

# SALT LAKE COUNTY PARKS AND RECREATION

## Indoor Soccer Rules



- 1. Number of Players.** 10-12 on a roster. Maximum number of players on the floor is 6 per team and the minimum number is 4. Kindergarten and under will play with no goalkeepers. 1<sup>st</sup>/2<sup>nd</sup> grade divisions and above will have a goalkeeper. The goalkeeper will be counted as one of the 6 players allowed on the court. Teams will need to match the number of players, in case a team shows up with less than 6 players, so that the teams are even.
- 2. Duration of Game.** Pre-K division will play four 6 minute quarters, all other grades will play four 8 minute quarters with one minute between the quarters and a three minute half time. Each team may have a one minute time-out per half, which may be called only at normal stoppage of the game or when their team is in possession of the ball.
- 3. Start of Play.** The referee will determine who kicks off in the first half. The team that does not kick off in the first half will kick off in the second. The teams will change goals at half time except in the Pre-School and Kindergarten leagues. The defensive players must stay back 10 feet from the half court line when the kick off is taken. The kickoff must go forward.
- 4. Substitutions.** Unlimited, the player will come to the bench and is then replaced by another player while the game is in progress. Goalies can only be substituted on a dead ball or by using a time-out.
- 5. Players Equipment.** Any gym shoe can be worn, as long as they don't mark the floor. They also must either tie or Velcro (no slip ons, mules, platforms, etc.). No cleats will be allowed and shin guards are strongly suggested for safety but are not required.
- 6. Officials.** One or two referees will be appointed to officiate. The official's authority will commence as soon as he/she enters the field of play.
- 7. Fouls & Misconduct.** An indirect free kick will be awarded to the opposing team if a player kicks, pushes, trips, strikes, boards, jumps toward, holds, or violently charges an opposing player or handles the ball. Any intentional foul committed as judged by the official can result in a benching penalty of that player. The amount of penalty time will be five (5) game time minutes. The player serving the penalty time may be replaced by another player. Offenses of obstruction, charging, dangerous play, and un-sportsman-like conduct shall be penalized by an indirect free kick. The defensive players must stay back 10 feet from the ball when the indirect free kick is taken. Slide tackling is not permitted. It can also result in a benching penalty depending on the severity of the foul.
- 8. No Headers.** No heading of the ball will be allowed for all players in 4<sup>th</sup> grade and under. If this occurs there will be an indirect free kick awarded to the opposing team. Headers will be judged if the player intentionally uses his head to gain advantage. *4<sup>th</sup> grade and under coaches are not permitted to teach players how to head the ball.*
- 9. Violent Conduct or Serious Foul Play.** If the official judges that a player is guilty of violent conduct, the player can be removed for the remainder of the game and/or the next scheduled game.
- 10. Penalty against the Goalkeeper.** When a five-minute penalty is awarded against the goalkeeper, another player can become the goalkeeper until the five-minutes has expired.
- 11. Corner Kicks/Goal Kick.** If the ball is kicked behind the net a corner kick or goal kick will be awarded depending on who kicked the ball. A goal kick means the goalkeeper can place it on the ground to kick; No drop kicks are allowed. The ball has to bounce at least once before it travels 2/3 of the court.
- 12. Out of Bounds/Restarts.** If the ball goes outside of the walled playing area, the ball will be given to the opposite team that touched it last. The player will restart play by performing an indirect free kick near the spot where the ball carried out of bounds.
- 13. On-Court Coaching.** One coach from each team may can be on the court with the players only in Kindergarten and under leagues.