

Indoor Soccer Rules

General Field Rules

- The playing area will cover three courts with indoor soccer goals set up at each end line.
- Each team may field 6 players, with at least 2 men and 2 women.
- Each game will consist of two 20 minute halves with a 3 minute halftime.
- Play starts at the middle of the playing field at the start of the game, the start of the second half, and after each goal.
- The ball is only out of bounds if it goes between or over the curtains and onto the track. A throw-in will be awarded to the team that did not kick it out. Everything else is in play.
- The ceiling is in play. If a ball bounces off the ceiling and back onto the court the ball is in play.
- Penalties resulting in direct or indirect kicks will take place from the spot of the foul.
- Games that result in a tie during regular season will remain a tie. During playoffs, a 5 minute sudden death overtime will be played. If the tie remains after the overtime, penalty shots will be attempted.

Violations resulting in a direct kick (a kick that may be attempted directly at the goal)

- Kicking or attempting to kick an opponent.
- Tripping or attempting to trip.
- Any other unsportsmanlike contact.
- Intentional handling of the ball, this should not be called if the player is protecting their body and the ball deflects off a hand.

Indirect Kick Violations resulting in an indirect kick (a kick that must touch another player before being attempted at the goal)

- Any dangerous play that is not a direct violation. (example: a high kick in close proximity to an opponent.
- Impeding the progress of an opponent. Holding, screening, or pushing that is not a direct violation.