



*"Where Everyone Gets to
Play"*

Indoor Soccer House Rules
Updated 10/13/08

Introduction:

Our motto is "Where Everyone Gets to Play" because that is the philosophy of our facility. We welcome customers that want to come out and play for all of the benefits that sports provides them: getting exercise, socializing with friends that have similar interests, learning a new sport at any age, or just having a fun place to hang out. We are not about performance training or developing athletes who aspire to the highest level of their chosen sport. Our house rules are all about making sure everyone can participate and have fun.

Dream Sports Center House Rules are based on FIFA's 17 laws of the game and US Indoor Official Rules. There are differences in our rules designed to allow play to proceed at a faster pace than outdoor soccer and address issues specific to playing in our facility.

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1. Eligibility and Match Setup

- a. To participate in any match, players must be registered, paid, and listed on a team roster.
- b. No food, drink, gum or candy is allowed on the playing field.
- c. Equipment:
 - i. Players must wear indoor soccer shoes or non marking flat soled shoes and shin guards. Players with any sort of jewelry, casts, braces, etc. are only allowed to play at the discretion of the referee.
 - ii. Teams ages 10 & Under will use a size 4 ball.
 - iii. Teams ages 11 & Older will use a size 5 ball.
- d. **Match Duration:**
 - i. Matches consist of two 23 minutes halves and a 3 minute half time.
- e. **Coed Eligibility:**
 - i. Adult coed leagues must have at least one female player on the field at all times or play one player down.
- f. **Number of players:**
 - i. Teams ages 10 & Under may field up to 7 players (7v7) and must have a minimum of 5 roster players (5v7)
 - ii. Teams ages 11-Adult may field up to a total of 6 players (6v6) and must have a minimum of 4 roster players (4v6)
 1. Teams who have met the roster minimum may use the following substitution rule:
 - a. Teams ages 17 & Under may use Guest Substitutes to get a maximum of 6 players. The substitute must be on a current Dream Sports Center team of the same age or younger and must check in with the referee.
 - b. Adult teams may use Guest Substitutes to get a maximum of 8 players. (6 on the pitch and 2 on the bench) These substitutes must complete a waiver at the office and check in with the referee.

- c. No substitute players will be allowed for any age during playoffs.
- g. The Technical Area (bench) may only be occupied by team players and up to 2 coaches.

2. **Field of Play:**

- a. The netting above the entire field is out of bounds.
 - i. The team who did not touch the ball last before touching the netting will be awarded a Free Kick from the appropriate spot:
 1. Side Net Ball: Free Kick is spotted on the Touch Line (White Dash)
 2. Overhead Net Ball: Free Kick is located below the contact point as determined by the referee.
 3. End Zone Net Ball (between the vertical red lines): Balls going out of bounds off the defensive team is a Free Kick by the attacking team on their offense Restart Mark (red dot located on the closest white line)
 4. End Zone Net Ball (between the vertical red lines): Balls going out of bounds off the attacking team will be a Goal Kick.
- b. There is no Offside Violation, however, a **Three Line Violation** will be observed if the ball travels over the three laterally running lines without first making contact with the turf, wall, or any player. A Three Lines Free Kick will be awarded to the opposing team on their offense Restart Mark.

3. **Kickoffs, Free Kicks & Drop Balls:**

- a. The Kickoff is indirect and must make a complete revolution in any direction. All other restarts are direct.
- b. A player initiating a Kickoff or Free Kick may not touch the ball again until it has made contact with another player or the wall. Intentionally passing the ball to oneself using the wall is an infraction.
- c. During a Free Kick, the defending team may stand no closer than 9 feet from the ball.

- d. If a defending player is penalized in the End Zone, the resulting free kick will be awarded to the attacking team at their offense Restart Mark. In this case, defenders may stand no closer than the Penalty Mark.
- e. If an attack player is penalized in the End Zone, the defense will be awarded a Free Kick from their defense Restart Mark.
- f. A Drop Ball may be the method of restarting play for other situations as determined by the referee.

4. **Fouls & Violations:**

- a. A penalty is assessed to a player who commits or attempts to commit any of the following offenses, depending on the level of severity, that a referee deems careless, serious, reckless or involving excessive force.
 - i. **Penal Fouls:** Kicking, Tripping, Charging, Striking, Elbowing, Pushing an Opponent, Jumping at an Opponent. Additionally, playing to gain unfair advantage in a dangerous manner or at a level of aggression inconsistent with the level of play is a foul.
 - ii. **Fouls** include: High Kicking, Sliding, Boarding, Holding, Obstruction (impeding the progress of an opponent), Preventing Goalkeeper Distribution and Intentional Hand Ball. Dream Sports also considers it an infraction to play in a manner that is unsafe or is not in the “spirit of the game.”
 - iii. **Unsporting Behavior** includes: Playing the ball while on the ground, laying on top of the ball (other than the Goalkeeper), trapping the ball between the wall and oneself to prevent an opponent from playing the ball, using Leverage to jump higher, repeated Encroachment of a Free Kick (after initial warning), Taunting and Dissent.
 - iv. **Handball Foul:** Using one’s body from the fingertips to the out shoulder to deliberately direct the ball. If a player could have avoided contacting the ball with their arm, if the player’s arm was not in a normal position, or if the player deliberately continued accidental contact with the ball it will be considered a handball foul. If a player instinctively moves their arms to protect themselves from the ball striking a vital area, it may not necessarily constitute a handball foul.
 - v. **Illegal Substitution:** Teams will practice “on the fly” substitutions, meaning that play will not halt for the substitution of any position. A player entering the pitch may not play the ball or

affect play until the player they are replacing has left the field or else an Illegal Substitution may be called.

- vi. **Misconduct:** Any persons, including players, coaches, parents and spectators, who do not conduct themselves in a sportsmanlike manner before, during or after a match will be guilty of Misconduct. Misconduct includes but is not limited to any verbal or physically hostile activity towards other individuals, any harassment or uncivilized questioning of the referee's judgment and is not tolerated under any circumstances.
- vii. **Team Violation (Bench Dissent):** A warning will be issued for inappropriate comments from a coach or other persons in the bench area. If the comments continue, a Team Foul will be issued and a Free Kick will be awarded to the opposing team wherever the ball was last played. Coaches or Team Captains may ask about a call during halftime or after the match without debate.
- viii. **Leaving Team Bench:** Leaving the bench to join in an any fracas, melee, or confrontation with opposing players or the referee is a violation and may result in immediate ejection from a match and possible suspensions from future matches.
- ix. **Goalkeeper Violations:** The following goalkeeper violations will result in a Free Kick for the opposing team at the offense Restart Mark.
 - 1. **Illegal Handling:** The Goalkeeper may not dribble the ball into the Penalty Area (Goal Box) and then pick it up. No part of the Goalkeeper's body may touch the ground outside of the Penalty Area while the ball is being handled, however it is permitted to jump from within the Penalty Area and strike the ball while in midair. After Goalkeeper distribution, the Goalkeeper may not handle the ball until it has made contact with another player.
 - 2. **Illegal Pass Back:** It is a violation for the Goalkeeper to pick up the ball after it has been deliberately and directly passed back from a teammate. The Goalkeeper may handle a pass that is off of a teammate's head, chest or knee and is without trickery, i.e. the use of a wall or foot to flick the ball to a head, chest or knee.
 - 3. **Six Second Limit:** After the Goalkeeper gains possession of the ball, he/she has 6 seconds to distribute the ball.

4. **Slide:** The Goalkeeper is the only player on the field who may slide in the attempt to save a ball provided that the slide originates within the penalty area.

b. Time Penalties & Ejection:

i. Time Penalties:

1. **Minor Penalty:** Any player who repeatedly violates the rules, is playing in an overly aggressive manner or delays the restart of play will be sent off the field for 2 minutes.
2. **Major Penalty:** Any player who commits a severe foul or is guilty of misconduct will be sent off the field for 5 minutes.
3. Players sent off the field must quietly serve their time penalty or risk ejection from the match. Whether or not to send a player off the field to serve a time penalty and for how long is up to the discretion of the referee.

ii. **Power Play:** Every time a player serves a Time Penalty the player's team shall play one player down until the expiration of the penalty. Time Penalties may end early if the opposing team scores a goal during the Power Play. All Time Penalties end at the conclusion of the match and do not carry over to any future matches.

iii. **Ejection:** If a referee finds the conduct of a player or coach unacceptable or the player has previously been sent off the field for a time penalty, the guilty person may be ejected from the match.

1. Fighting of any kind will result in automatic ejection from the building and a lifetime suspension from the Dream Sports Center. The referee has sole discretion as to what constitutes "fighting." Any person who receives a lifetime ban from Dream Sports may be entitled a review of their case 1 year later depending on the severity and circumstances.
2. Spitting at another person warrants an automatic ejection.
3. Any person ejected from a match is not allowed to remain in the technical area (bench). Persons ejected from a match are automatically suspended from their next match. Any person ejected more than once in a season may be

suspended from the league at the discretion of the Dream Sports Center management.

5. **Shootout**: Shootout will be used for leagues 11 & Older. For 10 & Under leagues the Red Dot Restart Marks will be used.
 - a. A Shootout may be the method of restart if a defensive foul occurs in the Penalty Area or if a Breakaway Foul is committed.
 - b. **Breakaway Foul**: If an attacker crosses the Halfway Line on an obvious breakaway and is fouled by the second to last defender from behind or by the last defender from any direction.
 - c. Any attacking player may elect to take the shootout.
 - d. All other attacking players must stand behind the halfway line outside of the center circle. All defending players must stand behind the halfway line inside the center circle. The Goalkeeper must start with at least one foot on the goal line.
 - e. The ball is placed on the restart mark near the attacking Goal. On the referee's whistle, the ball is in play and the shooter can proceed in any legal method chosen, and all other players including the Goalkeeper may advance.
 - f. Any foul committed by the Goalkeeper on the player taking the shootout will result in an awarded goal.
 - g. If time expires prior to or during a shootout the play will be performed in extended time.
6. Tournament Overtime Rules:
 - a. During Elimination Games:
 - i. 5 minute "Golden Goal" Overtime Period
 - ii. 3 player Shootout
 1. If there is not a decisive winner after the first 3 shooters, proceed to a 4th shooter for a sudden death shootout. Play will proceed in this manner utilizing subsequent shooters until a winner is chosen.

- a. If the shootout runs through one team's entire roster of players, both teams are allowed to return to their original shooter.
- b. During Championship Game:
 - i. 10 minute "Golden Goal" Overtime Period
 - ii. 3 player shootout (as described above)