



# 2020/2021 INDOOR RULES

## INTRA INDOOR COMPLEX

### GENERAL:

1. For matters not specified by these rules, FIFA Laws of the game shall be followed when reasonably applicable.
2. Modifications for the following rules will apply for youth games:
  - Rule 1. The size of the goal
  - Rule 2. Size of the ball
  - Rule 3. Number of periods
3. The neutral zone lines, kick-off marks, corner vertical lines, (corner kick) encroachment wall marks, and the penalty kick marks are all to be red in color.  
Kick marks are to be 9 inches in diameter, all other lines are to be no more than 5 inches in width.
4. All kicks are direct (even for technical fouls or incidents where officials are involved).

## **RULE 1 – FIELD OF PLAY:**

**MARKING AND DIMENSIONS:** Approx. 200 ft long by 85 ft wide. Marking shall be 5 inch wide. Perimeter wall 3 ft fully enclosed area topped by Plexiglas and/or netting. The outer dimensions of the field will vary, but the corner kick mark will always be a 9 in diameter circle located 3 ft out from the wall, and the 3 ft dashed kick mark shall be located with its center even with the intersection of the straight goal line wall and the point where the wall begins to curve, but never less than 15 ft from the closest edge of the corner kick mark to the edge of the penalty area it appreciably more than 15 ft, (e.g. 15 ft. or more, a red line 5 inches wide and 1 ft tall shall be painted upward beginning at the base of the wall to enable players and referees to honor the 15 ft non-encroachment distance).

**GOAL:** 6 ft 6 in high by 12 ft wide. The interior of each goal shall be padded to protect players from all hard surfaces such as concrete, wood and metal.

**PENALTY AREA:** 30 ft wide and 25 ft out from the goal line.

**PENALTY KICK SPOT:** 24 ft from the goal line.

**CORNERS: (OR END OF GOAL LINE):** are to be marked with a 5 inch wide red painted and/or plastic strip from the floor vertically upward to at least the top of the glass. If these stripes are not extended above the glass and thence to the top of the netting, the line shall be topped with a corner flag, the top of which shall be 3 ft above the perimeter wall.

**CENTER CIRCLE:** 10 ft radius and a 9 in diameter mark in the center.

**REFEREE CREASE:** In the neutral zone, on each side of the field, semicircle of 10 ft radius shall be drawn, whose origin shall be at the intersection of the halfway line and the perimeter wall. When the ball is out of play and the referee(s) are within the referee crease, no player or other team personnel may come within the crease allowed by the referee. Offense results in a 2 minute blue card time penalty.

**RED LINES:** 30 ft from halfway line, extended across the field of play (one in each half). The red lines and the area between them shall be called the neutral zone.

**HALFWAY LINE:** A solid white line across the field dividing the field of play into halves.

**TOUCHLINE:** A broken white line from corner mark to corner mark on both sides of the field at a distance of 3 ft from the perimeter wall.

## **RULE 2 – THE BALL:**

Circumference 27-28 inches. Weight 14-16 oz. The ball shall be spherical and the outer casing shall be leather or other approved materials. No material shall be used in its manufacturing with might prove dangerous to the players.

## **RULE 3 – NUMBER OF PLAYERS:**

Maximum of 18 players on a roster that may play in any given game. Player not on the roster before play begins shall not be permitted to play. Each team must have at least 4 players on the field for the match to continue, and shall never have more than 6. One of the players must be a goalkeeper and wear a jersey which clearly distinguished him/her from all other players and the referee(s).

All team bench personnel listed on the official lineup are subject to the authority and jurisdiction of the referee(s). A maximum of 2 non-players are allowed on the bench (manager, coach or trainer).

No unauthorized individuals may sit with the personnel during the entire game. From start to conclusion of the game, no manager, coach, trainer or any other non-player with either team, either during play or between periods, may enter the field of play unless specially beckoned on by the referee. **Penalty:** 2 minute time penalty blue card (power play) and/or 5 minute penalty yellow card (no power play).

**SUBSTITUTIONS:** Unlimited on-the-fly (including goalkeeper changes) provided both players are within the touch line and no more than a yard from the bench door or are off the field of play within their own bench area when the substitution is made. Further, neither the player entering nor the departing player may participate in play during any period of time that they are simultaneously on the field of play. Any offense of this rule by any player while the ball is in play shall result in a 2 minute penalty blue card. If play is stopped to apply the penalty, the opposing team will start play with a free kick from where the ball was when play was stopped. (**Many players on the field:** If play is stopped while any offending team player touches the ball within his/her own penalty area, a free kick will be taken at the top of the offender's restraining arc).

**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 an injured player, that player must be removed from the field and he/she may return to play until next substitution opportunity after the referee restarts the game. A player shall not be allowed to play while he/she has an open wound or blood is evident. Player(s) sent off the field for blood shall not return without first reporting to the referee. Referees will inform the player that he/she must report to a referee before returning. An offense against this rule by any player shall result in a 2 minute penalty blue card.

**INJURED GOALKEEPER:** If play is suspended more than once as a result of a team's trainer being signaled to enter the field by the referee to attend to a particular injured goalkeeper, that injured goalkeeper must be removed from the field of play and shall not be permitted to rejoin play until the next substitution opportunity as elected by the team's manager after the referee restarts the game.

**TEAM CAPTAIN:** A captain shall be appointed by each team and will be informed by the referee of answers to any questions relating to application of the rules which may arise during the progress of the game. In event of a dispute or problem, the referee will inform the decision to both the captain and team's coach. The captain must be properly identified by wearing an arm band provided by the club. No goalkeeper or playing coach/manager shall be permitted to act as captain.

#### **RULE 4 – PLAYER EQUIPMENT:**

Compulsory equipment consists of shirts with number(s), different from all other player's number(s) on that team, shorts, shinguards (completely covered by socks) and suitable indoor shoes (No cleats at all). Each team's uniforms must be of identical colors, except for the goalkeeper whose colors must distinguish him/her from all other players and the referee(s). Thermal or underhose must not extend below the top of the knee, and must be the same color as the primary color of the team shorts.

**DANGEROUS EQUIPMENT:** It is not permitted under any circumstances to wear any kind of equipment including leather, metal, rubber, plastic or that could represent danger to any player.

**Penalty 1)** - Once the game has started, if the referee notices that a player is on the field wearing no shinguards the referee must issue the offending player a 2 minute penalty blue card. The team will play shorthanded.

**Penalty 2)** - The first time in a game a player is noticed by the referee to have faulty, dangerous or intimidating equipment the player shall be sent to the bench to correct the equipment deficiency and a substitute may come in for that player. No actual penalty. The second time that player is noticed with the same or related deficiency, the referee must issue to the offending player a 2 minute penalty blue card. In case of **Penalty 1** (no shinguards) and **Penalty 2** (equipment deficiency), the team will play shorthanded accordingly. The opponent will be awarded a free-kick at the spot where the ball was when play was stopped. In the event ball was within the offending player's penalty area, the opponent's possession and free kick will be taken at the top of the offender's restraining arc.

#### **RULE 5 – REFEREE:**

One or two (of equal authority) shall be responsible for control of the game. Number determined by the league. Referee's decision on points of fact connected with play shall be final so as far as results of game are concerned.

## **RULE 6 – OTHER OFFICIALS:**

Timekeepers under the referee's jurisdiction, shall operate the time and scoreboard details (including time penalties).

## **RULE 7 – DURATION OF THE GAME:**

Two periods or equal halves for all divisions. Clock shall be stopped within periods, for an injury and/or as otherwise determined necessary at referee's discretion and to administer send-offs.

## **RULE 8 – START OF PLAY:**

- a. Visiting team has possession in the first period, home team in the second period. Teams change ends after each period.
- b. After each goal the game shall be restarted by a kick-off by team scored against.
- c. A goal may be scored directly from a kick-off.
- d. In any situation where either team has clear possession of the ball when play is stopped for any reason that is not a violation of a rule, the team with possession or the player from the team that last played the ball takes the free kick restart.
- e. Failure to put the ball into play within 5 seconds after the referee's signal shall result in a possession turnover to the opponent.

## **RULE 9 – BALL IN AND OUT OF PLAY:**

The ball is out of play when it passes over the perimeter wall, strikes a perimeter net, strikes overhead light fixtures or structure, 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 perimeter wall, goalpost, or plexiglas. **NOTE:** If the ball hits the referee(s), the play shall be stop and the restart will be a free kick for the player's team who last touched the ball at the spot from where player was while he/she played the ball.

## **RULE 10 – METHOD OF SCORING:**

A goal is scored when the whole of the ball passes completely over the whole of the goal line, crossbar and goal posts into the goal providing no offense has been committed by the attacking team.

## **RULE 11 – TIMEWASTING OFFENSES**

### **(INCLUDING "RED LINE" OFFENSES ON FIELDS WHERE RED LINES USED):**

- a. **THREE LINE PASS:** If a player plays the ball over three lines (two red lines and the halfway line) in the air toward his opponent's goal line, without it touching another player, the red lines, or the wall before passing over the third line, the referee shall award a free kicks to the opposing team at the center of the first red line that the ball crossed. **Exception:** A keeper while standing in his/her own penalty area may legally throw the ball over all three lines, also the keeper may throw the ball into the opponent's goal resulting in a goal.
- b. **INTENTIONALLY PLAYING THE BALL OVER PERIMETER WALL:** If in the opinion of the referee, a player intentionally plays the ball over the perimeter wall while it is in play anywhere on his/her defensive third of field, the referee shall award a free kick to the opposing team a the top of restraining arc of the offending team's goal. This rule also apply for a player, while the ball is in play within his/her own penalty area and plays the ball over the perimeter wall out of play.

## **RULE 12 – FOULS/MISCONDUCT/PENALTIES:**

**I.- FOULS/MISCONDUCT:** A free kick shall be awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless, or with the use of excessive force. (A time penalty and proper card must be assessed).

- a. Kicks or attempts to kick an opponent.
- b. Strikes, elbows, or attempts to strike or elbow an opponent.
- c. Trips or attempts to trip an opponents.
- d. Jumps at an opponent.

- e. Charges an opponent in an unfair manner. (i.e. not a fair charge because of method or location)
- f. Pushes an opponent, or commits any of the following offenses.
- g. Spits at an opponent. (Mandatory 5 minute penalty and send-off).
- h. When tackling, makes contact with the opponent before playing the ball.
- i. Holds an opponent
- j. Handles the ball deliberately. (i.e. Carries, strikes, or propels the ball with his hand or arm) unless he/she is a keeper within his/her own penalty area. If the keeper deliberately handles the ball with first contact being outside of the penalty area, a 2 minute penalty blue card must be assessed. (If such contact is made within the penalty area but the momentum carries his/her hand/arm outside of the penalty area while still handling the ball, no time penalty will be assessed.)
- k. Boards or propels an opponent into a perimeter wall. (Mandatory 2 minute penalty blue card)
- l. Plays in a dangerous manner against an opponent. (Defenders inside their own penalty area, a restart shall be against at offender's top of the restraining arc).
- m. Impedes the progress of an opponent.
- n. Charges a goalkeeper within the keeper's penalty area.
- o. Prevents the keeper from releasing the ball into play. Restart shall be a free kick to be taken by the opposing team from where the offense occurred, subject to the exclusion in rule 13 (free kick).

## **II.- GOALKEEPER RESTRICTIONS:**

- a. The goalkeeper, having had control of the ball in his hands and having released it from hands to be played by himself or teammate, shall not touch the ball with hands again until it has been touched or played by an opponent. As in outdoor, the keeper within his/her own penalty area may dribble or air dribble the ball while maintaining it within his control (i.e. No double possession). Restart for keeper double possession with hands is a free kick by the opponent at the top of the restraining arc. Same restart will take place in the event a goalkeeper takes more than 5 seconds to put the ball in play by releasing it from his/her hands.
- b. A keeper may not at any time handle a ball intentionally played to him/her from a teammate's foot. An offense of this rule will result in a free kick by the opponent from the top of the restraining arc. An accidental or unintentional deflection or miss-kick by a teammate that the keeper handles shall not be penalized. NO punting is allowed, the goalkeeper must roll or dribble the ball out.
- c. The ball may be played from a teammate's head, chest or thigh (but not the foot) to his/her keeper without penalty. However, trickery to deliberately circumvent this rule shall result in a 2 minute penalty and showing of a blue card for unsporting behavior. Restart shall be a free kick by the opponents from the spot attempted circumvention originated or at the top of the restraining arc if the offense occurred in the penalty area.
- d. A goalkeeper with possession (by hand or through of a goalkeeper distribution) of the ball within the penalty area shall have 5 seconds to distribute the ball outside of the penalty area or to another player. Offense of this rule will result in a free kick by opponents at the top of the restraining arc if offense occurred in the penalty area.
- e. A goalkeeper who gains possession of the ball outside of the penalty area may dribble it into the penalty area but must not touch it with hand(s). Offense of this rule will result in a free kick by the opponent at the top of the restraining arc.

## **III.- GOALKEEPER PRIVILEGES:**

- a. If a player intentionally obstructs an opposing goalkeeper to prevent him/her from putting the ball into play, the referee shall award a free kick and for the first offense a verbal warning will be administered, but for subsequent offenses in the same manner a 2 minute penalty blue card will be assessed.
- b. In cases of body contact within the penalty area between an attacker and an opposing keeper not in possession of the ball, the referee shall stop the game if, in his/her opinion, the action of the attacker was deliberate. Restart will be a free kick by the defending team from the top of the restraining arc if an offense occurred within the goal area, or the point of the offense if it occurred elsewhere within the penalty area.

- c. Fouls against the keeper judged by the referee to be inadvertent shall be punishable by a free kick by the keeper's team as in III-b above.
- d. A player who intentionally commits a foul that endangers the keeper but in the opinion of the referee falls **short of serious foul play**, shall be punished and assessed a **2 minute penalty blue card**. The restart will be a free kick by the keeper's team as in III-b above.
- e. A player who intentionally charges the keeper in **a violent manner** or who kicks the keeper while the keeper is in possession of the ball, shall be shown the red card and sent off for serious foul play. The offender's team shall serve a full 5 minute hard penalty, regardless of the number of goals scored.
- f. The keeper shall be considered to be in control of the ball by with any part of his/her arm or hand.
- g. Goalkeeper time penalties must be served by a teammate.

**IV.- TIME PENALTY**

a. PENALTY TYPE	CARD SHOWN	MINTUES
TEAM	BLUE	2
PENAL	BLUE	2
UNSPORTING BEHAVIOR	BLUE	2
DISSENT	YELLOW	5
SEVERE PENALTY	BLUE/YELLOW	2 + 5
DOGSO(SHOOTOUT)	BLUE	5 (Soft)
SEND-OFF	RED	5 (Hard)

- b. DELAYED PENALTIES: The referee is not required to stop play to administer a time penalty. Referee may, if he/she chooses, apply the advantage rule. If he/she does this, the penalty shall be applied when play stops or offended team loses its advantage. If the infraction merits a time penalty, the referee shall hold the appropriate cardoverhead from the moment of the foul until play is stopped and the time penalty assessed. If, before play is stopped, a goal is scored by the offended team, the time penalty will be recorded against the offender but the time will not be served. If a goal is not scored the restart for a delayed penalty will be taken by the offended team 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 a the top of the restraining arc.
- c. POWER PLAY/GOAL: If a team is reduced to a lesser number of players on the field than its opponent by player(s) serving penalties, and the team is scored upon, the penalized player of that team shall be released and may resume play. Only one player of a shorthand team may be released early from the penalty box for each power-play goal scored.
- d. Misconduct by non-players shall be assessed as unsporting behavior or send-offs and the appropriate 2 to 5 minute time penalty will be served by any member the team designates. If sent off, the offending non-player is banned from the bench and playing area and from communicating with the team.
- e. If both teams have one or more players serving time penalties and, as a result, each team has the same numbers of players on the field, no player will be released early from the penalty box in the event of a goal, since neither team has a power-play. Equal strengh.

f. Multiple penalties:

→ A maximum of two (2) penalties could down simultaneously. If a player is penalized while two players on his/her team are serving penalties, the penalties of the third or fourth player shall not commence until the penalty time of either first-penalized player has expired.

**Exception:** A defender sent to the penalty box for a foul resulting in a penalty kick shall be released immediately if the penalty kick is successful.

→ For multiple time penalties assessed against a player in a single instance (ball out of play until restart), the guilty player shall serve the entire accumulated time, example: (foul) 2 minute penalty blue card plus (misconduct/unsporting behavior) 5 minute penalty yellow card, the player will serve full 7 minutes penalty. If appropriate, he shall be joined by a teammate in the penalty box, who shall return to play at the conclusion of the power play time penalty as a field player.



- g. When a goal is scored against a team that is shorthanded by virtue of two or more players serving penalties in the penalty box, the player having the least amount of penal time remaining shall be released.
- h. If members of both teams are simultaneously assessed time penalties, leaving them at equal strength (5v5 or 4v4), the penalty times shall be served in full, regardless of goals scored.
- i. At least 4 players (goalkeeper included) from each team must be on the field at all times. If a team has two players serving time penalties and a third player of that team is assessed a time penalty, the third player must go to the penalty box. However, he must be replaced on the field to maintain the required minimum number of players. The penalty time for the third player shall not commence until the penalty time of one of the earlier penalized players expires, or is terminated early by an opponent's goal.
- j. If a player from each team is sent off at the same time, teams will no longer be required to reduce the number of players on the field.

**V.- TEAM TIME PENALTIES:** A two minute time penalty will be a player designated by the coach for each of the following offenses. The chosen player shall not be individually charged with the penalty for the purpose of counting time penalties toward automatic send-off.

- a. Illegal substitution, too many players on the field, or playing without one player dressed as a keeper. Restart shall be a free kick for the opponents from where the ball was at the time the infraction was noted. (Except as noted by rule 8 Start of Play)
- b. Leaving the bench for confrontation, to join a fracas or confrontation with players or referee(s). This does not prevent referee assessing penalties to individual players.
- c. Bench Misconduct: For any team violation after being warned against physical or verbal abuse or the referee where the offender is not identifiable. This does not prevent referees from assessing penalties to individual players or not-player personnel.

**VI.- PENAL TIME PENALTIES:**

- a. A two minute "penal time" penalty may be assessed at the referee's discretion for severe, tactical or blatant fouls listed in rule 12-I
- b. A penalty must always be assessed for boarding, elbowing, striking or kicking.
- c. Penal foul penalty may only be assessed if the offense occurred while the ball was in play. A foul within the opponents penalty area shall result in a penalty kick.

**VII.- UNSPORTING BEHAVIOR TIME PENALTIES:**

- a. **Dissent:** (by word or action): A penalty may be assessed to any player deemed guilty of this offense.
- b. **Encroachment:** If an opposing player encroaches before a free kick is taken, and the kicker's team requests fifteen feet distance, the referee shall delay the free kick until the defenders comply. If, upon the referee request, the defending player does not comply, he shall be assessed a 2 minute time penalty blue card.
- c. **Circumventing the "passback" rule:** A 2 minute penalty blue card shall be assessed to the originator. Restart is a free kick for the opponents from the spot where the attempted circumvention occurred.
- d. **Equipment adjustment:** A player who re-enters the game without making the equipment adjustment he/she was ordered off the field to make, shall be assessed a 2 minute penalty and shown a blue card.
- e. **Time wasting:** Players using any tactics to delay the restart of play or otherwise waste time, such as touching, moving, or kicking the ball away to slow a restart shall be assessed a 2 minute blue card.
- f. **Leaning on shoulders:** If a player leans on a teammate's shoulders in order to better play (head) the ball a 2 minute penalty blue card shall be assessed.
- g. **Unfairly distracting:** A player who gestures, dances and/or who shouts at an opponent to distract shall be assessed a 2 minute penalty blue card.
- h. **Persistent offenses:** A 2 minute penalty shall be assessed and a blue card shown to any player who persistently offends the laws of the game. (e.g., repeatedly fouls opponents).
- i. **Taunting:** A player who uses word or action against to an opponent shall be assessed a 2 minute penalty blue card. (Examples: striker taunting keeper immediately after scoring a goal; an opponent taunting a player just whistled for a foul or just assessed a time penalty)

**VIII.- LESSOR TIME PENALTY VIOLATION:** Tactical, penal, and other fouls and offenses that merit more than a free kick, in the judgment of the referee, will result in a 2 minute penalty blue card.

**IX.- LAST DEFENDER FOULS:** Denying a goal or goal scoring opportunity to an opponent (who is in reasonable proximity of and moving directly toward his/her attacking goal with only one defender left to beat) is an offense punishable by a free kick or penalty kick. (5 minute penalty blue card soft power play)

**NOTE:** If referee judges this foul to be serious foul play, a red card send off must occur and a full 5 minute penalty red card hard power play will be assessed.

**X. SEND OFF OFFENSES:** A player will be shown a red card and sent off (to the team's dressing room) if he/she commits any of the following:

- a. Serious Foul Play (5 minute red card power-play).
- b. Violent Conduct (5 minute red card power-play).
- c. Spitting at an opponent or any other person, version of violent conduct (5 minute red card power-play).
- d. Intentionally and roughly charging the keeper while the latter fully posses the ball; the keeper has possession with hand, arm, body or leg on the ball. (5 minute red card power-play).
- e. Physically contacting a game official as a form of follow-up of dissent (5 minute red card power-play).
- f. Leaving the penalty box or bench to engage in misconduct or confrontation, or other incidents or unseemly behavior. (5 minute red card power-play).
- g. Receiving a 2 minute penalty blue card after having previously received 2 time penalties/cards in the same match. Must be indicated by a blue card, followed immediately by a red card. The time penalty remains 2 mintues that will be served by a teammate of the player sen off for the 3rd blue card.

**NOTE:** Items "**a. through f.**" are "hard time" penalties, and a player from the field or bench must be designated to serve the FULL 5 minutes; that is, the time penalty shall not be shortened by the scoring of a goal by the opposing team. The restart, if not otherwise designated in the rules, shall be by the offended team at the point of the offense, or penalty kick by attackers if the offense occurred within defender's penalty area; The restart shall be at the top of the restraining arc by defenders if the offense was committed by the attacking team within the defender's goal area.

### **RULE 13 – RESTARTS/FREE KICKS:**

A "Restart" is a manner of resuming play after a stoppage other than a kickoff. For a stoppage of play while the ball was in play on the playing field, the following restarts are possible:

- START OF PLAY/KICK OFF - **(Rule 8)**
- BALL IN AND OUT OF PLAY - SUPERSTRUCTURE - **(Rule 9)**
- TIMEWASTING OFFENSES - THREE LINE PASS - **(Rule 11a)**
- RESTARTS/FREE KICKS - **(Rule 13- II)**
- CAUSE NOT MENTIONED/DROP BALL RESTART - **(Rule 13-VI)**
- PENALTY KICK - **(Rule 14)**
- SHOOTOUT - **(Rule 15)**

For a stoppage to play because the ball left the playing field, the following restarts are possible:

- TIMEWASTING OFFENSES - Intentionally Playing The Ball Over Perimeter Wall - **(Rule 11b)**
- KICK-IN - **(Rule 13-III)**
- GOALKEEPER DISTRIBUTION - **(Rule 13-IV)**
- CORNER KICK - **(Rule 13-V)**

**I. START OF PLAY/KICK OFF:** - Rule 8.

**II. FREE KICK RESTART:** When play has been stopped for a foul listed in Rule 12-I or for an offense listed elsewhere in the Rules, the restart play shall be a "free" kick taken by a player of the opposing team.

- a. For any offense of the rules, a free kick shall be awarded to the offended team. All free kicks are direct. A goal may be scored directly from a free kick or any other restart so long as there is no offense of the "3 lines" rule. A team has 5 seconds to restart play after having been signaled to do so by the referee, if



the team does not do so in the allotted time, possession is awarded to the opposing team.

- b. Fifteen (15) feet must be given by the defending team on all free kicks. Any encroachment shall be punished in accordance with rule VII-b.
- c. On each free kick, the ball is in play immediately as it is touched and moves.
- d. The ball must be played forward on penalty kicks. Improper starts are to be retaken. All other free kicks may be played in any direction.

**III. KICK-IN:** When the ball is played over the perimeter wall along the touchline, it shall be kicked in from the point it crossed the perimeter wall by an opponent of the team who last touched the ball before it went out of play. The referee shall signal the commencement of the kick-in. If the ball touches a player or personnel on the bench, who is inadvertently extending into the playing field, or if the ball exits the field through an open bench door, the kick-in shall be awarded to the opposing team.

**IV. GOALKEEPER DISTRIBUTION:** The goalkeeper will distribute the ball by hand after an attacking player has last touched the ball before crossing the perimeter wall between the corner flags and/or for any offense committed by the attacking team in the penalty arc. The distribution shall be taken from any point within the penalty area by the goalkeeper. The ball is considered in play once it travels outside the penalty area. The following provisions also apply:

- a. **Referee Whistle:** Once goalkeeper has the ball on his/her hands, the referee shall whistle to alert the goalkeeper to restart and 5 seconds time shall commence for the goalkeeper to release the ball outside his penalty area.
- b. **Player Positions:** Opposing players remain outside the penalty area until the ball leaves the penalty area.
- c. **Goalkeeper Offense:** A goalkeeper taking a distribution may not play the ball again after it has left the penalty area until it is touched by another player. Otherwise, the opposing team shall be awarded a free kick where that specific offense occurred.

**V. CORNER KICK:** When the whole of the ball having last been played by one of the defending team passes over the end perimeter wall between the corner flag posts, excluding when a legal goal is scored, a member of the attacking team shall take a corner kick, subject to exclusions in Rule 11.2. A goal may be scored directly from such a kick.

- a. Placement: The whole of the ball shall be placed on the corner mark at the nearest corner flag post, and it shall be kicked from that position.
- b. Whistle: The blowing of the whistle by the referee shall take place prior to the taking of a corner kick.

**VI. CAUSE NOT MENTIONED/DROP BALL RESTART:**

In any situation where a team has clear possession of the ball when play was stopped for any cause not mentioned in the rules, the team with possession shall be awarded a free kick.

**RULE 14 - PENALTY KICK:**

**I. DEFINITION:** A penalty kick is a free kick from the penalty mark taken by an identified opponent against the goalkeeper without interference by other players. A penalty kick is awarded against a team, which while the ball is in play commits within its own penalty area one of the fouls listed in Rule 12-1 a. – n.

**II. PLAYERS POSITION:** The Referee will not whistle for the taking of a penalty kick until the players are positioned in accordance with the following:

- a. All players, except the identified player taking the kick and the opposing goalkeeper, shall be on the field of play but behind the yellow line.
- b. The defending goalkeeper remains on his own goal line, facing the kicker, between the goal posts until the ball is kicked. Encroachment from goalkeeper to interfere with the kicker shall result in a warning. Subsequent violations shall result in a five (5) minute misconduct non-power play penalty.

**III. BALL IN PLAY:** The player taking the kick must kick the ball forward. The ball shall be deemed in play after it has been played (touched).

**IV. OFFENSES/SANCTIONS:** If the referee gives the signal for a penalty kick to be taken and, before the ball is in play, one of the following situations occurs:

**a. KICKER:**

The player taking the penalty kick commits an offense; referee allows the kick to proceed.

The ball enters the goal, the kick is retaken. / The ball does not enter to the goal, the kick is not retaken.

**b. GOALKEEPER:**

The goalkeeper commits an offense; referee allows the kick to proceed.

The ball enters the goal, the goal is awarded. / The ball does not enter the goal, the kick is retaken.

**c. DEFENDING TEAM:**

Goalkeeper's teammate crosses the yellow line, referee allows the kick to proceed.

The ball enters the goal, the goal is awarded. / The ball does not enter the goal, the kick is retaken.

**d. TEAMMATE OF KICKER:**

Kicker's teammate crosses the yellow line, referee allows the kick to proceed.

The ball enters the goal, the kick is retaken. / The ball does not enter the goal, the kick is not retaken.

**e. DEFENDING AND ATTACKING TEAMS:**

A player of both defending team and attacking team commits an offense: the kick is retaken. For any incidents of Rule 14-IV, the offender shall receive a warning. Subsequent violations shall result in a five (5) minute Misconduct Penalty (non-power play) assessed against that individual.

**V. PK IN EXTENDED PLAY:** Play shall be extended at the end of any period to allow a penalty kick to be taken or retaken. The extension shall last until the referee has decided whether or not a goal is scored:

- a. Direct from the penalty kick.
- b. Having rebounded from either goal post or crossbar directly into goal, or
- c. Having touched or been played by the goalkeeper.
- d. Or any combination of (b) and (c)

The period shall terminate immediately after the referee determines whether a goal has been scored. The provisions of all foregoing paragraphs shall apply in the usual way except that no players other than the kicker and the opposing goalkeeper shall be allowed on the field.

**RULE 15 – SHOOTOUT:**

A shootout shall be awarded for any of the following offenses committed by a defending player in his defensive half of the field.

- a. A foul from behind against an attacking player, having control of the ball or the likelihood of gaining control of the ball; and one or no defensive players between himself and the goal.
- b. Any foul by a player when he is the last defender on his team between the attacking player with the ball and the goal.
- c. A penalty kick shall take precedence if the foul occurs in the penalty area.
- d. Five foul accumulation from offending team.
- e. Any player who commits an offense that stops a promising attack (**PA**) or denies an obvious goal scoring opportunity (**DOGSO**) including any handling offense committed by the defender or goalkeeper anywhere on the field outside the penalty area.

**APPLICATION OF SHOOTOUT:**

- a. The ball is placed at the Shootout Mark nearest the attacking goal.  
**\*Field #1**, shootout mark is between penalty area line of defending team and the closest edge of the center circle.  
**\*Field #2**, shootout mark is at the three-line mark closest to the defending goal.
- b. All players of the attacking team stand behind the halfway line and inside of the center circle.
- c. The goalkeeper has at least one foot on his goal line and may not move off it until after referee

whistles the shootout to begin. (Play Off: Trail referee will whistle for the start of the shootout once ready signal is given by the lead referee).

- d. Once the Referee whistles the shootout to begin, from that moment, all the players behind the halfway line may move into the attacking half of the field. The player taking the shootout plays the ball forward using any legal manner to score (direct shot on goal, dribbling and shooting, playing the ball off the boards, passing to a teammate, etc.)
- e. Neither team may substitute for the first three (3) seconds of a shootout. Such substitution is an offense and the referee should immediately whistle the play dead and shootout be retaken.  
The offending team will be issued a team warning for the first time and any subsequent violations will result in a five (5) minute team penalty (no-power-play)

**\*\*\* Misconduct Power Play and/or Non-Power Play Penalties:  
All considered on Rule 12 - FOULS/MISCONDUCT/PENALTIES.**

*Revised October 2020.*

Goalkeeper Stats	<b>Name</b>	<b>GK-N</b>	Goal Keeper Name
	<b>GS</b>	<b>GS</b>	Games Started
	<b>GPI</b>	<b>GPI</b>	Games Played In
	<b>MIN</b>	<b>MIN</b>	Game Play Minutes
	<b>SF</b>	<b>SF</b>	3 Point Goal
	<b>SV</b>	<b>SV</b>	2 Point Goal
	<b>3PG</b>	<b>3PG</b>	3 Point Goals Allowed
	<b>2PG</b>	<b>2PG</b>	2 Point Goals Allowed
	<b>SOG-A</b>	<b>SO G/A</b>	Shoot Out Goals / Attempts
	<b>PKG-A</b>	<b>PK G/A</b>	Penalty Kick Goals / Attempts
	<b>PTS</b>	<b>PTS</b>	Points
	<b>W</b>	<b>W</b>	Games Won
	<b>L</b>	<b>L</b>	Games Lost
	<b>AVG</b>	<b>AVG</b>	Goals Against Average

Field Player Stats	<b>Number</b>	<b>P-#</b>	Player Number
	<b>POS</b>	<b>POS</b>	Position
	<b>GP</b>	<b>GP</b>	Games Played
	<b>3G</b>	<b>3G</b>	3 Point Goal
	<b>2G</b>	<b>2G</b>	2 Point Goal
	<b>AVG</b>	<b>A</b>	Assists
	<b>PTS</b>	<b>PTS</b>	Points
	<b>SH</b>	<b>SH</b>	Shots
	<b>PIM</b>	<b>PIM</b>	Penalty Minutes
	<b>F</b>	<b>F</b>	Fouls
	<b>BLK</b>	<b>BLK</b>	Blocks
	<b>PPG</b>	<b>PPG</b>	Power Play Goals
	<b>SOG</b>	<b>SOG</b>	Shootout Goals
	<b>PKG</b>	<b>PKG</b>	Penalty Kick Goals
	<b>GWG</b>	<b>GWG</b>	Game Winning Goals

The following signals are recommended for all games at INTRA.



GOAL



ADVANTAGE



NO GOAL



FREE KICK



CORNER KICK



3 LINE VIOLATION



BLUE CARD



BLUE GAME MISCONDUCT



TEAM/BENCH WARNING



REFEREE TIME OUT



DANGEROUS PLAY



ILLÉGAL PROCEEDURE



BOARDING



PUSHING



HOLDING



ELBOWING



HANDBALL



OBSTRUCTION



JUMPING IN



CHARGING



SHOOTOUT



KICKING



TRIPPING



# Glossary of Indoor Soccer Terms

**BOARDING** - When one player intentionally pushes an opposing player into the perimeter boards.

**BREAKAWAY** - When a player in possession of the ball has a clear run to the opposition goal.

**CENTER** - To pass the ball - either in the air or on the ground - from a wide position on the field into the penalty area.

**CORNER KICK** - When the ball goes over the glass on the goal side of either corner flag, having been played by the defensive team. The offensive team kicks the ball back into play from the corner spot closest to where the ball left the field of play.

**CROSS** - Also called a center pass, a cross is when the ball is passed toward the middle from either side of the field

**CHARGING** - The act of running at another player in order to unbalance them.

**CLEARING** - Moving the ball out of the goal area by kicking it or, in the case of the keeper, throwing it.

**DEFENDER** - A player who marks the opposition's forwards or offensive zone with the intent of preventing goals.

**DRIBBLE** - Using the feet to advance the ball.

**END LINE** - The boundary line connecting corners along the field's width.

**FAR POST** - The goalpost furthest from the ball.

**FEINT** - Also called faking. A move made to trick opposing players.

**FORWARD (STRIKER)** - A player whose main job it is to create and to score goals.

**GOALKEEPER** - A single player who acts as the last line of defense. The only player who is allowed to use his hands but only when positioned inside his own penalty area.

**GOALKEEPER DISTRIBUTION** - The restarting of play by a goalkeeper after a timeout or after an attacking player has last touched the ball before crossing the perimeter wall between the corner flags, taken from within the penalty area by the goalkeeper.

**HALF-VOLLEY** - Kicking the ball just as it rebounds off the ground.

**HANDBALL** - Illegal act of deliberately touching the ball with the hand or arm (from the shoulder to the tip of the fingers).

**HAT TRICK** - The term used to describe the scoring of three goals by one player in a single game.

**HEADING** - Using the head to propel the ball. The proper area of the head that should be used is the forehead, between the hairline and the eyebrows.

**MAN-TO-MAN** - A type of defense where each defender marks a specific opponent.

**MARKING** - The covering or close guarding of an opponent.

**MIDFIELDER** - Both an offensive and defensive player who is primarily responsible for linking a team's forwards and defenders.

**MIDFIELD LINE** - Center line that divides the field in half.

**NEAR POST** - The goalpost closest to the ball.

**OBSTRUCTION** - A deliberate action of a player using his body to prevent an opponent getting to the ball when that player is himself not within playing distance of the ball.

**OFF-THE-BALL** - A term which describes the position of attacking or defensive players who are making helpful runs away from the ball.

**OVERLAPPING** - The attacking play of a defender going down his own touchline past a teammate to possibly receive a pass.

**PENALTY KICK** - When a team commits a major foul, e.g. tripping or handball, within its own penalty area, the referee awards a penalty kick to the opposition. The ball is placed on the red spot 24 feet from the goal and the kicker has a free shot on goal. The goal can only be defended by the goalkeeper who must stay on his goal line without moving his feet until the ball is kicked. All other players must remain outside the penalty area and behind the third line closest to the penalty area until the kick is taken.

**POWER-PLAY** - Similar to ice hockey in that a player guilty of an infraction is sent to the penalty box, forcing his team to play a man down.

**PULLING THE GOALKEEPER** - A strategy used by a team behind in the closing stages of the game. The goalkeeper on the losing team is replaced by a field player, in order to give his team an extra attacking player.

**SAVE** - A play by the goalkeeper or defensive player which stops a shot or prevents an opposing team's from scoring a goal.

**SCREENING (SHIELDING)** - When a player legally protects the ball from an opponent by keeping his body between that player and the ball.

**SHIELDING** - Also called screening. When handling the ball and the player shields the ball with the body.

**SHOOTOUT** - Awarded to a team when the opposing squad is guilty of a technical infraction.

The ball is placed on the red spot on the offensive yellow line whereupon a designated attacking player goes one-on-one with the goalkeeper. As soon as the referee blows his whistle the goalkeeper can leave his goal line and the attacking player has five seconds in which to score.

**SWEEPER** - Name given to the player who sweeps up behind his fellow defenders, generally the last line of defense in front of the goalkeeper.

**SLIDING** - Taking the ball from another player by sliding - on the ground with the feet to kick or stop it.

**TOUCHLINE** - Boundary line connecting corners along the field's length. Also known as the sideline.

**TRAP** - Using one's body to stop, slow down, or otherwise control a ball.

**TACKLING** - When a player attempts to, or succeeds in taking the ball from an opponent by using his feet.

**TRAPPING** - The control of the ball by using various parts of the body including the chest, thighs, and feet.

**VOLLEY** - Kicking the ball while it is in the air.

**WALL PASS** - A pass to a teammate who gives a first-time, angled, return pass behind an opponent. Often called a "give and go" or a "one two."

**ZONE** - A type of defense where each defender marks a specific area (or zone) rather than a particular player.