

Mat-Valley Soccer Club

Indoor Soccer Rules

Standard FIFA laws apply to anything not specifically addressed.

Administrative Responsibilities (players, coaches, and team officials)

Keep the area clean and safe

1. Players, teams, and coaches are responsible for removing anything that clutters up the technical areas, bench areas, locker rooms, bathrooms, and other common areas, including used tape, water bottles, sports wrap, etc.
2. Players, teams, and coaches are responsible to make sure anything that may fall on or into the playing surface, which may be dangerous, or that could cause injury to himself or another player, including any kind of jewelry, must be removed before using the pitch.
3. No spitting is allowed on the turf or in the bleacher area. Offenders will be given a caution (yellow card). If you must spit, use the trash cans.

Jewelry

Jewelry may not be worn during a game. This includes the rubber slip on bracelets like the "Live Strong" bracelets. The only exceptions are

- wedding rings
- new piercings (less than 6 weeks)
- religious pieces
- medical bracelets

Wedding bands are OK as is. Wedding rings with a setting must be turned in towards the palm. New piercings, religious pieces, and medical bracelets must be secured to the body with tape.

If a player is on the turf with unacceptable jewelry, they will be asked to leave the field until it is removed. A yellow card for dissent may be given if necessary.

Food and Other Stuff

1. Players are not allowed to chew gum, chew tobacco, or eat candy at any time on the field.
2. **NO food or drink products are allowed on the turf surface.**
3. Water is allowed in the technical areas. All empty bottles and containers must be removed or thrown away after every game.
4. Any foreign material around the technical areas must be removed or thrown away after every game.

Music

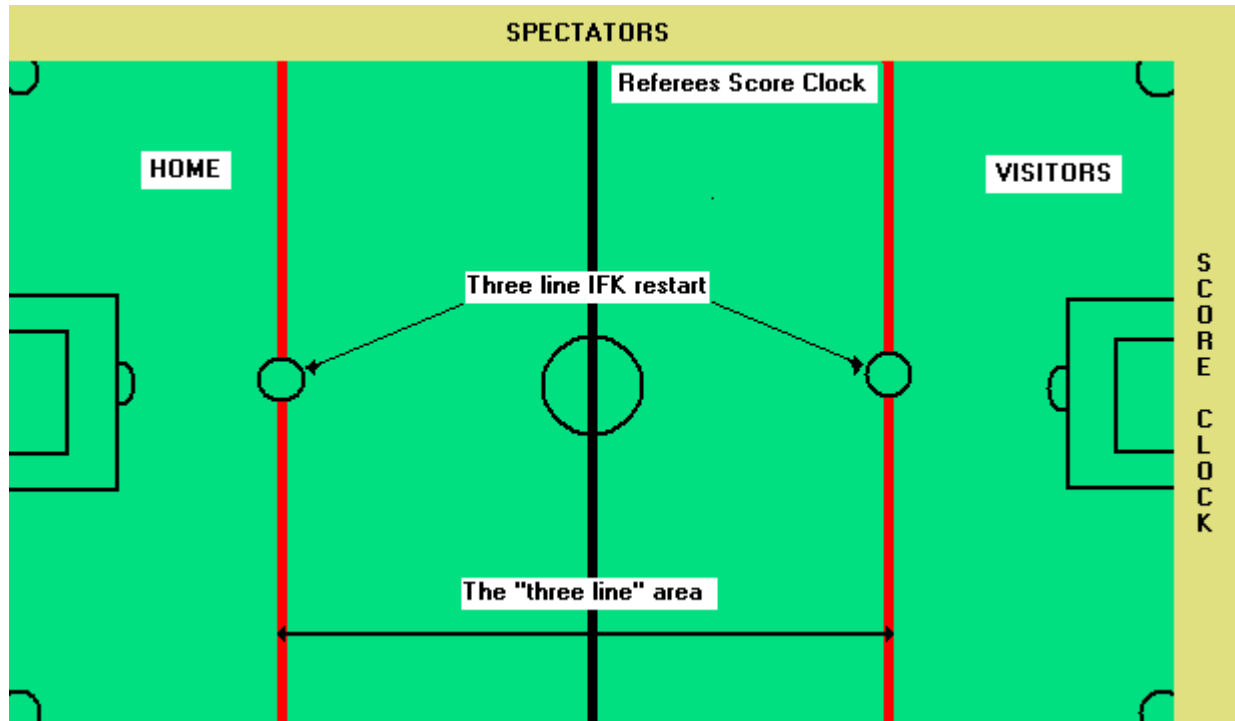
If you want music during your game:

- Keep in mind that listening to music during the games is a privilege not a right!
- Check with the other team and the referees first to make sure that they OK with music. Please be considerate and respect their wishes.
- Make your request at the center administration building or the concession stand. They will radio a staff member to turn the music on or put in your CD when a staff member is available.
- Do not track down staff members! They are busy doing their jobs and do not wish to be interrupted.
- Do not badger players, referees, or staff members. You have to accept the fact that sometimes your request will be granted and sometimes it wont.

Shoes

1. Players will not be allowed to play in the shoes they wear in the door. All players must carry the shoes they intend to use for play.

Field of Play



Player Equipment

Uniforms

All players will wear shorts, shin guards, socks, shoes, and have matching colored tops with a number. When teams have the same color, the first team listed on the schedule will change tops or wear pinnies.

Shin Guards

Commercially manufactured shin guards are mandatory for all players. Shin guards must be completely covered by the socks. Players will NOT be allowed to play without shin guards. Cardboard, Styrofoam, napkins, paper towels, and similar materials stuffed into socks does NOT replace shin guards.

Casts/Braces

No plaster casts or metal braces shall be allowed unless wrapped safely in 1/2" soft padding. It is up to the discretion of the referee whether or not the padding is sufficient.

Shoes

Indoor, turf, and molded cleats are all acceptable equipment. There will be absolutely no soft ground baseball, football or metal cleats allowed.

Bleeding / Blood on the Uniform

A player with a bleeding injury must be substituted for immediately. That player may not reenter until the bleeding has stopped and the injury is bandaged. A player may not play with blood on the uniform.

Referees

When two or more referees work together they will wear uniforms that are the same color and style if possible. If any referee's uniform is the same color as any team, the referee will change.

Teams/Players/Coaches

Unauthorized players

Only players who have registered with the Mat-Valley Soccer Club may play. Teams may pick-up extra players who are not on their roster as long as they are registered with the club. In this case, the opposing team will have the right to protest the standings. **The opposing team must notify the referee team either before the game or during half time and the referee will record the game as a forfeit for the offending team. Both teams should be informed of this forfeit at this time.**

Team Rosters

All team rosters are located in a binder near the scoreboard controller. Anyone may reference the binder at anytime.

Number of Players on the Field for Adult

1. May have six players on the field - five field players & one designated goalkeeper.
 2. Must have a minimum of five players at the start of the game; one must be the designated goalkeeper.
 3. If a team, through injuries and/or red cards falls to four players, the match is terminated.
 1. **Exception: Yellow Card Penalties**
 4. **Coed Only:** Must have no more than three male field players on the field during the game.
 5. **Coed B & C Only:** If a co-ed team is ahead by five or more points, any further goals scored by that team can only be scored by a female player. Anytime the difference falls below five points, this rule is suspended.
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Number of Players on the Field for Youth

1. May have 7 players on the field - six field players & one designated goalkeeper.
 2. Must have a minimum of six players at the start of the game; one must be the designated goalkeeper.
 3. If a team, through injuries and/or red cards falls to five players, the match is terminated.
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Game Duration

1. Two twenty-five minute halves with a two-minute halftime - 52 minutes total
 2. **Games will start 5 minutes after the hour;** however, a ten minute grace period will be given to a team without the minimum number of players to start the game. This grace period will count as part of the game time. The clock is running. The team that is short players will have these 10 minutes to field the minimum number of players. If, after 10 minutes, the team is still short, that team will forfeit the match. If both teams are without the minimum number of players after the 10-minute grace period, the match is terminated.
 3. If a team has the minimum number of players but is not on the field ready to play when the start whistle is blown, an IFK will be awarded to the other team.
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Restart of Play Modifications

Kick-Off

1. The kickoff is a DFK.
2. The ball may be kicked in any direction, but must move to be considered in play.
3. The kicker may not play the ball again until another player has touched it.

Offside

There is no offside in indoor soccer. The three line rule takes its place.

Three Line Rule

If the ball travels across the three lines from the defensive third to the attacking third in the air during play or as a result of a restart an IFK will be awarded to the opposing team at the restart mark on the line closest to where the kick originated.

Ball out of play across touchline - Adult

1. The ball is placed outside the field of play or on the touch line within one yard of where it exited the field.
2. The ball must be stationary before the kick.
3. The ball must re-enter the field of play within one yard of where it exited the field
4. The team has five seconds to restart play.
5. A kick-in is an IFK.
6. The kick-in must be no higher than 3 feet in height throughout the ball's flight.
 1. This is left to referee discretion, including consideration for continued play as "advantage" may be applied if lost to the opposing team for the good of the flow of the game
7. Opponents must be 10 feet away.
8. If a kick-in is ruled illegal, the opposing team will be awarded a kick-in from the same spot.

Ball out of play across touchline - Youth

1. The ball will be thrown-in according to FIFA regulations
2. Opponents must be 10 feet away.
3. A throw-in shall not contact the field in the opponent's penalty area direct from the air. Infractions will result in an IFK to the opposing team from the spot where the contact occurred.

Ball out of play across goal line

Normal FIFA rules will apply for both goal kicks and corner kicks.

Exceptions:

1. The three line rule applies on goal kicks.

Indirect Free Kick (IFK)

Normal FIFA rules apply.

Exceptions:

1. Opponents must be 10 feet away.
2. If the ball hits the ceiling between the three lines, the ball is brought directly down and the opposite team is awarded an IFK.
3. If the ball hits the ceiling in the area between the nearest three line and the goal line, the ball is brought out to the closest three line and set on the restart spot. The opposing team is awarded an IFK.
4. If an IFK is awarded to the attacking team inside the penalty area, the ball will be placed at the top of the penalty arc.
5. The three line rule applies on IFKs.

Direct Free Kick (DFK)

Normal FIFA rules apply.

Exceptions:

1. Opposing players must be 10 feet away.
2. If a DFK is awarded to the attacking team inside the penalty area, a penalty kick will take place.
3. The three line rule applies to DFKs.

Penalty Kick

The ball will be placed on the penalty spot. All field players will be outside of the penalty box and will stand behind the ball. The goalkeeper must have both feet in contact with the goal line and may not move forward from the line until the ball is kicked. The ball must be kicked in a forward direction. The kicker may not play the ball a second time until another player has touched it. Time will be extended for the taking of a penalty kick at halftime and at the end of a game.

Substitutions

Substitutions may be made "on the fly" as long as the player leaving the field is in contact with the technical area before the new player enters the field. If a team is found to have more than the maximum number of players on the field, the extra players entering the field will receive a yellow card. The Referee must be notified of a goalkeeper change.

Sliding (Adult League)

1. It is illegal for a player or goalkeeper to slide on the field in a dangerous manner when playing or attempting to play the ball. An IFK will be awarded to opposing team at the spot where the infraction occurred.
 2. Any tackle that would normally warrant a DFK, caution, or send-off must be punished as such.
 3. Because of the restricted space and possible proximity of players not involved in the play, any and all sliding at, or near and opposing competitor is dangerous and is therefore not allowed, at any level.
 4. The exceptions are keepers; so long as their slide takes place inside the penalty area OR field players that are playing the ball with no one in his/her immediate vicinity.
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Sliding (Youth)

1. No slide tackling
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Misconduct

Improper Touching

Soccer is a contact sport. Some accidental touching in inappropriate places is inevitable. However, intentional improper touching will be handled with a red card.

Caution (Yellow Card)

All FIFA rules apply.

Following a caution:

1. The player will be assessed a three minute time penalty. The penalty begins when the game is restarted. The clock time will be rounded down to the nearest half-minute for simplicity.
2. A goal by the opposing team ends the penalty.
3. If a goalkeeper is assessed a caution, another player from his/her team must serve the time penalty.
4. If two players are assessed cautions simultaneously, this process still applies.
5. The requirement for five players on the field only applies at the beginning of the game.
 - a. This does NOT apply during yellow card penalties
6. Two cautions to one player (or the goalkeeper) still results in a send-off (red card).

Send-off (Red Card)

All FIFA rules apply.

Following a send-off:

1. The offending team must play with one less player on the field for the duration of the game, even if the send-off was due to two cautions to a single player.
 2. Any ejected player must leave the match area if they continue to be disruptive.
 3. The player must sit out the **entire** next game as well for this team (**whether on the opposing teams roster or not**). The penalized game will be the **entire** next game for, **or with**, the team that they were playing on at the time of the red card. Players may not sit out a game for another team and have that count as the penalized game. If they are a guest player that is not normally on that team, they must sit out their next scheduled game.
 4. The player's name and number will be recorded on the game sheet by the referee, and the referee will submit a misconduct report to the league administrator.
 5. **All RED cards will be reviewed by the MVSC BOD**
 - a. **It is MVSC's intention to keep the league recreational and NON-Violent**
 - b. **Any RED card may result in additional disciplinary action.**
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Goalkeepers

1. The goalkeeper will wear a jersey of a distinctive color different from any other player on the field.
2. If a goalkeeper touches a ball with their hands on a pass-back, throw-in, or kick-in from a teammate, an IFK at the top of the penalty arc will be awarded to the opposing team.
3. The goalkeeper may handle the ball within his/her penalty area for up to five seconds after controlling the ball. The goalkeeper may take unlimited steps inside his/her own penalty area before releasing the ball. Releasing means throwing or rolling the ball to anyone including him/herself or dribbling the ball with the feet.
4. The goalkeeper may not drop kick or punt the ball up field after receiving the ball in his/her hands.