

# FC Pride Winter Indoor League Rules

## **General Rules**

- All games are played in 20 min Halves with a 5 min half time (Running Clock)
- Games must start on time, if teams are not ready, the game (Clock) will start without them.
- All games will be played with an official Futsal ball. (Club Provided)
- Teams are comprised of four field players and one goalkeeper. The goalkeeper must wear a different color than his/her teammates and the opposing team.
- There is no offside during game play.
- Games are played on the indoor fields at the PPC (Pride Performance Center) Fields 1 and 2
- All substitutions are on the fly, including the goalkeeper, but the player being substituted must be over the touchline, before the incoming substitute comes on the field. Or, players in the middle of substituting must not be involved in play.
- If a player enters the field as a sub before their teammate exits the field which interferes with play, the team will be first warned. On the second occurrence/infraction, the incoming player will be shown a yellow card.
- Substitutions must take place from your team's bench area. These are defined by the team benches. Different locations on different fields.
- Players must wear "Somewhat Like uniforms or jerseys"- (same color). If uniforms are not available, pennies will be available on site.
- No Throw Ins- all restarts will occur on the ground except for Keeper Releases.
- No Slide Tackles
- No Heading

- No Goal can be scored from your half of the field. If a goal occurs and the ball was on the opposite side of the midfield line, a keeper release will restart play and the goal does not count.

## Restarts

- **All restarts must place the ball back into play within 5 seconds of being instructed to start by the referee or when the ball is placed for restart not requiring the ref to start play.**
- **All restarts or kicks are indirect kicks with the exception of PK's**
- **Kick-Offs-** are indirect kicks. The ball can be played forwards or backwards to start play. Initial kick off is determined by referee (Pick a number 1 or 2... or Rock Paper Scissors) • **Kick-Ins** (In place of throw ins) are indirect kicks. But the follow rules also apply:
  - Ball must be placed within a foot of the touch line
  - Ball must not be rolling or in motion. Must be stopped and then played
  - Ball must be played back into play within 5 seconds of setting it in place.
  - A kick-in that goes directly in the opposing goal is a goal clearance for the opposing team.
  - A kick-in that goes directly in the defensive goal is a corner kick of the opposing team
- **Goal Clearances-** (In place of Goal Kicks) also referred to as a Keeper Release, are taken when the ball wholly crosses the goal line after being touched last by the attacking team as in a goal kick. The goalkeeper must use his hands to roll, bounce or throw the ball from anywhere inside the penalty area (Penalty Arc).
  - The ball can be kicked out of the box after being dropped or rolled on the ground in front of them. **The Keeper can not kick the ball on the bounce to avoid the midfield rule. Ball must be on the ground when kicked to cross the center line. If kicked on the bounce, it counts as a punt and same rules apply for drop kick or punt and can not cross the halfway line.**
  - Once ball is placed on or touches the ground, the ball is now in play

- All Defenders must remain outside of the Arc until the ball is in play
- Attacking players can touch the ball or receive the ball within the Arc.
- Ball must not cross the half field line without touching the ground, or another player. If the ball crosses the line without touching the ground or a player, the ball is then given to the other team and played back into play with an indirect kick on the half line from the point closest to where the ball crossed the line.
- **PUNTING IS ALLOWED AS LONG AS THE BALL DOES NOT CROSS THE MIDFIELD LINE.**
- **Corner Kicks** are indirect kicks. The ball must be placed directly on the corner spot or within 1 foot of the line.
- **Free Kicks** are all indirect with the exception of PK's. The ball must be stopped completely before the kick may be taken and within the 5 sec.
- **Penalty Kicks** are taken from the top of the arc and must be shot at goal by a clearly identified kicker. Defenders and all players with the exception of the keeper and the identified kicker must remain outside of the arc until the ball is kicked directly on the goal.
  - If the ball is not shot directly on goal, play will be stopped, and the ball will be restarted by the other team as an indirect kick.
  - If ball bounces off of a post, the original kicker can not take second shot without someone else touching the ball.
- **Distance:** For all of the above, except goal clearances and kick ins, opponents may not be closer to the ball than 15 feet or 5 yards.
  - For Kick-In's the defenders may not be within 5 Feet of the ball being kicked in
- **Ball out of Bounds:** If the ball hits the ceiling, side nets, wires, or any other object, the team that did not touch the ball last restarts play with a kick-in from the nearest point.
  - If the item is in the middle of the field (Ceiling, Support Wire) the ball will restart at the closest point from the contact.
    - If the ball touches the side net or object to the side, the play will restart with a kick-in from the touchline closest to the contact.

## **Fouls/Misconduct**

- **Indirect Free Kicks:** When a player plays in a dangerous manner, impedes an opponent (without playing the ball), slides, prevents the goalkeeper from releasing the ball with her hands or commits any offense for which play is stopped to caution or eject a player.
- All fouls are applied as in normal soccer rules. If a foul occurs in the field area, then play is restarted with an indirect free kick. If a foul occurs in the arc, play is restarted with a Penalty kick.
- **Yellow Card/Caution:** The offending player is shown a yellow card. If a player earns two yellow cards in a match, he is shown a red card.
- **If a player receives 2 yellow cards in a 6 week period, that player is to sit out for the next game and not allowed to play. If this occurs on week 6, then said player will be out for the first game of the next session.**
- **Red Card/Ejection:** The offending team plays down for two minutes unless scored upon before the two minute penalty expires. The offending player serves a minimum one match suspension.
- **A first aid kit and** ice will be made available in our concession area for injuries. In the event of a nosebleed, we will have the necessary items to clean the field up before play resumes.
- **Injuries** If a player is injured, the clock will remain running.
  - In any game where there is a suspected head injury, the player **MUST** exit the field to be evaluated before coming back on to play. Once a player is cleared by their coach, they can come back in based on the "on the fly" substitution rules stated above.
  - A player may be subbed in for an injured player for the team that is affected. The opposing team may be able to make a sub if they would like.

- An indirect kick to the team who controlled the ball if no foul occurred. Play will restart based on the situation during the game of when the injury occurred. If the injury created a free kick or penalty kick situation, then the either scenario will take place.
- Referees will be allowed to have the discretion to keep a player out of the game if an injury has occurred that makes the referee feel the player could be in further danger to him/herself or others while playing.

## **Miscellaneous Rules**

- There will be no foul language, taunting, spitting on the field, chewing gum while playing on the field, uncalled for physical play, while playing.
- All coaches will show respect for their supporting team/the opposing team, opposing/own coaching staff, and the referee.
- All coaches and players will show respect for the opposing players/coach, referee, their own team, and all spectators. Failure to do so may result in consequences for the coach/player/team.
- All referees will show respect for both team's players/coaches and all spectators. Failure to do so may result in loss of game assignments.
- All spectators will show respect for their supporting team/the opposing team, opposing/supporting coaching staff(s), and the referee. Failure to do so may result in dismissal from the game at the referee/league commissioner's discretion, based on the situation. In extreme cases, a spectator(s) may be asked not to come back to our facility for a specified amount of time for his/her actions. If there is an issue, please find a League staff person who is on site or notify via email to the league director.
- Referees may use discretion on distance given to team with ball on restarts to allow for better competition with the score reflects a heavy 1-sided game.
- All Injuries, no matter how small, must be reported to the League Director or a staff person on site when they occur or immediately after the game prior to leaving the facility.

**House Rules-** All participating teams will make sure to follow all policies set out by FC Pride Soccer Club regarding the following:

- No food/gum on field, water bottles will be allowed on the sidelines during game play. • Play will take place on a turf field, on our turf, players can wear either tennis shoes, or cleats. Cleats must not be made of metal or have metal in the spikes.
- Teams **MUST CLEAN** up their team area after the their game prior to leaving the field. • No Players will be allowed on the field at Half Time or in between games who are not in Playing on that field (Halftime) or about to play on that field (Between Games). • Teams that are finishing their games will try to exit as quickly as possible after their game is over. There will be a tight 5-minute window in between games where teams that are coming off can get off the fields and teams coming on can have a 4-5 minute warm up based on how quickly we can move teams in and out.
- The warm up area will be split into fourths, so that the next four teams playing the next game can have an equal amount of room to warm up. On Deck teams will be expected to be share the space appropriately in the warm up area.
- **No shooting will be allowed in the warm up area.** The ball should not be hitting equipment, the walls, or interfering with other games that are currently in play.
- **Please treat this facility with respect so that we can return.** Please keep an eye on your children at all times. Please do not allow them to run around the building and play. We have equipment all of over the building and it is not safe for them to play around the entire building.
- Please pick up any trash and clean up any messes that may have occurred if you need assistance, please see staff in the concession stand.
- All doors are to remain closed and access is restricted to any room or area that is not open to the everyone. (No playing tag with kids hiding in closets)