

Indoor Soccer rules

Players:

- 5 players on the field at one time
- A team must field at least 4 players to constitute a game
- Players can compete for one team only
- All players must be registered before the commencement of the first game

Mixed Team:

- There must be a minimum of 1 female player on the field at any one time (not including the goal keeper)
- A female score is worth 2 goals

Substitutes:

- Interchange players may be made at any time but cannot take the field of play until the players being replaced have left the court.
- The goalkeeper can only be changed by notifying the referee when the ball is in the oppositions half, after a goal is scored or at a stoppage in play.

Penalty Points:

- Teams must be ready to start play at the allocated game time
- For every 2 minutes a team is late the opposition will receive 1 goal
- A team will forfeit the match if they have not taken the field of play by 5 minutes

Duration:

- The game is played over 2x10 minute halves

Game play:

- There are no off sides
- Players must shoot from outside the penalty box at all times
- The ball can be played of the net, but cannot be handled whilst either trying to gain or being in possession of the ball
- The ball must be kept below the height line around the field unless either a shot is being attempted at goal or there is a deflection
- If the ball is played off the referee resulting in an unfair advantage, a drop ball will be brought into play between a player from each team. The ball must hit the ground before an attempt at it can be made
- After a goal has been scored, the ball is taken back to the center to restart play

Player Areas:

The GOAL KEEPER IS:

- The only player permitted inside the penalty box. The Goalkeeper is not allowed past halfway and in doing so will incur an indirect free kick to the opposition.
- A player can only receive the ball back from the Goalie if the Goalie is outside the penalty box. Once receiving the ball outside the box, the Goalie cannot bring the ball back inside.
- The Goalie can score but has to be outside his/her penalty box.
- The Goalkeeper has a maximum of 5 seconds before releasing the ball; failure to do so will result in a direct free kick.

Professional Foul:

Professional fouls, slide tackles, over vigorous play and tackling from behind are regarded as “DANGEROUS” play and will not be permitted or tolerated.

Indirect Free Kick:

This is for a minor infringement, i.e. High Ball, Goalie goes offside at halfway and hand on the net.

The ball must be stationary and touched by another player before a goal can be scored. The opposition must be 2 metres away from the ball. The ref will indicate an indirect free kick by holding up one of his arms.

Direct Free Kick:

This is for all other infringements, i.e. Dangerous play, intentional handball, player entering penalty box, goalie in possession for over 5 seconds.

Goalkeeper bringing the ball back inside penalty box after receiving a pass back.

The ball must be stationary and does not need to be touched for an attempt at goal. The opposition must be 2 metres from the ball.