

Indoor Soccer Rules

Where:	Action Indoor Sports - Valley 18 Western Hutt Road, Petone, Lower Hutt
When:	Friday 2 April 2010 (pm)
Controller:	Josh Lowe
Phone:	027 465 9259

The Controller reserves the right to amend these rules or competition at any time.

PLAYING INDOOR FOOTBALL

The Team

- Teams consist of five (5) players, one of whom will be the goalkeeper. Of the five players on court, a minimum of two players on the outfield must be female at all stages in a game.

The Game

- The game is played in two halves with a break at halftime.

Officials

- The Stadium shall provide the referee who shall control the game, operate the scoreboard, and act as a timekeeper. The referee's interpretation of the rules shall be final and teams have no choice in referees.

Scoring

- When a goal is scored by a female, 2 points will be awarded except in a penalty.

Uniforms

- All team members must have matching shirts. Whilst styles may vary, colours must be the same.

Competition Points

- The position of each team in their pool shall be determined by the accumulated points awarded, based on the results of the games. The competition points shall be awarded as follows:
 - 3 competition points for a win
 - 2 competition points for a draw
 - 1 competition point for a loss
- If teams have an equal amount of competition points at the end of round robin, the position is determined by the following:
 - If between two teams, the team that won in the Round Robin will advance;
 - Otherwise, the team with a greater points differential between the teams involved, will advance.

Finals

- In the event of a draw in any final type situation (quarter, semi) other than the Grand Final:
 - The game will go immediately to sudden death penalty shootout, where the first team to miss in turn concedes the game.

- The penalty shots will rotate between the same five players and with the same goalkeeper on the court at the end of regulation time. This means no subs can come on and take the penalty shots.
- In the event of a draw in a Grand Final:
 - The game will immediately go to a penalty shootout. The five players on court at the end of regulation will each get a penalty shot at goal with the same goalkeeper that was on court at the end of regulation time. If the score is still drawn at the end of the shootout, sudden death penalty shootout will proceed as above.

Behaviour

- For the enjoyment of all, games are expected to be played in a sportsmanlike manner. The Stadium reserves the right to dismiss any team or member thereof for threatening, offensive or abusive behaviour. The team shall be held responsible for the action of its members and spectators both on and off the court.

RULES OF INDOOR FOOTBALL

Indirect Free Kick: Must be taken no closer than 3 metres from the opposition goal 'D', and the ball must visually rotate before another player may play at it.

Direct Free Kick: Must be taken no closer than 3 meters from the opposition goal 'D', and all players must stand outside the line of the goal posts, unless a wall is called for. The Goal Keeper may stand anywhere in the goal 'D'.

General

1. All players must be 3 metres either side of the ball when a free kick is taken.
2. Free kicks must be taken within five seconds of the referee's whistle, or the free kick is reversed.
3. A free kick taken before the referee's whistle is blown may cause a reversal of the free kick.
4. Tackling from behind or by sliding is not allowed. Side tackles are allowed depending on the referee's discretion in the situation of a 50-50 ball.
5. Where a foul has occurred, the referee may elect not to award a free kick and to allow play to continue under the ADVANTAGE RULE. The referee's decision is final.
6. In summary, Free Kicks are awarded for the following:
 - Obstruction;
 - Time-wasting;
 - Holding the nets; or
 - Lifting the legs above hip height attempting to kick the ball.
 Fouls are awarded for the following:
 - Foul or abusive language;
 - Rough or dangerous play; or
 - Threatening behaviour.
7. Intentional handball will result in a penalty regardless of the whereabouts of the infringement. Unintentional handball will result in a free kick.
8. A player cannot hold onto the net or support themselves while playing the ball. A free kick shall apply.
9. A player's leg cannot be lifted above hip height when attempting to kick the ball.
10. With kick-offs, the ball must be played backwards. If not, the kickoff will be reversed. Once kicked from the centre circle, opposition players may gain possession of the ball.
11. The ball is considered to be "live" at all times off all nets, although a goal cannot be scored directly from any net. If the ball has been played at and touched, then a goal will be awarded. This is at the discretion of the referee.
12. The referee will "Drop Ball" if play is congested or deemed to be in a dangerous situation. Contesting players must wait for the ball to bounce once after the referee has blown the whistle.
13. The FOUL SYSTEM means that after the fifth foul in one half, every foul or infringement thereafter is a direct free kick - NO WALL.

However, this is optional for the team with the free kick. A wall is a minimum of two (2) players.

14. If a player is lying, sitting or deemed to be on the ground, they cannot play the ball, regardless of whether it was unintentional.
This also includes where a player has the ball kicked into them while on the ground. Such infringement will result in a free kick.
15. A player in possession of, or going for, the ball may not be put off by an opposing player through means of yelling or any verbal abuse. This will result in a free kick and a possible booking depending on the referee's discretion.
16. A goal is scored when the whole ball has passed over the goal line.

Penalty Kicks

1. A penalty is awarded for:
 - Fouls on the attacking team inside the goal area;
 - The goalkeeper leaving the area if deemed to be interfering with play;
 - Defensive players making contact with the ball inside the goal area;
 - Goalkeeper making contact with the ball while outside the goal area;
 - Goalkeeper holding onto the ball for more than 5 seconds; or
 - An attacking player being intentionally fouled in a clear goal scoring situation.
2. A player is only allowed to take 1 step before taking the direct free kick. If the referee is not satisfied, it will then become goalkeeper's ball. If a goal was scored, it is not counted.
3. When a player is taking a penalty shot, the goalkeeper must be stationary on the goal line until the ball has been kicked. A retake of the penalty shall apply.
4. Penalties must be taken in one fluent motion. If the referee is not satisfied that this is the case, the penalty will be disallowed and it will become goalkeeper's ball. The non-kicking foot must be next to the ball.
5. The ball is deemed "dead" from a penalty if not scored from. If the ball rebounds from the net/post and/or goalkeeper outside the Goal "D", the ball will be dead and given to the goalkeeper to restart play.
Please note the ball must bounce in his/her half when the ball is re-entered into play.

Players in Goalkeeper's Area

Players will not be penalised for accidentally being inside the goalkeepers area provided they do not come into contact with the ball.

NOTE:

- If an attacking player interferes with, or obstructs, the goalkeeper in any way, a free kick will be awarded to the opposition.
- If a defending player comes into contact with the ball, a penalty kick will be awarded to the opposition team.
- No player may attempt to obstruct an opponent from exiting the goalie's area. This offence will result in a yellow card and it will become goalkeeper's ball.

Goalkeepers

6. The goalkeeper cannot kick a ball that is outside the goal area. A penalty kick applies for such a breach. The goalkeeper can, however, tap a ball away that is outside the goal area as long as his/her feet are still planted in the goal area.
7. The keeper is allowed to reach out of the "D" circle to gain possession of the ball with his/her hands (either standing, kneeling or lying down), provided no part of their body touches the ground outside the circle.
Such infringement will result in a penalty.
8. The keeper is not penalised for crossing the circle after making a save provided he/she does not interfere with play or come into contact with the ball while he/she is out of the circle.
9. Goalkeepers can either throw or kick the ball into play. On a throw-in, the ball must bounce once in the goalkeepers half before passing the centre line. If the ball does not bounce once before crossing the centre line, a penalty free kick will result from such an infringement.

10. Once the ball is deemed to be in control with the hands, the ball must be thrown and/or kicked but must bounce in their half before it travels over the centre line. The ball may not be entered into play any other way until touch and played at by another player. Therefore, if a goalkeeper throws it into the side net back into the Goal "D", the ball still must bounce in their half when entered back into play.
11. When a penalty is taken, the keeper must stand on the goal line and may not move before it is taken or it will be retaken.
12. The keeper has 5 seconds to get rid of the ball. A penalty will be awarded for such a time wasting breach, except if a substitution has been called.
13. Goalkeepers cannot hold onto the net when trying to reach out of the goal area for the ball. A free kick will result with a wall allowed on the line.

Substitutions

1. A substitution can be made by one or both teams when:
 - Your keeper, or opposition keeper, has possession of the ball, at feet and has arms crossed (The referee has been notified prior);
 - At half time;
 - In the event of an injury; or
 - When a goal has been scored by either team.
2. A player cannot be substituted in the last three (3) minutes of each half except in the case of a serious injury, at the referee's discretion.
A player who has been sent off (for 5 minutes) may re-enter during this period at the consent of the referee (i.e. whistle on play).
3. A referee will send off any player that is bleeding, including goalkeepers. Players will not be allowed to treat themselves on court.
Players will not be allowed back on court until the referee is satisfied the flow of blood had ceased and the wound covered. A substitution is permitted during this period.

Misconduct/Suspensions

A Yellow card is a 3-minute cool-off period. This player may not be replaced, and must wait for a substitution opportunity to re-enter play at the referee's request.

A Red card is a serious offence, or two (2) yellow cards, and this player is sent off for the remainder of the game, NOTE: This player may be replaced by a substitute once 5 minutes has elapsed, but they must wait for a substitution opportunity to re-enter play at the referee's request.

Depending on the severity of the incident, a player can be disqualified from the Centre altogether, or suspended. This is up to the Duty Manager's discretion.

NOTE: If 2 players get red carded and there are only 3 players left, the game will end and the score at the time will stand, or forfeit points will be awarded to the non-offending team (whichever is the highest score). In the event that a team is down to 3 players due to Yellow cards, then the first yellow-carded player will be allowed back on the court as the goalkeeper only until his cool-off period is over, to allow the game to continue.

In the event that a team is down to 3 players and a yellow carded player is in the goalkeepers position all ready, then the game will end and the score at the time will stand, or forfeit points will be awarded to the non-offending team (whichever is the highest score).

Summary of Rules

Tackling from Behind

- No tackling whatsoever from behind a 180° plane.
- Only exception is a 50-50 ball which is up to the discretion of the referee.

Lifting Legs

- Referees will be strict on players lifting legs above hip height in an attempt to kick the ball.
- If two players lift their leg at the same time, a drop ball will be called.

Penalties

- A penalty must be taken in one fluent motion. A free kick doesn't have to be taken in one fluent motion.

Drop Ball

- No drop balls will be called in the event that the ball hits the referee unless a clear disadvantage has occurred.

Obstruction

- This is understood to be when a player, instead of playing the ball, places himself between the ball and the opponent going for the ball, making himself an obstacle to the opponent's involvement in play.

Player Bookings

- The referee will let all players know when a red card has been issued.
- In the event of a player swearing whereby the whole centre can clearly hear it, a red card may apply. Yellow cards may apply for minor swearing offences.

Referees will stop play to book a player regardless of where the ball is, unless in a very clear goal scoring situation.

Player Walls

- If a player is taking a free shot with no wall and an opposition player crosses the path of his/her direct shot, the free kick is to be retaken at the same spot not where the player ran across his path.
- No player can run across the path of a direct shot at and intercept an incoming shot.

Inside the "D"

- A player cannot in any way obstruct the goalkeeper in the D either physically or visually.
- A player cannot come into contact with the ball when it is inside the D, even if the player's feet are outside the D.
- The ball is deemed to be inside the D when at least half of it is in the semi circle.
- A player heading the ball which is clearly inside the D will be penalised accordingly.

Advantage Rule

- In the event that the referee believes the team receiving a free kick will receive a distinct advantage by calling play on, the advantage rule will apply.

Disallowed Goals

- If the ball is to come off any net, it must be touched by a player (keeper included) before going in for a goal in order for it to stand.

Fouls

- All fouls are recorded on the referee's scoresheet. When five team fouls have been accumulated, the referee will let both teams know in a loud and clear voice.
- When a team is taking a direct free kick and choose to have no wall due to the opposition having accumulated six fouls, the player with the free kick may take a shot.

Reversing Free Kicks

- In the event that the buzzer has sounded to end the half and an indirect free kick has been awarded, half or full time will be called.
- In the event that a Direct free kick has been awarded, the kick will be allowed until such time the ball has rebounded from the post/net or Goalkeeper out of the Goal 'D', at this time half or full time will be called. Kick will not be reversed if the player does not wait for the whistle or takes longer than five seconds to dispose of the ball, half time or full time will be called.

General Team and Referee Responsibilities

Dress

- No players are permitted onto the court wearing jeans or non-athletic type shoes.

Racism

- Racial abuse is a most serious offense under our rules, and will subsequently be dealt with extreme severity. Any player heard racially abusing an opponent will be red-carded and possibly suspended.

Blood Rule

- It is the responsibility of the referee to send off any player that is bleeding, including goalkeepers. Players will not be allowed to treat themselves on court. Players will not be back on until the referee is satisfied that the bleeding has stopped. This rule will be strictly adhered to for health and safety reasons.
- The wound must be securely covered and any blood stained clothing replaced to the satisfaction of the referee.

Referee's Responsibilities

- A referee shall under no circumstance start until given the all clear by management.
- All referees will start the clock at the specified game time regardless of whether teams are ready.
- There is no reason for the clock to be stopped during a game except in the event of a serious injury.
- The referee shall have control of both the score and the time.
- The score appearing on the scoreboard at the end of the game remains final. If any discrepancy occurs during a game, the captain may approach the referee at that time.