



Indoor 6 v 6 Soccer League Rules

Guidelines: This league is intended to be a social league where men and women have equal opportunity to play competitive soccer. **Good sportsmanship is required. Arguing with officials, players, spectators and league supervisors is prohibited. This behavior may result in a technical foul or game/league suspension.**

Captains' Duties: Team Captain acts as a spokesperson during the game. Only the team captain is allowed to speak to officials. The captain is responsible for the conduct of all its players, knowing and understanding all of the rules and informing their team of league rules. **Fan Behavior:** Team Captains are responsible for fans. A technical foul will be assessed to the team captain/bench if fans are acting in an unsportsmanlike manner.

Game play: 6 v 6. NO OFFSIDES. A team shall consist of six players including the goalie. A team can play with a minimum of five (4) players. One female and one male need to be on the court from each team at all times. *In the event there is no female or male represented for any given team the game will result in a forfeit for that team.*

Equipment:

The league will provide a game ball each night. Each player must wear sneakers or soccer flats.

Shin guards and mouth guards are highly recommended but not required.

Goalies may use their own equipment (gloves) as long as the equipment is legal soccer equipment and approved by the official.

Uniforms: Each team will receive league t shirts at the beginning of each season if registration deadlines are met. Each team must wear their league team color shirt for each game.

If a player does not have their league shirt for a game they **MUST** sit for the first 10 minutes of each game.

A player cannot enter the game if they are wearing the same shirt color as the opposing team.

ALL Jewelry is prohibited and should be removed prior to participation.

Roster: All players must be registered prior to playing in any game. All roster changes must be approved by the 2nd week of the season. No new players may register after week 2 games have concluded.

Scoring: Each goal will count as 1 point.

Time: Two 20 minute halves (running time) with a 3 to 5-minute half time.

The referee will start each game time as scheduled.

The will be no more than a 5-minute grace period to wait for players.

If the players are not ready, by the 5-minute grace period it will be a game forfeit. If a team shows up late a scrimmage may take place but the score will not be recognized for standings. Play will begin as soon as the minimum of four players (at least 1 female and 1 male) are on the court.

Time will run continuously, except for serious injuries and timeouts.

Overtime: If the game is tied at the end of regulation, there will be a 5 minute golden goal overtime. During playoffs, if the game is still tied after OT, there will be a penalty shootout. The following are the rules for said penalty shootout;

- A female must be in the first 3 shooters to ensure a female kicks.
- It will be a best of 5 shots.
- If it is still tied, then a sudden death shootout will begin (first to miss/be saved).
- Each player can only go once until everyone on the team has gone (the official will be keeping track).

Timeouts Each time will have 3 one minute timeouts to use during a game. Timeouts carry over to overtime. No additional timeouts will be given during overtime.

Start of Game A coin toss or rock, paper, scissors will be administered prior to the start of the game with each captain. The captain that wins the toss shall have a choice of options;

- To choose whether his/her team will kick or receive.
- To choose the goal his/her team will defend.
- You may only pick **ONE**
- The other captain will get to decide the outcome the option not picked (side/possession of ball).

Kickoffs: The game shall begin with a kickoff at the center circle (the ball can be kicked forwards or backwards). Kickoffs will be used to start a half and after each goal. Kickoffs are indirect. Defense must stand outside the circle, no closer than 6 feet away.

Throw-Ins: You CAN NOT score on a throw-in. A proper throw-in is keeping your back foot on the ground and having your hands fully extend over the head.

GOALIE RULES

The ball cannot be played back to a goalie by a field player for use of hands by the goalie. The goalie can only pick up the ball within their goalie box. **Ball may be kicked from any place in the goal area.** Goalie may NOT punt or throw the ball over half field without another player touching the ball. **The ball must EITHER touch A PLAYER or THE GROUND before crossing half field.**

Free kicks: are classified as either "**direct**" or "**indirect**". From a direct kick, a goal can be scored without anyone else touching the ball. From an indirect kick, a goal cannot be scored unless a player other than the kicker has played the ball before it passes over the goal line. Under no circumstances may the original kicker play the ball twice in a row. During an indirect kick, the Referee will raise his/her arm, indicating another player must play the ball before it goes into the goal. No signal will be displayed for a direct kick.

- When a free-kick is being taken no player of the opposing side may be within 7yards of the ball until it is kicked, unless he/she is standing on his/her own goal line, between the goal posts.

Slide-tackling; Slide-tackling will NOT be allowed at all.

Substitution: Subs will enter the game on a dead ball only.

During the regular season only, a team can pick up a registered play to make 5 people to play. Each team must have 4 people from the rostered team to be an eligible game.

No league subs during playoffs.

Fouls and level will be determined by the official.

1. **Level 1:** (Common foul) Result in only free kick.
2. **Level 2:** (Second or third foul by player) Result in free kick and warning of further punishment.
3. **Level 3:** (Bad behavior/foul/accumulation of fouls) Result in sitting out for 5 minutes.
4. **Level 4:** (After 5 minute warning) Ejection from game.

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