

# HISL INDOOR SOCCER RULES

1. USSF rules of soccer shall apply except as modified herein.
2. A team will consist of six (6) players on the floor. Teams shall wear matching uniforms. One player will be designated as a goalie and will wear a colored shirt different from teammates to indicate his position. This player is permitted the use of his hands in playing the ball within the penalty area. The penalty area will consist of the area encompassed by the three point line extended to the back wall – unless a particular gym has a better defined area defined and discussed prior to the start of a game.
3. Field consists of Gym surface and all walls below the designated lines. Balls behind nets are dead balls.
4. **Games are 40 minutes in length (2-20 minute halves) with a continuous running clock with a 5 minute half time.** A team needs a minimum of 4 players to begin a match. Forfeit time is five minutes after scheduled time to play. A forfeit shall be recorded as a 1-0 score.
5. The offside rule will not be used.
6. Kick-offs to start a match may be played in any direction.
7. Slide-Tackling or leaving your feet to reach a ball are not allowed.
8. **All goal kicks (dead ball) and will be restarted as goalkeeper's ball from his possession (in hands).** Once the GK puts the ball down on the floor it can be played by anyone.
9. Goalkeepers cannot throw the ball in the air over the center-court, but can play the ball with feet anywhere if put down on floor (**no drop kick or punt**). Outside the penalty area, goalkeepers cannot play with his hands. Once the goalkeeper puts the ball on the court, he must play it with his feet unless the ball is touched by an opposing player in the penalty area where upon he can pick it up again. **Once a Goalkeeper puts the ball on the ground it is live and can be played by the opposing team.** No pass back allowed unless played by the head or deflected after being played by opposing team. The GK has 5 seconds to put the ball back in play once it has been retrieved.
10. All kicks are indirect with two exceptions:
  - a.) Break-away fouls (e.g. tackle from behind) with opportunity to score
  - b.) Intentional handball to save a goal.
  - c.) Any intentional foul inside the penalty area.These three fouls will result in a penalty kick, from the foul line and an automatic yellow card (four minute penalty). If the foul is dangerous, a Red card will be issued.
11. All defending players must be at least four yards from the ball on all indirect free kicks and cannot encroach until the ball is in play. On penalty kicks, all players, except the goalkeeper, must remain outside the penalty area until the ball is kicked.
12. Substitutions are permitted at any time under the stipulation that the player to be substituted is at the entry point of the bench before the substitute enters play.

## **Procedure for Substitution:**

- a) Call off player to be substituted.
- b) Enter play only after substituted player is off the court.

**Penalty for Improper Substitution:**

- a) Free kick for the other team.
  - b) Both players substituting will be assessed a two minute penalty for having too many players on the floor and team must play short.
13. In the case of striking, fighting, or flagrant boarding a red card will be issued and that person will be removed from the remainder of that days play. Team will have to play short for a period of four minutes and a player from the team will have to serve the penalty
14. **BOARDING PENALTY:** A player cannot push, trap, hold or squeeze another player into the wall or bleacher area with any part of the body. Defending players are required to defend adjacent to the wall without sandwiching attacking player between the wall and himself. Defending player cannot play at an angle to attacker. He must play from directly in front or behind player. First offense will result in a foul with verbal warning, 2 minute penalty, or a yellow or red card depending on the severity of the offense. This rule is mostly incorporated for player safety. Please adhere to this literally as stated.
15. Players are required to wear shin guards and Non scuff /marking – non-black soled shoes. **Players with black soled shoes will not be permitted to play.** We ask that players wear shoes free of stones from outside.
16. Soccer Ball Size is 4.

**Definition**

- Yellow Card - Four minute penalty. Team must play short for the duration of penalty time unless a goal is scored.
- Red Card - Penalized player may not play for the rest of the competition that day. Player will be required to leave Gym Area. Four minute penalty must be served by teammate on the court. Team must play short for the duration of penalty unless a goal is scored.
- Serving Penalty - Penalized player is not permitted to re-enter play until the duration of penalty time has elapsed. If a goal is scored on a penalized team, the penalized team can replace one player per goal as long as it is not the penalized player. Penalty is to be served up on bleachers at center court.