

# WNSL INDOOR SOCCER RULES

## **RULE 1 – Field Dimensions**

Field Dimensions are 33yd long x 15.3yd wide.

4 year olds, Pre k and k divisions will play with goals moved approximately 10 feet from back line.

## **RULE 2 - NUMBER OF PLAYERS**

- A. 4 year olds, Pre K and Kindergarten Teams: The game shall be played by two teams consisting of four (4) players each. There will be no goalkeeper in this division.

The 1<sup>st</sup> – 9<sup>th</sup> Grade Teams: The game shall be played by two teams consisting of five (5) players each, one of whom shall be the goalkeeper.

The goalkeeper shall wear a different color shirt other than the uniform color of the players on his/her team; as well as the opposing team.

- B. All teams must meet the minimum requirement for a team to start the game. If a team does not have the minimum number of players to start the game, teams may and should borrow players from the opposing team in order to make an even game. Coaches should ask, not order, players to switch teams and should applaud their help and sportsmanship.
1. 4 Year Olds, Pre K, Kindergarten teams must have a minimum of four (4) players to start a game.
  2. 1<sup>st</sup> - 9<sup>th</sup> grade teams must have a minimum of five (5) players to start a game.

## **RULE 3 - SUBSTITUTION**

- A. Free substitution is permitted. There is no limit to the number of times a player may enter or leave a game.
- B. Substitutions may ONLY be made at the following times:
1. Player must be within 5 feet of the bench
  2. After a goal is scored.
  3. At half time.
  4. During an injury time out.
  5. At goal kicks
  6. Only by the team in possession on their throw-in.
- C. Coaches wishing to make substitutions shall notify the referee.
- D. Substitution is not permitted for a player expelled from a game. When a team has a player expelled, the team must play with one fewer player than they had at the time the player was expelled.

## **RULE 4 - DURATION OF GAMES**

- A. The duration of play will be as follows:
  - 1. 4 year olds, Pre K and Kindergarten: Two 20-Minute Halves
  - 2. 1<sup>st</sup> - 9<sup>th</sup> Grades: Two 25-Minute Halves1-minute half times and teams switch sides
- B. If a team is ahead by 10 goals, the winning team must pass the ball 10 times before attempting to score. If a goal is scored before 10 passes are reached, the goal will not count and the non-scoring team will be awarded an indirect kick from the spot of the foul. If the winning team goes up by 15 goals after the mercy rule goes into play, then the game will be called. At this time, coaches can agree to scrimmage; divide players up or call it a game.

## **RULE 5- START OF PLAY**

- A. At the beginning of the game, the choice of ends or initial kickoff will be decided by coin toss.
- B. The game starts with the kick-off.
- C. All games shall start at the scheduled time.
- D. If a team does not have the minimum number of players to start the game at the scheduled time, the referee shall start the clock at the scheduled starting time and this time shall not be made up or added. After ten (10) minutes, the game will be declared a forfeit and a scrimmage will be played.
- E. If a team does not have the minimum number of players to start the game, teams may and should borrow players from the opposing team in order to make an even game. Coaches should ask, not order, players to switch teams and should applaud their help and sportsmanship.

## **RULE 6- CONDUCT OF PLAYERS, COACHES AND SPECTATORS**

- A. The coach is responsible for the conduct of his or her spectators, parents and players on the field and bench.

**COACHES, SPECTATORS AND PLAYERS SHALL NOT DISPUTE CALLS MADE BY THE REFEREE.** Coaches, players, parents or spectators who are verbally abusive to the referees, players or each other may be ejected by the referee or coordinator and must immediately leave the vicinity of the playing field.

- B. If, in the referee's opinion, a player or coach is not conducting himself or herself in a proper manner; such as yelling at the referee, use of profane or abusive language directed at another, display of violent or dangerous play - The player and/or coach shall be given a warning; if another occurrence happens the player and/or coach will be expelled from the game.

If the conduct is of an extremely violent, dangerous and intentional in nature, the referee may eject a player and/or coach without a prior warning. An expelled player and/or coach shall immediately leave the playing field area.

- C. Referees may give a yellow card (caution) or red card (ejection) to a player or coach, either by holding up a card or verbally informing the player and/or coach if the referee does not have yellow/ red cards. A Yellow card results in a “2 minute timeout” and a Red Card is immediate ejection and a next game suspension.

At the referee's discretion, a game may be stopped and declared forfeited in the event of inappropriate and/or abusive behavior by a player, coach or spectator.

- D. The referee shall report all ejections to the league supervisor as soon as possible after the game is completed, together with a brief statement of the occurrence. A player and/or coach expelled from a game may be automatically suspended by the league for one or more games, and/or other appropriate disciplinary action may be taken.
- E. If play is stopped because a player has been ordered off, the game shall be resumed by awarding an indirect free kick to the opposing team where play was stopped.
- F. In 4 year old, pre K and Kindergarten Divisions, one coach may remain on the field of play for each team; provided however that they shall NOT enter the penalty areas (goalie box) of either team and shall not interfere with play. Coaches on the field shall not touch or physically move the players. Coaches shall stand away from the play and shall not run alongside the play. Coaches on the field may not interfere with play.
- G. Coaches may NOT run along the sideline in front of the opposing team's bench. They are only allowed to run along the sideline on their "own" side of the field. If, in the referee's opinion, a coach on the field is interfering with play or otherwise violating these rules, the referee may ask the coach to leave the field and the team shall thereafter be entitled to one less coach on the field for the remainder of the game. Failure to leave the field upon request of the referee may result in the game being declared a forfeit.
- H. The coach is not otherwise permitted on the field of play during the game, except when an injury has occurred upon signal from the referee or upon obvious serious injury after play has stopped.
- I. Coaches, players and spectators are not allowed behind the goal line. They must remain only on the sideline.

## **RULE 7 - THE REFEREE**

- A. The referee's decision during play shall be final. The referee should communicate all calls made during the game. The referee should explain the call to the younger players. Play shall be stopped for all serious injuries.
- B. The referee shall have the discretionary power to caution (yellow card) any player or coach guilty of misconduct or inappropriate behavior; as provided in Rule 6B. A referee may expel (red card) a player or coach from a game.
- C. Coaches, players and spectators shall not argue or dispute a referee's decision during the game. QUESTIONS about specific calls should be held until the end of a quarter, half or game and made to the referee in a calm manner. It is not the responsibility of the referee to explain his or her calls during the game or to instruct the coaches on the rules of the game.
- D. The breakdown for referees to be provided per game will be as follow:
  1. 4 year old, Pre K, Kindergarten: No referee; Coach officiated
  2. 1<sup>st</sup> -9<sup>th</sup> Grade: One Referee

## **RULE 8 - EQUIPMENT**

- A. A player shall not use anything that is dangerous to the player or other players.
1. No players wearing a cast of any kind on any part of his/her body may participate in a game.
  2. No metal cleats, boots, or football shoes are allowed.
  3. No jewelry of any kinds is allowed; with the exception of medical bracelets
- B. Team members shall wear the same color shirt, except for the goalie who shall wear a color different from his/her teammates and the opposing team.
1. 4 Year old, Pre K and Kindergarten: Size 3 Indoor Soccer Ball
  2. 1<sup>st</sup> and 2<sup>nd</sup> Grade: Size 3 Indoor Soccer Ball
  2. 3<sup>rd</sup> and 4<sup>th</sup> Grade: Size 4 Indoor Soccer Ball
  3. 5<sup>th</sup> - 9<sup>th</sup> Grade: Size 4 Indoor Soccer Ball
- C. SHIN GUARDS: Required at all grade levels, for all games. There will be no grace period at the beginning of the season. Players will not be allowed on the field without shin guards. If it is noticed during the game that a player does not have shin guards, that player will immediately leave the playing field and shall not return to the game until shin guards are worn. Delay of game will not be allowed for the player to put on shin guards; a substitution should be made. \*Shin Guards must be worn under socks\*

## **RULE 9 – MISCELLANEOUS ITEMS**

- A. In determining if a goal has been scored or if the ball is out of play, the WHOLE BALL must cross the entire line.
- B. To determine a foul or penalty kick for intentional use of hands, the referee's judgment must be that the handling of the ball was INTENTIONAL and not unavoidable or accidental.
- C. Players are not to interfere with or obstruct the goalkeeper once the goalkeeper has possession of the ball.
- D. In applying the ADVANTAGE RULE, the referee may refrain from calling a foul if the player fouled or his/her team retains possession of the ball.
- E. A DIRECT FREE KICK means a goal can be scored directly from the kick. The referee shall signal an INDIRECT FREE KICK by raising one arm. When the ball is kicked the referee shall hold the arm up until it has touched another player on either team (this includes the goalkeeper as the 2nd player). There will be no penalty kicks in the 4-year-old, pre k and kindergarten division.
- A team awarded a free kick (direct or indirect) does not have to wait for the referee's signal or whistle to kick the ball, however the ball must first be stationary. Another player must touch the ball before the kicking player can again touch the ball. Players shall stand 10 yards away from all free kicks, unless the kick is less than 10 yards from the defending team's goal, in which case the defending players may stand on their team's goal line.

- F. All restarts from the sideline will be a kick-in.
- G. In 4 Year olds, Pre k and Kindergarten Divisions, players will perform a 'kick in' at the spot where the ball went out of bounds instead of a 'throw in'.
- H. The GOALKEEPER is permitted to hold onto the ball for five seconds and must get rid of the ball during that time. Any time taken while recovering balance is not counted. Penalty is INDIRECT free kick at the point of infraction. The keeper cannot punt the ball but must either throw or drop the ball and kick it. NO PUNTING.
- I. OFFSIDES shall not be enforced.
- J. An INDIRECT FREE KICK is awarded for the following offenses:
  - 1. Kicking or attempting to kick
  - 2. Tripping
  - 3. Jumping at
  - 4. Charging dangerously or violently
  - 5. Charging from behind UNLESS the opponent is obstructing
  - 6. Striking or attempting to strike
  - 7. Holding
  - 8. Pushing
  - 9. Handling the ball
  - 10. Playing dangerously (includes kicking above the waist, while on the ground or any other act dangerous to the player or other players on the field.)
  - 11. Charging fairly, but when the ball is not within playing distance.
  - 12. Intentionally obstructing the opponent.
  - 13. Obstructing or interfering with the goalkeeper.
  - 14. When a goalkeeper holds onto a ball for more than five seconds.
- K. When a player receives an initial yellow card, the player shall leave the game and a substitution for that player may be made. The player can return to play at the next substitution opportunity for his or her team. A player receiving a second yellow card in the same game automatically receives a red card and is expelled from the game. Substitution cannot be made for a player expelled from a game.
- L. No player shall INTENTIONALLY head the ball. A player who intentionally plays the ball with their head (a "header") shall receive a YELLOW CARD. In the instance of an inadvertent header, play will start over from the point of contact.
- M. No player shall Slide at an opponent (i.e., sliding tackle). A player who attempts to slide tackle an opponent will receive an automatic Yellow Card. Sliding to keep a ball from going out of bounds, or to stop a ball that does not endanger another player is not a foul. It will be up to the referee's discretion as to whether or not a player's participation from the ground is dangerous.