

OFFICIAL RULES FOR INDOOR SOCCER AT THE PLEX NORTH

USSF/FIFA Rules will be used with the following modifications

All guidelines are subject to change at the discretion of the Plex.

As of October 2024

Rule 1 – The Field

1) Field Markings

- a) A kick off circle “O” with a center white dot and a white line dividing the field in half.
 - b) Two red lines with center white dot in each end approximately half way between the center white line and the goal line.
 - c) A white touchline approximately one yard from the walls. The area from the white touchline to the wall is for out of bounds restarts.
 - d) A white dot located on either side of the goal that determines the “corner” of the field. Corner kicks will be taken from these white dots.
 - e) A penalty area with a penalty kick spot.
 - f) A goal line running across the mouth of the goal.
- 2) There is side netting above the boards and ceiling netting above the field. Any ball that touches the netting or any other building structure will be ruled out of bounds.

Rule 2 – The Ball

- 1) U12 and under divisions – size 4
- 2) U13 and older divisions – size 5

Rule 3– The Players

1) Division Guidelines/Rostered Players

- a) A player must be rostered and age appropriate to be eligible to play for any team at The Plex. Players in their respective league must be at that age or younger on the first day of play. Birth certificates may be required upon request. Players in adult leagues must be a minimum of 15 years of age.
- b) A player is not considered rostered until he/she has filled out and signed the roster waiver form (or a parent/guardian if under the age of 18). A player may not be rostered for more than one team in any age division. **Exception:** A player may play in two different divisions within a specific age group (i.e. U16 Boys A and U16 Boys B). Any player who plays for a team on which he/she is not rostered will be suspended for a minimum of two weeks. The Plex reserves the right to move players and/or teams between divisions at any time in the best interest of the league.
- c) It is the team’s responsibility to make sure all players are rostered before the fourth game. If a player is found to be playing that is not rostered on that team or not rostered with The Plex (illegal player), the team will automatically forfeit all games the illegal players participated in and may be subject to suspension from the league.
- d) If a team is going to challenge an opponent for having an illegal player, that must be done before the game ends.

2) Numbers

- a) Teams U12 and below shall have no fewer than five or more than seven players on the field at a time, including the goalkeeper.
- b) Teams above U12 shall have no fewer than four or more than six players on the field at a time including the goalkeeper.
- c) For Coed teams there needs to be at least two female field players not including the goalkeeper on the field.
- d) In the event that 2 female players are not present or are serving a time penalty, the team shall play with three (3) male players plus the goalkeeper
- e) **Exception:** If one team is leading by five goals or more, the opposing team may add one player until the differential decreases to less than five goals. Coed teams may add an additional female player

- f) Only two coaches per team are allowed in the bench area during the course of the game.
 - g) Nonplayers shall not be allowed on the bench and shall remain in the bleacher area.
- 3) **Substitutions**
- a) Each team may substitute players freely. There is no stoppage of play for substitutions.
 - b) Players must substitute off the field of play from within the touchline in the area of the door leading to their team bench.
 - c) Any teammate may change places with their goalkeeper at any time as per these substitution rules provided that the goalkeeper wears a jersey that distinguishes him/her from other players.
 - d) All restarts (kick off, direct kicks, goal kicks, corner kicks) shall not be delayed for the substitution procedure.
 - e) If a team has more than the number of players allowed on the field at that point in the match, a two-minute penalty may be assessed if the referee feels it has affected fair play. The restart shall be given to the opposing team at the point where play was stopped. **Exception:** If play was stopped in the penalty area the restart will be at the top of the arc.

Rule 4 – The Players’ Equipment

- 1) All players must wear their team’s uniform consisting of
 - a) Same color jersey
 - i) Goalkeepers must wear jersey colors distinguished from all other field players.
 - b) Shorts or long athletic pants
 - c) Shin guards – All players must wear shin guards.
 - d) Indoor soccer shoes or athletic shoes. Cleats are not allowed.
- 2) If there is a color conflict the home team will be required to wear pinnies. **Exception:** If the home team has met the requirements of #1 above and the visiting team has not met the requirements; then the visiting team may be required to wear pinnies. The referee will make the final decision.
- 3) Any casts or braces must be padded with slow recovery foam rubber. The referee will make the final decision for approval.
- 4) Hair restraints are allowed as long as they are soft and will not injure the player or other players.

Rule 5 – The Referee

- 1) The decisions of the referee regarding facts connected with play and interpretations of the rules are final.
- 2) The Referee has jurisdiction over the clock. It may be stopped or reset, at his/her discretion, to maintain the fairness of competition.

Rule 6 – The Duration of the Match

- 1) Each match consists of two 25-minute halves with a two-minute half time. **Exception:** End of season tournament consists of one 25-minute match and may include two minute overtime periods and penalty kicks as needed to determine a winner.
- 2) There are no time outs.
- 3) The clock continuously runs. There are no time outs. **Exception:** The referee, at their discretion, may stop the clock for an unusual delay – injury requiring EMS.
- 4) A team has seven minutes (eighteen minutes left on the running clock) to field a team with the minimum number of players as defined in Rule 3-2. A failure to field a team will result in a forfeit. **Exception:** If a team shows up after the allotted time, the opposing team may agree to play the game as an official game but the clock will not be reset.

Rule 7 – Start and Restart of Play

- 1) All restarts are Direct Kicks.
 - a) The ball must be stationary.

b) Opposing players must be at least 10 feet from the spot of the kick.

- c) The restart will occur within three feet from the spot of the infraction or determined by the reason for the stoppage of play (corner kick, goal kick, out of bounds).
 - d) Once the ball is set the ball must be put into play within five (5) seconds of its placement or within five seconds after the referee has whistled to restart play.
- 2) Kickoff
- a) A Kickoff from the center dot starts play:
 - i) At the beginning of each half.
 - ii) After every goal.
 - b) At a Kickoff a player may:
 - i) Kick the ball in any direction. Play starts when the ball moves.
 - ii) Only touch the ball once.
 - c) The home team takes the Kickoff for the first half and the visiting team takes the Kickoff in the second half.
- 3) Penalty Kick
- a) The ball is placed on the penalty kick spot in the Penalty Area.
 - b) The Goalkeeper must have at least one foot on his goal line until the ball is in play.
 - c) The player taking the Penalty Kick may not touch the ball again until it is touched by another player on either team.
 - d) All players must be outside the penalty area and behind the ball until the ball is kicked.
- 4) Penalty Shootout – **This rule applies only to U-18 and Adult league games.**
- a) When one team has committed six fouls in one half the opposing team will be given a Penalty Shootout restart. After every subsequent sixth foul another Penalty Shootout will be awarded. The foul count resets to zero at the beginning of the second half. **Exception: Handling will not be counted as a foul.**
 - b) The Penalty Shootout is taken as follows:
 - i) The ball is placed on the white dot on the red line closest to the offending team’s goal.
 - ii) The Goalkeeper starts with at least one foot on the goal line until the ball is in play.
 - iii) One player from the attacking team is chosen to take the Penalty Shootout restart.
 - iv) The remaining players from both teams must stay behind the midfield line (half line) and are NOT involved in the Penalty Shootout until completed.
 - v) The ball is not in play until the ball moves.
 - vi) The Referee will start play with a whistle. Once the ball moves the attacking player has five (5) seconds to score a goal. The referee will determine the start and end of the Penalty Shootout.
 - vii) If the Goalkeeper fouls the kicker inside or outside the penalty area the foul results in a Penalty Kick.
 - viii) The Penalty Shootout shall take place even if time has expired. The play shall be deemed complete when the five (5) second time limit has expired.
 - ix) If no goal is scored play restarts with a goal kick.
 - x) All fouls listed in Rule 10-1 and 10-2 will be counted towards the six (6) foul limit.
- 5) Three Line Violation
- a) A player who kicks a ball from their defensive area between the goal line and red line and it crosses all three lines (two red lines and center white line) in the air without touching the side walls, another player or referee will be ruled a Three Line Violation.
 - b) The opposing team restarts from the white dot on the red line closest to the offending team’s goal.
 - c) A goalkeeper may not throw the ball in the air across three lines.
- 6) Offside – There will be no offside called in the indoor game
- 7) “Indirect” Infractions
- a) Examples:
 - i) Pass back from a teammate using their feet to the goalkeeper who uses their hands to control the ball.

- ii) Obstruction (Impeding)
- iii) Dangerous Play
- b) Restart:
 - i) If the defensive team has incurred this infraction within their penalty area the restart will be at the top of the arc by the opposing team.
 - ii) All other instances will restart within three feet of the point of the infraction.
- 8) Drop Ball
 - a) If neither team has clear possession at a stoppage the Referee restarts play with a Drop Ball to the team that had last possessed the ball.
 - b) If the ball hits the referee and remains on the field of play and a team starts a promising attack or the ball goes directly into the goal or the team in possession changes the restart is a Drop Ball to the last team in possession before it hit the referee.

Rule 8 – The Ball In and Out of Play

- 1) Goal Kick
 - a) A ball played by the attacking team that hits the side netting between the dots on either side of the opposing team's goal will be ruled a Goal Kick.
 - b) The ball must be thrown or rolled from anywhere within the penalty area. The ball is not in play until it has cleared the penalty area.
- 2) Corner Kick
 - a) A ball last touched by the defensive team (except as noted in Rule 8 (3) (c)) that hits the side netting between the dots on either side of their goal will be ruled a Corner Kick.
 - b) The ball must be placed on the white dot on either side of the goal closest to the point where the ball touched the side netting.
- 3) Net Violations
 - a) Side Netting
 - i) A ball played by either team into the side netting from outside either penalty area that does not meet the criteria for a Goal Kick or Corner Kick will be restarted by the opposing team in the area between the wall and white line.
 - b) Ceiling Netting
 - i) A ball played by one team into the ceiling netting will be restarted by the opposing team on the white dot on either the red lines or white center line closest to the point from where the ball was last played.
 - c) Exception to Net Violations
 - i) A defensive player intentionally kicks a ball from within their own penalty area and it next touches the side or ceiling netting. The restart by the opposing team will be at the top of the arc. A deflection will be treated as a normal out of bounds play with its appropriate restart. A ball cleared that bounces and then hits the side netting will be consider as a normal out of bounds restart.
- 4) All restarts listed above must take place within five (5) seconds once the ball is ready to be played.

Rule 9 – Determining the Outcome of a Match

- 1) A team scores a goal when the whole of the ball legally passes over the goal line.
- 2) A goal may be scored directly from a Kickoff or any restart.
- 3) Regular season games may end in a tie.

Rule 10 – Fouls and Misconduct

- 1) A Foul occurs if a player:
 - a) Holds an opponent.
 - b) Handles the ball (except by the Goalkeeper within his penalty area).
 - c) Plays in a dangerous manner.

- d) Sliding within three feet of an opposing player with the ball and/or making any contact with an opposing player is prohibited. Slide tackling is prohibited. Goalkeepers may slide (not in a dangerous manner) in order to make a save within their own penalty area.
 - e) Kicks an opponent.
 - f) Trips an opponent.
 - g) Boarding – Any contact, legal or otherwise, by a player that forces an opponent into the glass/wall will result in the offending player being penalized. Any player who attempts to deceive the referee by falling or making contact with the glass/wall in an effort to gain an advantage shall also be penalized.
 - h) Elbows an opponent.
 - i) Fighting or striking an opponent.
 - j) Jumps at an opponent.
 - k) Illegally charges an opponent.
 - l) Pushes an opponent.
 - m) Spitting at an opponent.
 - n) Impedes the progress of an opponent.
 - o) Too many players on the field.
 - p) Touching the ball twice after a restart.
 - q) Prevents the Goalkeeper from releasing the ball from his/her hands.
- 2) Unsporting Behavior
- a) Leverage: Using the body of a teammate or any part of the field to gain an advantage.
 - b) Encroachment: Entering the area that is within ten feet from the point of the opposing team's restart.
 - c) Dissent by word or action either on or off the field.
 - d) Persistent Infringement.
 - e) Excessive celebration.
 - f) Taunting an opponent.
 - g) Foul and abusive language.
 - h) Delay of a restart.
 - i) Bodily contact with a Referee in dissent.
 - j) Behavior that, in the Referee's discretion, does not fit another category but brings dishonor to the game.
- 3) Goalkeeper Violations
- a) The Goalkeeper cannot punt or drop kick a ball after a save. The ball must be thrown or put on the ground. An infraction will result in a restart for the opposing team at the top of the arc. **Exception:** U12 and under may punt or drop kick the ball but it cannot cross the half line (white line). An infraction will result in a restart on the white line nearest the point at which the ball crossed.
 - b) The Goalkeeper cannot handle the ball having been passed deliberately and directly to him/her by a teammate. Except that he/she may handle a ball that a teammate passes to him/her by the head, chest or knee and without "trickery" (the use of a wall or foot to flick the ball to the head, chest or knee before making the pass). An infraction will result in a restart for the opposing team at the top of the arc.
 - c) Illegal Handling - The Goalkeeper cannot bring the ball from outside the penalty area, unless it has been kicked by the opposing team, to his/her hands within the penalty area. Nor can the goalkeeper use their hands after a ball distribution without the ball having touched a player.
 - i) Under no circumstances may a Goalkeeper bring the ball into the penalty area and pick it up with his/her hands if it has been kicked to him/her by a teammate.
 - d) Five Second Rule
 - i) On a Goal Kick the ball must be put into play within five seconds after the Goalkeeper gains possession within their penalty area.
 - ii) On a Goalkeeper save he/she has five seconds to release the ball from their hands.
 - iii) An infraction will result in a restart by the opposing team at the top of the penalty area arc.
- 4) Team Violations

- a) The Referee issues a team penalty for the following violations by a team or unidentified individual:
 - i) Leaving Team Bench: Players leave the team bench to join in a fight or argument with the opposing team or Referee.
 - ii) Bench Dissent: Dissent by word or action.
 - iii) Sixth Foul: A team will be issued a penalty shootout after the sixth foul in a half by the opposing team. The foul count is reset in the second half. **This rules applies only to U-18 and Adult league games.**
 - iv) Other: Any other unsporting behavior that, in the Referee's discretion, does not fit another category but brings dishonor to the game.
- 5) Advantage Rule
 - a) The Referee may allow play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from play not being stopped.
- 6) Cards
 - a) A Blue Card may be shown to a player(s) for any the violations outlined in 10-1, 10-2, 10-3 or 10-4 listed above which are careless in nature.
 - b) A Yellow Card (Caution) may be shown to a player(s) for any of the violations outlined in 10-1, 10-2, 10-3 or 10-4 listed above which are reckless in nature. A second Blue Card is equal to a Yellow Card.
 - c) A Red Card may be shown to a player(s) when the Referee considers the foul to be violent, uses excessive force, unsporting behavior, or serious foul play. Three Blue Cards is equal to a Red Card. A Blue Card and a Yellow Card is equal to a Red Card.

Rule 11 – Time Penalties

- 1) Blue Card – two minutes served in the bench area. The team will play short handed except as noted in 11-5 below.
- 2) Yellow Card – four minutes served in the bench area. The team will play short handed except as noted in 11-5 below.
- 3) Red Card – Player is ejected from the game. The player must immediately leave the Plex arena area. The team will play short handed for five minutes except as noted in 11-5 below. Player will be suspended for one week including the next league game (or more at the sole discretion of The Plex Management) from any league play at either location. Player may not enter either facility during the time of suspension.
- 4) Until a determination of a suspension is made by Plex management, an ejected player may not participate in any future games in any other league that he/she is rostered in.
- 5) Exceptions:
 - a) If a team is scored upon while their player is serving a Blue Card Time Penalty, the player is released from serving the remaining time of the penalty. If the player is serving a Yellow Card Time Penalty, the player must still serve the entire 4 minutes but the team will not have to play shorthanded.
 - b) If a team is scored upon while multiple players are serving Blue Card Time Penalties the one player with the earlier recorded penalty is released from serving the remaining time of the penalty.
 - c) Simultaneous Red Cards – When two simultaneous red cards are issued to opposing players the team time penalty is not served. **Exception: If multiple red cards are issued the time penalty will be served by the team with more red cards. Example #1: Two red cards issued to Team A and one red card issued to Team B. Team A will play down one man for 5 minutes. Example #2: Three red cards issued to Team A and one red card issued to Team B. Team A will play down two men down for 5 minutes.**
 - d) Any player who is ejected from the bench must also leave the Plex arena area and the team must play short as per Rule 11-3 above.
- 6) All Time Penalties carry over between halves and expire at the end of the game.
- 7) The time penalty will not begin until the offending player reaches his/her bench and play has been restarted.

8) Delayed Time Penalty

- a) In instances where the Referee would issue a Blue Card or a Yellow Card, but for the advantage rule, he acknowledges the offense by holding the card above his head until one of the following events happens:
 - i) The team of the offending players gains control of the ball.
 - ii) The Referee stops play for any reason.

END OF SESSION TOURNAMENT

All of the above rules apply except for the following changes for the tournament only.

- 1) All games shall consist of one (1) 25 minute game.
- 2) Winner shall advance to the next round.
- 3) There will be NO time outs.
- 4) Tie games – winner will be determined by the following tie breaker. . NOTE: Goal kicks will restart with a direct kick from the penalty kick spot.
 - i) A two (2) minute sudden victory period will be held. Each team will remove the goalkeeper and one (1) field player
 - ii) If, after the first overtime period, the score remains tied another two (2) minute sudden victory period will be held. There will be no goalkeeper and three (3) less field players
 - iii) If the score remains tied after the second overtime period, a third two (2) minute overtime period will be held. There will be no goalkeeper and four (4) less field players.
 - iv) If the score remains tied after three (3) overtime periods, the teams will compete in kicks from the mark sudden victory shootout. If one team scores and the other team does not, the game shall be declared complete.
- 5) All overtime periods will start with a drop ball.
- 6) If a penalty kick is awarded during an overtime period, the defensive team may have a player act as a goalkeeper. The goalkeeper may not use his/her hands.
- 7) Blue/yellow/red card penalties carry over from one overtime period to another.
- 8) Substitutions may be made during the overtime periods.