



## Sports Zone Soccer League Indoor Rules Summary



### Number of Players:

U-6	4 field players no goalkeeper
U8-U10	7 field players and a goalkeeper
U11-19	6 field players and a goalkeeper
Adult	5 field players and a goalkeeper

### Age Group Determination:

Age groups shall be based on the IYSA standards. Players can't turn the age of their league before August 1<sup>st</sup>.

For more details please visit [http://www.illinoisyouthsoccer.org/AgeGroupChart/index\\_E.html](http://www.illinoisyouthsoccer.org/AgeGroupChart/index_E.html)

**Game Length:** Youth Games 40 minutes (U-6 plays 30 minutes)  
Adult Games 42 minutes

### Equipment:

- **Shin guards** are mandatory and must be completely covered by socks.
- **Dangerous Jewelry** is not permitted.
- **Hard Casts** are not permitted.
- **Jerseys** must be of same color with numbers assigned to each player..
- **Home Team** will wear alternate jersey in case of color conflict.

### Substitutions:

Substitutions can occur on "the fly" - neither the substitute nor the player coming off the field can be involved in active play during the substitution or seeking to gain an attacking advantage by the substitution.

### Out-of-Bounds:

**Perimeter (netting):** the ball is put back into play with a direct free kick from the one yard hash mark around the perimeter of the field that is closest to where the ball went out of bounds.

**Ceiling:** the ball is put back into play with a direct free kick from the center of the closest yellow line to where the ball was kicked.

**\*\*\*Exception:** If the ball is played from the defensive third of the field and goes directly out of play the ball is put back into play by the opposing team with a direct free kick from the top of the restraining arc.

**Goal kick (Youth):** When the ball crosses over the perimeter wall between corner markings after being touched by a member of the offensive team play shall be restarted with a goal kick. The goalkeeper has 5 seconds to restart play.

**Goal kick (Adults):** When the goalkeeper gains possession of the ball with their hands inside the goalkeeping arc they may restart play by playing the ball directly with their hand. Once goalkeeper gives up hand control by placing the ball on the ground or distributing the ball in the air, the ball is in play. The goalkeeper may dribble the ball after releasing it into the play. The goalkeeper may throw the ball over all three lines and a goal may be scored directly from such a restart.

### Free Kicks:

All kicks are direct kicks with no exception. A minor foul (indirect outdoors) that occurs in the penalty area will result in a direct free kick taken from the top of the restraining arc. **Opposing teams must yield 15 feet.** Teams have **5 seconds** to get the Ball in play from the time the referee prompts for the kick.

### Fouls & Misconduct:

A foul outdoors is a foul indoors. **Slide tackling** on a player is not permitted. **Offside** does not apply indoors. Denying a goal scoring opportunity is *not a mandatory red card*, but can be deemed so by the referee.

### \*\*\*Three Line Pass:

The ball cannot be kicked, in the air, over all three lines towards the attacking goal without touching the wall, the floor, any player, or the referee. (Restart – Direct Free kick in the center of the first white line traveled.) The goalkeeper may, however, throw the ball over all three lines.

### Goalkeeper Restrictions:

Goalkeeper must play the ball within **5 seconds** of receiving it in his/her hands. **Punting** or drop kicks are only allowed in the U8-U10 age groups but the goalkeeper can not punt the ball over three lines (see three line pass rule) **Pass back** to the goalkeeper is called the same as in outdoors.

**Adult Coed** teams must have at least 2 female players on the field at all times.

**Kick-off** is by the visiting team in the first half, home team in the second half. It's a direct free kick.

**Time Penalties:**

- **Blue Card** must be a 2-minute penalty. Team comes to full strength if opponent scores.
- **Yellow Card** must be a 2-minute penalty. Team comes to full strength if opponent scores.
- **Red Card** must be an ejection and a hard (full) 5-minute penalty for the team.

(This summary is a supplement. For complete information see the Rules of Sports Zone.)



## Sports Zone Indoor Soccer Rules & Regulations



### Team entry registration:

1. Leagues will be filled on first come first serve.
2. Each player will be required to fill out a hold harmless waiver before they will be able to play. A parent or legal guardian must sign for any participate under the age of 18. All youth Players must also show proof of age when registering. Acceptable ID's are as follows - a **government issued picture ID, birth certificate, or valid IYSA or ISSA soccer pass.**
3. There is a maximum of 18 players on a team. (Recommended roster sizes for U12 and below – 14 players, U13 and above – 12 players.) **Teams do not have to be registered outdoor teams. Players IYSA insurance does not apply towards your indoor season. You must play at your own risk. Individuals from various teams may form teams specifically for indoors.**
4. **The teams managers have right to request roster and/or age check before the game starts. Adult teams have to have all the players on the roster, and youth teams' managers have to be able to show players ID which must be a government issued picture ID, birth certificate, or valid IYSA or ISSA soccer pass with picture not later then a week after contested game. It is sole responsibility of the teams' managers to make sure that all of their players are registered and on the roster!**
5. Rosters will be frozen before the start of the 4<sup>th</sup> game. Teams may add players up until this date. Non-roster players will not be allowed to play. A player cannot be dropped from a roster.
6. All players must be able to show proof of identification and age if required at any given game.
7. Player verification must be protested before the start of the game. After the game has been started the game may not be protested. In order for a team to protest an illegal player, they must pay a \$100 deposit. If it is found that the player is illegal the \$100 will be returned. If the player is found to be legal, the \$100 is forfeited. If a team is found guilty of playing an illegal player they must forfeit their game and may be fined \$100.00. **None of the players on the offending team will be allowed to play on any teams they may be registered on until the fine has been paid in full.**

### Fighting and serious foul play:

1. Fighting will result in an automatic 5-minute penalty and a red card expulsion from the current game.
2. The players involved will automatically receive a **TWO-WEEK SUSPENSION**. The suspension also includes other leagues the player may be involved in. The suspensions will also carry over to the following season.
3. A report will be filed with the management of the complex immediately after the game.
4. If management deems it necessary, the player may be suspended for an indefinite amount of time. **No refunds will be given if a player is suspended from the indoor soccer leagues.**
5. Any red card offenders will automatically be suspended from all teams for a minimum of one week.

## Rules of Play

### Rule 1 Number of Players

Maximum roster size: 18 players

U-6	4 field players no goalkeeper
U8/10	7 field players and a goalkeeper
U11-U19	6 field players and a goalkeeper
Adult	5 field players and a goalkeeper

### Extra Player:

If a team is behind by 5 goals or more they may add an additional player until the goal differential is less than 5. If a team is ahead by 10 or more goals, the referee will discontinue keeping score on the scoreboard until the score is once again is 10 goals.

**CO-ED Rule:**

In adult co-ed leagues there must be a minimum of two female players on the field at all times. If a team is unable to field a team with two females, then they must forfeit the game with a 3-0 loss. In the case a team has only two females and one of the females is penalized for a team penalty, the penalty must be served by a male player that is on the field at that time.

**Penalties:**

Only 2 players per team may be given a time penalty at a time. If additional players are penalized, the time penalty will be delayed until one of the earlier penalties is over.

**Substitutions:**

Substitutions may occur on "the fly" provided the player leaving the field and the player entering the field do not participate in play or seek to gain an advantage while they are simultaneously on the field of play. Any teammate may change places with the goalkeeper any time as per regular substitution procedures, provided that the goalkeeper wears a jersey that distinguishes him/her from the other players and the referee. All team bench personnel and players listed on the official lineup are subject to the authority and jurisdiction of the referee. **No more than 2 non-playing personnel are allowed on the team bench.**

**Injured Player:**

In cases where the referee must stop the time clock for an injured player and either team's trainer is requested onto the field by the referee to attend to the injured player, that player, excluding the goalkeeper, must be removed from the field of play. That player may not rejoin until the next substitution opportunity after the game is restarted. Under no circumstances can a player be allowed to continue to play while he/she has an open wound and blood is evident.

**Injured Goalkeeper:**

If play is suspended more than one time as a result of a team's trainer being signaled to enter the field of play by the referee to attend to a particular injured goalkeeper that goalkeeper must be removed from the field of play. That goalkeeper shall not be permitted to rejoin until the next substitution opportunity after the referee restarts the game.

**Team Captain:**

A captain shall be appointed by each team and the captain alone will be informed by the referee of any questions relating to interpretation of the rules which may arise during the game. In the event of a dispute or problem the referee will inform the team captain of the decision and each captain will advise their coach.

**Rule 2 Player Equipment**

Compulsory equipment consists of shirt, shorts, shin guards (completely covered by socks or stockings), and shoes. Goalkeepers must wear colors which will distinguish them from all other players and referees. Once the game has started and the referee notices a player has come onto the field wearing no shin guards (made of approved materials commercially available designed specifically to protect the shins), the referees must issue the offending player a 2-minute penalty for unsportsmanlike conduct. Team plays short-handed. The opponent will take possession and the restart will take place at the spot where the ball was when play was stopped. In the event that possession was gained in the defensive penalty area the restart will take place at the top of the restraining arc.

**Dangerous Equipment:**

Jewelry may not be worn if it poses a threat to his/her self or any other players. The threat of injury will be determined by the referee or Park Management if necessary. Absolutely no **hard casts** of any type are allowed. Any soft cast must be approved by the referee. **(No cleats are allowed.)** If the referees find that a player is wearing articles not permitted by the rules and/or which may constitute a danger to him/her or other players, the referees shall order the player to remove the dangerous articles. If the player fails to carry out the referee's instruction, the player shall not be permitted to participate.

**Rule 3 Referees**

One or two referees (Of equal authority) will be responsible for control of the game. Referee's decisions on points of fact connected with play shall be final so far as result of the game is concerned.

## **Rule 4 Duration of Game**

Time shall be stopped for injury or as otherwise determined necessary by the Referees.

Adult 2 x 21 minute halves

## **Rule 5 Start of Play**

The visiting team has possession in the first period, the home team in the next period. Teams change ends after each period.

## **Rule 6 Ball In and Out of Play**

The ball is out of play when it passes over the perimeter wall (netting), when it hits the ceiling, when a goal is scored or when the referee stops play. The ball is in play at all other times, including when it rebounds from the referee, perimeter wall, goal post or Plexiglas.

## **Rule 7 Method of Scoring**

A goal is scored when the whole ball passes completely over the goal line providing no infraction has been committed by the attacking team.

## **Rule 8 Three Line Violation & Delay of Game Violation**

### **Three Line Pass:**

If a player plays the ball over three lines in the air towards the opponent's goal line without it touching another player, the perimeter wall, or the referee on the field of play the Referee shall award a free kick to the opposing team at the center of the first large white line that the ball crossed. Goalkeepers for ages U9-U10 may not punt the ball over the three lines. Exception: A goalkeeper while standing in his/her penalty area may legally throw the ball over all three lines. A goalkeeper may throw the ball into the opponent's goal while in his/her own defensive penalty area. Result is a goal scored.

## **Rule 9 Fouls and Misconduct**

A player who kicks, trips, strikes, elbows, jumps at, pushes, holds, charges, commits a dangerous play, obstructs or intentionally handles the ball (except the goalkeeper in his/her own penalty area) shall be penalized by awarding a free-kick to the offended team. Any of the above fouls committed by the defending team in its penalty area shall result in a penalty kick and a two or five minute time penalty. An offense committed in the penalty area by the defending team which is not worthy of a time penalty e.g. (obstruction or dangerous play) shall not result in a penalty kick and play shall be restarted with a free kick to the offended team at the top of the restraining arc.

**Slide tackling on a player is not allowed, and it is punishable by 2 minutes penalty for the player committing slide tackle.**

### **Penalty Time Penalties:**

Time penalties may be assessed against players for committing any of the twelve offenses outlined above while the ball is in play. A time penalty must be assessed for incidents of **boarding, elbowing, striking, spitting, and other offenses deemed severe, tactical or blatant in nature**. These two or five minute penalties shall be administered by the showing of a **Blue, Yellow, or Red card** by the referee, and a power play shall be awarded to the offended team.

### **Unsportsmanlike Conduct Penalties:**

Unsportsmanlike Conduct Penalties may be assessed at any time during the game. even when the ball is out of play. These penalties shall be administered by the showing of a **Blue or Yellow Card** and the result in a power play for the offended team. The restart for any Unsportsmanlike Conduct offense shall be a direct free kick to the offended team at the point where the ball was when the penalty was called. Examples of Unsportsmanlike Conduct include Encroachment (interfering with the taking of a free kick or restart), Leaning on a teammates shoulder in order to play the ball, Unauthorized exit of penalty box and Delay of game (tactics used to delay restart of play).

**Dissent Penalties:**

Dissent Penalties may be assessed against players or coaches who show abusive disapproval by, word or action, of the decision of the Referee. These penalties shall be assessed a **Blue or Yellow Card** and the resulting power play shall be two minutes in length.

If any non-playing personnel (coaches, trainers, team officials) exhibit ungentlemanly conduct likely to bring the game into disrepute or such other misconduct, they shall be assessed a **Blue or Yellow Card** and a two minute time penalty to be served by any player from the field or bench. The referee shall report the misconduct to the League for disciplinary action.

**Delayed Time Penalties (Blue Card Advantage):**

In situations where the referee would want to penalize a player for an infraction by issuing a time penalty while at the same time wishing to apply the advantage clause, the referee shall acknowledge the foul. He/she shall signal that the advantage is being continued by raising a **Blue Card** above the referee's head and maintaining that signal until such time as:

- **Opponent Possession:** The offending team gains control of the ball upon which the referee shall signal the foul by means of a whistle and appropriately penalize the offending player. Possession shall be defined as a player having clear control of the ball for more than one second. The opponent will take possession and the re-start will take place at the original point of infraction. If a foul is committed during the advantage worthy of a second time penalty, both time penalties are assessed and appropriately served. If both penalties are assessed against a single offender, the offender shall not return to play until both penalties are served. No time penalty (ies) shall be served if a goal is scored by the offended team. If a goal is scored by the offending team, penalty (ies) shall be recorded for accumulation purposes.

**Send-off Penalties:**

At the discretion of the referee, a **red card** may be shown for intentionally charging the goalkeeper while the latter is in full possession of the ball, spitting on an opponent or referee, physically contacting a game official, leaving the box to engage in misconduct or confrontation, or other incidents of unseemly behavior. In addition, a player shall be sent off for violent conduct, serious foul play and/or foul/abusive language. The game shall not be restarted until the player that was sent off has left the bench area.

A teammate of the player that was sent off shall serve a full five minute penalty and the opposing team shall be awarded a power play (regardless of how many goals the opposing teams scores).

**Power Play Return:**

If one team is reduced by penalties to fewer players on the field than its opponents and the team having more players scores a goal, then the player having the least remaining penalty time can return to the game. Only one penalized player may return on each goal. If a single player is responsible for concurrent penalties, that player shall not return to play until both penalties are served.

**Equal Number/Simultaneous Penalties:**

If members of both teams are simultaneously penalized or sent off from the game, teams shall play shorthanded (5v5 or 4v4 includes goalkeepers) and the full penalty time shall be served.

**Goalkeeper Restrictions:**

If the goalkeeper fails to distribute the ball to another player within 5 seconds of having received the ball in hand, if a teammate passes the ball back to the goalkeeper and the goalkeeper plays the ball with his/her hands, or if the goalkeeper having attained possession of the ball with his hands distributes and then repossesses the ball prior to a stoppage in play or the ball being touched by an opponent, a free kick shall be awarded to the opposing team taken from the top of the restraining arc.

Goalkeepers (U9-U10) are allowed to punt ball but not over three lines or they may play the ball out with their hands.

**Penalty against Goalkeeper:**

When a two minute penalty is assessed against a goalkeeper, it shall be served by a teammate.

## **Rule 10 Denying A Goal Scoring Opportunity**

Denying a goal scoring opportunity is not a mandatory red card, but can be deemed so by the referee.

## **Rule 11 Free Kicks**

For any infraction of the rules, a free kick shall be awarded to the offended team. **A goal may be scored directly into the attacking team's goal from a free kick or any other restart.** A team will have five seconds to restart play after having been signaled to do so by the referee. If the team does not put the ball in play in the allotted time then possession of the ball is awarded to the opponent. **Opposing team must yield 15 feet.**

## **Rule 12 Penalty Kicks**

Penalty Kicks are awarded for an offense committed by a player inside the team's penalty area. The kick is taken from the penalty spot by any player on the offended team. The goalkeeper must stand on the goal line. All players except the kicker and the goalkeeper must be outside of the penalty area and off the restraining arc and behind the ball. The ball is in play as soon as it travels forward.

## **Rule 13 Restart – Ball over the Perimeter Wall or Hitting Ceiling**

### **Kick-in:**

When the whole ball passes over the perimeter wall or hits the net along the touchline it shall be put back in play by a direct free kick at the point where the ball went out of bounds. If the ball hits the ceiling the ball is restarted back into play at the center of the nearest yellow line where the ball hit the ceiling. **If the ball was directly kicked out of bounds by a player standing in his/her defensive third, the ball shall be kicked in from the top of the restraining arc near his/her team's penalty area.** Exception is when the block has been made by the defensive player in his/her defensive third in which case the ball shall be put back in play by a direct free kick at the point where the ball went out of bounds.

### **Goal Kick:**

When the ball crosses over the perimeter wall between the corner markings after being last touched by a member of the offensive team, play shall be started by the goal keeper distributing the ball within his/her own penalty area. After obtaining possession of the ball in their hands, inside the penalty area, the goalkeeper has 5 seconds to distribute the ball. Once the goalkeeper gives up hand control by placing the ball on the ground or distributing the ball in the air, the ball is in play. The goalkeeper may dribble the ball after releasing it into play. The goalkeeper may throw the ball over all three lines (see Three Line Pass: goalkeeper exception) and a goal may be scored directly from such a restart.

### **Corner Kick:**

When the ball crossed over the perimeter wall between the corner markings after being last touched by a player of the defensive team, play shall be restarted with a corner kick from the nearest corner spot to where the ball left the field.