

# Eastside Family YMCA Adult CoEd Rec Indoor Soccer Rules

## I. Basics

### A. Format

1. 6v6
  - a) 5 Field Players + goalkeeper
    - (1) 2 females on field at all times; may play more
  - b) Teams must have at least 4 to start
    - (1) With at least one female and a goalkeeper
  - c) Goalkeeper is gender-neutral and does not count as female on field

### B. Duration

1. 2, 20-minute halves + 2-3 minute halftime
2. Games will run on either 50 minute increments
3. Clock is continuous and does not stop (except referee discretion)
  - a) Injury (prolonged time)
  - b) Intentional delaying of game
  - c) Etc
4. Clock will begin to run at scheduled start time
  - a) 5 minute grace period for teams who do not have enough players
  - b) After 5-minute grace period expires, team forfeits
    - (1) If a team forfeits 2 or more games, they are not eligible for playoffs

### C. Substitutions

1. On the fly; play does not stop
2. referee may hold play for a goalie change (only on a stoppage of play)

### D. Overtime

1. Regular season games can end in a tie
2. Playoff games will not end in ties
  - a) 1, 5-minute “golden goal” period
    - (1) First team to score wins
    - (2) Lower Seed gets kick-off
  - b) If still tied after 5-minute period
    - (1) Penalty Kicks
      - (a) 3v3
      - (b) Rotation: female, male, male
  - c) If still tied after PKs
    - (1) 1v1 “golden goal” PKs
      - (a) Rotation female, male, female, male etc.
      - (b) First kick female vs. female
      - (c) If team 1 scores, team 2 MUST score or game is over

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## II. Free Kicks

- A. All free kicks are indirect
  - 1. must touch another player before entering the net to count as a goal
  - 2. kick taker cannot kick the ball directly in the net for a goal
    - a) if ball does not touch another player, result is a goal kick
- B. Penalty Kicks
  - 1. Direct Kicks taken from top of circle near goal box
  - 2. Awarded for major fouls in the goal box
    - a) Handball, intentional handball, slide tackle, etc
- C. All fouls are referee discretion and will not be disputed
- D. There is no slide tackling
  - 1. A slide tackle is when you attempt to slide in order to take the ball away from an opponent
  - 2. A slide (if you slide by yourself to score a goal or you slip, etc. and it does not endanger another player) is NOT a slide tackle and is legal

## III. Goalkeepers

- A. Goalkeeper may kick or throw the ball as far as he/she desires
  - 1. cannot score directly off of a throw
- B. Goalkeeper cannot go out of the box and bring the ball into the box and pick it up
- C. Goalkeeper may not use hands if the ball was intentionally passed to him/her by a teammate
  - 1. Result is a free kick from the penalty kick spot (top of circle)
- D. Goalkeeper only needs one hand on ball, and maintain the possession, to be considered “goalie’s ball”
- E. Goalkeeper is permitted to leave box, but may not use hands
- F. Goalkeeper must wear a jersey that separates them from their team and opposing team

## IV. Fouls

- A. All fouls are referee discretion and will not be disputed
- B. Some fouls include but are not limited to
  - 1. pushing
  - 2. taunting
  - 3. swearing
  - 4. fighting
  - 5. spitting
  - 6. intentional slide tackling to cause harm
- C. Any and all of these fouls may result in a card and could lead to league suspension

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## V. Cards

### A. Blue Card

1. 2-minute penalty
2. player receiving card must sit out for 2 minutes, but team may sub in and play at full strength
  - a) if team only has 6 players, they must play down for 2 minutes or until a goal is scored
  - b) player receiving card may return after 2 minutes or a goal is scored

### B. Yellow Card

1. 2-minute penalty
2. player receiving card must sit out for 2 minutes and team must play down a player for 2 minutes or until a goal is scored
  - a) player receiving card may return after 2 minutes or a goal is scored

### C. Red Card

1. 5-minute penalty
2. player receiving card is done for game and must leave facilities immediately and in an orderly manner before referee will resume play
3. team must play down for 5 minutes regardless if a goal is scored
4. after 5 minutes team may sub someone else in and play at full strength
  - a) teams must still abide by gender rules in regards to field players
5. player receiving red card is automatically suspended for team's next game
  - a) if team has a doubleheader, the second game of the doubleheader can count as the "suspension served" as long as he/she leaves facility immediately and in an orderly manner
  - b) if a player receives a red card in ANY playoff game, they are done for ALL of playoffs (regardless of division)
    - (1) if a player plays in two divisions and receives a red card in one division's playoffs, that person is done for all divisions and must leave facilities immediately

## VI. Safety Equipment

### A. Shinguards

1. Are not mandatory, but are highly recommended

### B. Casts

1. must be fully wrapped with a soft wrap (pre-wrap, bubble wrap, etc) and must be examined by YMCA Staff before player is permitted to play

### C. Shoes

1. Sneakers, Indoor Soccer Shoes, Tennis Shoes, etc.
2. NO CLEATS, "SLIP ON" SHOES, SANDALS, etc

## VII. Out Of Bounds

### A. When the ball hits directly above the top set of white painted lines

1. Ball must be completely over the line
2. If ball bounces and then hits over the line, ball is still in play
3. Ball can hit above goal and STILL BE IN PLAY
  - a) The white lines are higher than the crossbar

### B. If the ball gets stuck BEHIND the goal

1. If ball gets stuck in the side of goal, it is still in play
2. If ball goes behind goal and comes out, it is still in play

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## VIII. Misc. Rules

- A. No offsides
- B. Out of bound restarts are indirect free kicks where ball was out of bounds at
- C. Rosters must be turned in first game and are permitted to be changed until the end of the team's second game. After that no changes are permitted and roster is final.
- D. The Referee makes all decisions concerning conduct of the game.
- E. Fighting of any kind or attempting to fight will not be tolerated and can and will lead to suspension from league
- F. The league coordinator holds final say in what division each team is placed in and this decision is final. Teams may be moved up or down as the league coordinator deems appropriate to maintain competitiveness of each division and ensure the league participants get the most out of their experience.
- G. Players are permitted to play on 2 teams, but only 1 team in each division
  - 1. (exception – if a team gets moved by league coordinator, stipulations will apply)



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

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