

#### **RULE 1. THE GAME**

1. A game is played between two teams, each with a maximum of four players on the court at any given time.
2. Indoor soccer matches are played on courts that are divided into two halves and are completely enclosed by a set of fully tensioned nets, which all form a part of the playing area.
3. A game consists of two thirteen minute halves, and teams change ends at the completion of each half.
4. The aim of the game is to score more goals than your opposition.

#### **RULE 2. THE TEAM**

1. A team may use a maximum of seven players in any given match.
2. No team may take the court with fewer than three players.
3. In the case of mixed teams, the following rules apply:
  - a) No more than four male players may participate in any one game.
  - b) Two female players must be on the court at all times while the match is in progress.

#### **RULE 3. PLAYING POSITIONS**

1. The playing positions are as follows:  
One goal keeper (compulsory)  
Three outfield players  
Three substitute players (optional)
2. There are limitations as to where each position can play on the court and these are as follows:
  - a) Goal Keepers must stay within the boundaries of their goal circle at all times.
  - b) Out field players are permitted to move freely throughout both halves of the court, with the exception of the goal circles at either end of the court.

#### **RULE 4. SUBSTITUTIONS**

1. Outfield players may be substituted at any time.
2. A team may substitute one, two or three players at any one time.
3. When making a substitution while a game is in progress, the player(s) being substituted must have left the court prior to the replacement player(s) entering the court.
4. A goal keeper can only be substituted during a game if such change is:
  - a) Made during the half time interval.
  - b) Due to the goal keeper being injured or falling ill, in which case they can be replaced by any player, and if replaced by a player already on the court, this player is also able to be replaced by a substitute player
  - c) Due to the goal keeper being sent from the court by the Umpire. In this case the goal keeper can only be replaced by a player that is already on the court and the team must play a player short until such time as the goal keeper is permitted to re-join the game.
5. Once substituted for any reason, a player may rejoin the game.

#### **RULE 5. UMPIRES**

1. An Umpire will be provided for each and every game you play, and two Umpires may be used if deemed necessary by Centre Management.
2. The Umpire has sole control of your game and their decision is final and shall be given without appeal.
3. If the ball comes into contact with an Umpire, play shall continue unless the Umpire rules that such contact has interfered with the course of the game. In this instance the Umpire will call for a drop ball between the two opposing players.
4. The Umpire will use their whistle to:
  - a) Start each period of play.
  - b) End each period of play.
  - c) Indicate when a goal has been scored.
  - d) Indicate when an infringement of the rules has been made.
5. The Umpire will:
  - a) Adjudicate the rules of Indoor Soccer both consistently and without bias.
  - b) State any infringement made, the resulting penalty and may also use hand signals to clarify their decisions.
  - c) Refrain from penalising an infringement of the rules when by doing so the non-offending team would be placed at a disadvantage. In this instance the Umpire may call advantage or use a hand signal to indicate that an infringement has been observed but is not being

penalised.

- d) Answer any questions regarding the clarification of rules at the end of each period of play but not during, unless such clarification can be made without interrupting the course of the game or cause to be a distraction to the Umpire.
- e) Advise each team of the current score at the end of each period of play if for any reason the electronic scoreboard is not in use.

#### **RULE 6. START OF PLAY**

1. The game clock commences at the scheduled start time for each game.
2. Teams that are not ready to play at this time will be penalised one goal for every complete sixty seconds that they keep the opposing team waiting, and each goal penalty is awarded as goals scored by the opposing team.
3. Any team that is not ready to start play by the start of the tenth minute of their scheduled game will be defaulted.
4. A team that does not have three players available to take the court at the start of their game may use a player from another team, in so far as that player is not from a team within the same grade. If the fill in player used is from a higher grade, that player must be substituted as soon as the late player is present and ready to play.
5. Play is started at the beginning of each half, and after a goal has been scored, by a kick off in the middle of the centre line dividing the court, but cannot be taken until all outfield players from both teams are within their respective defence halves.
6. Each team must take a kick off to start a period of play.
7. The team positioned on the court first and ready to play has the choice of starting goal ends and the opportunity of taking the kick off to start the first half of play, but if agreement to this cannot be reached between the two teams, starting ends and the initial kick off will be decided by the Umpire.
8. Teams will change goal ends during the half time interval.
9. The kick off restarting play after a goal has been scored will be taken by the team that has just conceded the goal.

#### **RULE 7. LATE PLAYERS**

1. If a player arrives after their match has started, and their team is playing short one position, they are only permitted to enter the court once they have notified the Umpire that they wish to join the game.
2. If a late player enters the court after a period of play has started without first advising the Umpire, a free pass will be awarded to the opposing team at the point where the offending player was standing when the infringement was first noticed.

#### **RULE 8. OFFSIDE**

1. A player either with or without the ball shall be deemed offside if any part of their body is grounded outside of their designated playing area.
2. A player may not play the ball either on or off the ground if it is outside of their designated playing area.
3. On the line is considered to be offside.

#### **RULE 9. GENERAL PLAY**

1. At no time during the game can any player intentionally play the ball in such a manner that it travels at a height equal to or higher than the head of the person closest to the ball in the direction in which it was played.
2. The only instances where the height restriction will not be enforced and play continues are ;
  - a) If the ball has been saved by the keeper and it comes back into play over head height or;
  - b) If a shot at goal hits either the post or cross bar and then comes back into play over head height or;
  - c) If the ball travels over head height as a direct result of an unintentional deflection off another player.
3. When delivering the ball back into play, the goal keeper can:
  - a) Kick the ball whilst it is on the ground.
  - b) Throw the ball.
4. When the goal keeper delivers the ball back into play to one of his own players, the ball must touch at least one other player from either team before being played back to the goal keeper.
5. The goal keeper must deliver the ball back into play within seven seconds of having gained possession of it.
6. Outfield players are not permitted to:
  - a) Deliberately head the ball.
  - b) Handle the ball.

- c) Touch the net with their hand whilst in possession of the ball.
- d) Tackle a player from behind or by sliding.
- e) Push with their hands or use excessive body force against another player either with or without the ball.

#### **RULE 10. FREE KICKS**

1. Indirect free kicks are taken from where the infringement occurred and are awarded if:
  - a) The ball after being played intentionally by an outfield of forward player, exceeds the height restriction.
  - b) A player intentionally heads the ball.
  - c) The ball is handled by any player other than the goal keeper.
  - d) An outfield player is ruled offside within the opposing team's goal circle.
  - e) A player touches any net with their hand whilst in possession of the ball.
  - f) A goal keeper receives the ball from a player they have just passed the ball to, without the ball being touched by another player from either team. In this instance the offending player is deemed the player to which the goal keeper originally passed the ball.
  - g) A player attempts to tackle an opposition player from behind or by sliding.
  - h) A player pushes or uses excessive body force against another player either with or without the ball.
2. Direct free kicks are taken from the penalty spot marked two metres out from the offending team's goal circle and are awarded if:
  - a) The ball when directed back into play by the goal keeper exceeds the height restriction.
  - b) The goal keeper fails to direct the ball back into play within six seconds of having gained possession of it.
3. When any free kick is taken, be it direct or indirect, all players from the offending team must be at least 1.5 metres from the ball, until such time as it has been played by a player from the opposing team.

#### **RULE 11. PENALTIES**

1. All penalties are taken from the penalty spot marked two metres out from the offending team's goal circle and are awarded if:
  - a) There is an infringement of the offside rule by a goal keeper.
  - b) An outfield player is ruled offside within their own goal circle.
  - c) A substitute player enters the court prior to the player they are replacing leaving the court.
  - d) A player attempts to tackle an opposition player from behind, by sliding, by pushing or by using excessive body force, but only in so far as the non-offending player was attempting a shot at goal from within the offending players defence half.
2. When a penalty shot at goal is to be taken;
  - a) The defending goal keeper must be positioned in the middle of the goal with both feet grounded, and cannot move from this position until such time as the player taking the penalty has played the ball.
  - b) All players from both teams, with the exception of the defending goal keeper, must remain either level with, or behind the ball until such time as the player taking the penalty has played the ball.
  - c) The player taking the penalty is only allowed to take two paces immediately prior to playing the ball.
3. A goal keeper is not permitted to take a penalty shot at goal during normal time or over time.
4. If any of the rules detailed in Rule 11(2) above are broken, the Umpire will order that the penalty is to be retaken.
5. If a penalty shot at goal is unsuccessful, the ball is deemed live and play continues.

#### **RULE 12. STOPPAGES**

1. The game clock will only be stopped during a half if a player falls ill or is injured, and only if such player has not been substituted or resumed playing within one minute of play first being stopped.
2. When play is able to be resumed, the game will continue from where the ball was when play was stopped, with the team in possession of the ball at the time play was stopped retaining possession.
3. If at the time of stoppage, the Umpire was unable to determine either who was in possession of the ball, or the ball was off the ground, play will be restarted by way of a drop ball taken at half way.

#### **RULE 13. OVER-TIME**

1. Over-time will only be played if a semi-final or final is drawn at the conclusion of normal playing time.
2. The over-time period consists of two five minute halves and teams will change ends at the half time stage.
3. Normal playing rules apply to any period of over-time.

#### **RULE 14. PENALTY SHOOT OUT**

1. A penalty shoot out will only take place if two teams are drawn at the conclusion of an overtime period.
2. The four players on court at the end of the over time period are the only four players permitted to take part in a penalty shoot out and goal keepers are not permitted to change.
3. During a penalty shoot out:
  - a) All shots must be taken at the same end of the court.
  - b) Each player from each team, including the goal keeper, must take one shot at goal.
  - c) No team may take two shots in succession.
  - d) All players that are not taking part in a shot at goal, must be positioned in the opposite half of the court.
  - e) It is up to each team to decide the order in which their players will shoot.
  - f) The ball can only be played at once by the player taking the penalty.
4. The team that scores the most goals during a penalty shoot out is deemed the winner of the game.

#### **RULE 15. SUDDEN DEATH SHOOT OUT**

1. A sudden death shoot out will only take place if two teams are drawn at the conclusion of a penalty shoot out.
2. The four players on court at the end of the penalty shoot out are the only four players permitted to take part in a sudden death shoot out and goal keepers are not permitted to change.
3. During a sudden death shoot out:
  - a) All shots must be taken at the same end of the court.
  - b) All players that are not taking part in a shot at goal, must be positioned in the opposite half of the court.
  - c) It is up to each team to decide the order in which their players will shoot.
  - d) The ball can only be played at once by the player taking the penalty.
  - e) Players from each team will be split into pairs, with a pair consisting of one player from each team.
  - f) Each player from each pair has one shot at goal.
  - g) If neither player from a pair scores, the next pair will have one shot at goal each.
  - h) If both players from a pair score, the next pair will have one shot at goal each.
  - i) If only one player from a pair scores, the scoring players team is ruled the winner of the match and the sudden death shoot out is over.
  - j) The order in which the first five pairs shoot must be maintained, and pairs continue to shoot until a winner is found.

## STADIUM DIRECTORY

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# INDOOR SOCCER

## MATCH RULES

To be read in conjunction with the  
Stadium Policy



#### WHAT IS ACTION INDOOR SOCCER ?

Action Indoor soccer is a fast and exciting team game based on the World's most popular outdoor sport. If fitness, social competition, meeting new friends and having good times is something you enjoy, then you'll love Action Indoor Soccer. It's easy to learn and it's good for you. That's hard to beat one night a week !