



The Team

Teams are 5 players out - plus a goalie

Beginning play

A flip is made - winning team kicks in or defers to second half.

Second half the team not getting the opening kick gets kick.

Offside

In indoor soccer, the offside rule doesn't exist. You cannot enter the penalty area until the ball is on the offensive side of the field.

2 defensemen must always stay on their side of the field. If a team plays a ball in the offensive side of the ball with 4 or more players on the offensive side a goalie kick happens.

Except when the goalie is pulled. Then 4 may play offense.

Equipment

You need to wear your teams uniform. Shin guards are optional. **NO METAL SPIKES WILL BE ALLOWED.**

If you are playing as goalkeeper you should wear colors that are easy to distinguish you from all other players plus the referee.

Free kick

If the ball hits the roof, a free kick is awarded to the opposite team. The free kick must be taken from the place where it hit the roof.

Corner kicks

Corner Kick happens when the offense kicks ball out of play in own end.

Don't slide tackle

Slide tackling is not allowed in indoor soccer. You should avoid executing sliding tackles because you will burn your skin and I can tell you that it really hurts!

Long kicks

Kicks that go into the net from past the halfway point ***IN THE AIR*** are not allowed and will be waived off. A goalie free kick is awarded.

Penalties.

Slide tackles are an immediate yellow card. Don't do it.

Attentional hand ball - free kick.

Pushing or tripping - free kick - except in penalty area - Penalty kick

SPECIAL RULES

2 yellows are a red card. The player is suspended until a hearing is held.

A red card is an automatic suspension until a red card is held.

Jawing at another player can result in a yellow card.

Walking towards an official to argue a call is a yellow card.

Threatening another player is an automatic red card.

Threatening an official is an automatic red card and suspension.