalty:** Possessing the ball for

more than one second, deflecting the ball into open space, or directing the ball toward his or her teammate or goal. (See Rule 11.6.)

**Dangerous Play:** High kicks, bicycle and scissor kicks, or attempts to play the ball while sitting or lying on the ground.

**Indoor Soccer:** That form of soccer whose play is bounded by a physical structure (e.g., wall, board, or combination thereof) within the field of play.

**Obstruction:** Intentionally impeding an offensive or defensive player's strategic movement by moving into his or her path.

**"Other" Unsporting Behavior:** As set forth by administrative policy (see Rule 10.2(g)); e.g., entering play without permission, as in the case of blood or uniform violation; intimidation tactics by a male of a female in coed play; abusive or foul language at, or taunting of, an opponent; or interference with a Goalkeeper Distribution.

**Penalty Area:** Location designated by the Administrative Authority for serving a Time Penalty.

**Persistent Team Foul:** Every 6th Team Foul during a Half or 4th Team Foul during an Overtime Period, which Foul does not otherwise result in a Time Penalty. (See Rule 10.4, Team Violations. Please note that this provision is not enforced under the *Official Rules*.)

**Possession by Goalkeeper:** Control of the ball, either under his or her foot, unchallenged, or off of the field surface in one or two hands.


**Powerplay Goal:** Goal scored by a team with more players permitted on the field than its opponent because of one or more Time Penalties.

**Send Off (formerly "ejection"):** Prohibition from view of the facility, subject to further ruling and until allowed by the Administrative Authority.

**Slide-Tackle:** Leaving one's feet to propel one or both feet, legs, or other body part in the direction of an opponent with or without the ball.

**Trickery:** Use of the wall or one's foot to flick the ball to a head, chest, or knee before passing to his or her Goalkeeper.

**"Unusual" Delay:** Subject to administrative policy, a game delay permitting the Referee to call a Time Out (see Rule 6.1(b)); e.g., due to injury, out of bounds well beyond the field of play, or temporary clock malfunction.)



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# NOTES

## Appendix E - Referee Signals

