

Field House Indoor Soccer Rule

Rules Apply for all Adult / Youth Soccer

1. **Field of Play:** The indoor soccer field is 175'ft x 82'ft
2. **Ball:** Size 5 ball will be used for U13 years and up. Size 4 ball will be used for all ages U12 and under.
3. **Number of players:** All adult divisions will play a 6v6 format. 12 players are permitted to the roster during the season. No player can be added after the third game of the season. Minimum number of players to start and continue to play is 4 players
 - **Men's Soccer:** 6 players
 - **Over 35:** Medium field 5 players, Large field 6 players
 - **Adult Coed Games:** 4 male, 2 female on field at all times. If a team does not meet this requirement and only has 1 girl present, the team must play down a male player until another girl arrives. A team must have 1 girl present to start the game.
 - **Family Fun:** 3 Adults and 4 children ranging in ages from 8- 13. Teams do not have to be Coed, but we encourage that they are.
 - **Youth Large Field:** Age U6-U11= 7 vs. 7 Age U12 and up= 6 vs. 6
 - **Youth Medium Field Rec soccer # of players**
U7, U7/U8 House= 7 vs. 7, U8-U12/U13House=6 vs. 6, U14=5 vs. 5

The Youth Coed Recreational Soccer league can play with mixed teams, all boy teams, and or all girl teams. It is not mandatory for teams to have boys and girls playing together.
4. **Player Fees:** All fees' must be paid before any player is eligible to play. Players that do not pay and attempt to play will be suspended from play that day and must exit facility.
5. **Field House ID card:** All players must be rostered and have a Field House ID card made prior to play. Players must present ID card to the Field House staff in the information center.
6. **Required Equipment:** Shin guards, flats, turfs or molded cleats that are not dangerous to him self or another player. Metal or replaceable (screw in) cleats are not allowed.
7. **Duration of the Game:** High school & youth play 2 (20) min. halves with a 2 min. halftime.
Adults will play 2 (22) min. halves with a 2 min. halftime.

The clock is a running clock controlled by the referee. The clock will only stop if there is a serious injury.
8. **Ball in Play:** The ball can be played off the side and back walls(glass)
9. **Three-Line Violations:** No player is allowed to play the ball over three lines without touching another player, the referee, a board (glass), or the turf. The restart is a in-direct free kick from the spot of the foul.
10. **Out of Play:** The ball will be placed on the turf at the closest place to where the ball went out of play. The opposite team will be awarded an in-direct free kick.
 - Hits netting above the glass / boarded walls
 - Enters team boxes
 - Hits ceiling or the superstructure
11. **Free Kicks:** All free kicks are in-direct kicks, except a foul within the penalty area. The defensive team must stand back 5 yards from the ball. The kicking team has 5 seconds to take the kick or they will lose possession of the ball. All penalty kicks will be kicked from the top of the goalie arch and players must line up behind the ball.
12. **Kick-Off:** The kick off can be played forward or backwards. Home team always kicks off in the first half.
13. **Substitutions:** "On the fly" and are unlimited as long as they do not interfere with the flow of the game. The player subbing off must be off the field before the new player can enter the field.
14. **Slide Tackles/ Sliding:** Slide tackles and sliding are NOT ALLOWED. Slide tackles will result in a blue card, two-min violation. However, goalkeepers are allowed to slide tackle if not considered dangerous only in their own goal arc.

15. **Back Pass:** The goalkeeper may not touch the ball with his/her hands when the goalie's own teammates have passed the ball back intentionally to him/her with their feet. However, balls headed or chested back to the goalie by the goalies own teammates may be picked up.

16. **Penalty Cards:**

All cards are at the referee's discretion. All calls on the field are final. The Field House does not over any calls.

Blue cards will be a 2 min penalty and may be given for any fouls deemed by the referee to be serious enough to warrant one:

- Failure to respect the 5 yard distance on free kicks
- Dangerous slide tackles
- Boarding (basically shoving someone into the glass / wall)
- Delay of game
- Sliding or charging the goalkeeper inside the penalty arc
- Spitting on turf
- Bench or player dissent / abuse towards the referee or another player

Yellow Cards:

- Second blue card to the same player
- Provoking an altercation (short of fighting)
- A normally blue card offense which rises to a serious level

Red Cards

- Third Blue card to the same player
- Elbowing an opponent above the shoulder in a vicious matter
- Vicious slide tackle
- Fighting (striking or attempting to strike)
- Blue card after a yellow card and vice versa
- Leaving the bench area to join in a confrontation with an official or a fight
- Extreme unsportsmanlike behavior, such as spitting, abusive language directed at a referee
- Bodily contact with a referee

Any player who receives a RED card must leave the facility and will be suspended for AT LEAST 1 more game. It will be reviewed by staff to see if the player will receive a longer suspension. Any player who receives to red cards within the same season will be suspended from the facility for 8 weeks. NO EXCEPTIONS

17. **Playoff Games: See duration of the game for game time.** In the event of a tie teams will play 2 (5) min. sudden death (golden goal) periods. If the game is still tied at the end of the sudden death periods the game will go directly into shoot outs.

- Referee chooses the goal that will be used
- Each team will choose 3 players for the shootout
- The shooter has 5 seconds
- Goalkeeper must have only 1 foot on the line
- If tied after the first 3 shooters then sudden death shootout will occur
- After 5 shooters the team then may go back to the original 3 shooters

18. **Determining Standings:** 3 points for WIN, 1 point for a TIE, 0 points for a LOSS. Forfeits will be scored as a 3 – 0 game. Scores and standing can be found on the Field House website. www.fredfieldhouse.com

19. **Determining teams tied on points in standings:** (1) head to Head, (2) Goal differential, (3) Goals For

20. **Team Rosters:** Players must check in and drop off ID card at the front counter before each game. If teams are playing with players who haven't check in or paid the team will be penalized 2 goals for that game.

21. **US Indoor Soccer Association:** For further Indoor Soccer Rules please visit www.USindoor.com.

Thank you for playing at the Fredericksburg Field House

www.fredfieldhouse.com 361.4717