



## Field of Dreams Indoor Soccer Rules

The field of Dreams operates under standard FIFA Guidelines, with modifications to accommodate indoor soccer. Below outlines the rules for the facility.

### The Field of Play

- (1) Dimensions. The field of play is rectangular; its length is 180 feet and its width 75 feet. It is defined by its touch lines and goal lines.
- (2) Markings. The field will be marked with distinctive lines, not more than 3 inches in width.
- (3) The Goal-Area. At each end of the field, two (2) lines are drawn at right-angles to the goal-line, extending from the inside of each goalpost. These lines extend into the field of play for a distance of 4 feet and will be joined by a line drawn parallel with the goal-line.
- (4) The Penalty-Area: At each end of the field, two (2) lines are drawn at right angles to the goal line, 4 feet from the inside of each goalpost. These lines extend into the field of play for a distance of 8 feet and will be joined by a line drawn parallel with the goal-line. From the top of the penalty area an arc of a circle, having a radius of ten feet shall be drawn outside the penalty area. At the top of each arc, a mark shall be drawn, which will be the free-kick mark.
- (5) The Corner Arc. A quarter circle with a radius of 1 yard from each corner and is drawn inside the field of play.
- (6) The Goals. The goals will be placed on the center of each goal-line. They consist of two upright posts equidistant from the corner and joined at the top by a horizontal bar. The distance between the posts is 14 feet and the distance from the lower edge of the cross-bar to the ground is 8 feet. Nets will be attached to the back of the goals.
- (7) The Center Circle. An 8 foot radius circle shall be drawn in the center of the field. The center shall be marked with a 9 inch circular mark. This mark is the location where the ball shall be placed for the start of each period, and for a restart after a goal has been scored.
- (8) The Team Area. On one side of the field, there will be two (2) team areas. Each area will be in opposite halves of the field. The coaches and substitutes must remain in these areas while the game is in progress.

### The Ball

A size 4 ball shall be used for U10 and below.

A size 5 ball shall be used for U12 and up.

### Number of Players

(1) A match shall be played by two teams. The number of players on each team's roster and the minimum and maximum number of players on the playing field are outlined in the House Rules, which are posted in the facility. If a team can not field the minimum number of players, for any reason, the game shall be forfeit.

U6, U8 must have a minimum of 5 players on the field with a maximum roster of 10 players.  
U12 and Above, minimum 7 players on the field with a maximum roster of 12 players.  
Adult Coed must have a minimum of 7 players on the field, 2 of which must be female players at all times.

- (2) Unlimited substitutions may be made (by either team) during play and after a goal has been scored.
- (3) One player from each team shall be the designated goalkeeper. When a goalkeeper is to be replaced, the referee shall be informed of the proposed substitution before it is made. This substitution shall only be made during a stoppage of play. The goal keeper cannot punt the ball; they need to release the ball into play by throwing the ball, rolling it on the ground, or placing it on the ground prior to taking the kick.

#### Punishment:

If the substitute enters the field of play, while the ball is in play, and interferes with play; a direct free-kick awarded to the opposing team at the spot of the infringement and the offending player will be shown a yellow card.

#### Special circumstances:

If the goal differential of the game reaches 7, the leading team will remove a player, until the goal differential is reduced to 5. If the differential reaches more than 8, an additional player will be removed until the differential is reduced to 5.

### **Players Equipment**

- (1) The basic compulsory equipment of a player shall be a jersey or shirt, shorts, socks, shin-guards and footwear. No cleats allowed on the turf. Players who enter the field with spikes or cleats will be asked to leave the field of play with a yellow card to remove them. If a player enters the field without the proper footwear a second time, a red card will be issued and the player will be asked to leave the game.
- (2) A player shall not wear anything which is dangerous to another player.
- (3) The jersey or shirt shall have a unique number, from other members of their team, on its back.
- (4) Shin-guards, which must be covered entirely by the stockings, shall be made of a suitable material (rubber, plastic, polyurethane or similar substance) and shall afford a reasonable degree of protection. Shin guards with the NOCSAE safety seal or encouraged, but not required.
- (5) The goalkeeper shall wear colors which distinguish them from other players and from the referee.
- (6) Absolutely no jewelry will be allowed or any metallic hard plastic items on the body or in the hair. Medical alert may be taped to the body.

Punishment: For any infringement of this Law, the player at fault shall be instructed to leave the field of play, by the referee, to adjust or obtain any missing equipment. The player may be replaced at the next substitution opportunity. A player who is instructed to leave the field (for this reason) may not return without first reporting to the referee, who shall satisfy themselves that the player's equipment is in order. The player shall only re-enter the game with the permission of the referee

### **Duration of the Game**

The duration of the game shall be two (2) equal periods of twenty-five (25) minutes.

- (a) Time shall be extended to permit a penalty-kick to be taken after the expiration of each period.
- (b) Allowances may be made for all time lost due to injury, as long as time permits.
- (c) Allowances may be made for all time lost due to the issuance of a YELLOW or RED card; at the discretion of the referee.

The half-time interval shall not exceed five (5) minutes.

## **The Start and Restart of Play**

- (a) At the beginning of the game, the home team shall kick-off. The referee having given a signal, the game shall be started by a player taking a place-kick, either into their or their opponent's side. Every player shall be in their own half of the field and every player of the team opposing that of the kicker shall remain not less than 10 feet from the ball until it is kicked-off. The ball is in play when it is kicked and moves. The kicker shall not play the ball a second time until it has been touched or played by another player.
- (b) After a goal has been scored, the game shall be restarted with a kick-off from the opposing team.
- (c) After half-time; when restarting after half-time, the kick-off shall be taken by a player of the visiting team.

### **Punishment:**

For any infringement of this Law, the kick-off shall be retaken, except in a case of the kicker playing the ball again before it has been touched or played by another player; for this offense a direct free kick shall be taken by a player of the opposing team from the place where the infringement occurred.

A goal may be scored directly from a kick-off (place-kick).

## **Ball in and Out of Play**

The ball is out of play:

- (a) When it has wholly crossed the goal line or touch line whether on the ground or in the air.
- (b) When it has touched any portion of the roof or items attached to the roof. In the event the ball touches the roof, the ball will be put into play with a direct kick from below the spot where the ball touched the roof.
- (c) When the game has been stopped by the referee.

The ball is in play at all other times from the start of the match to the finish including:

- (a) If it rebounds from the goalpost, cross-bar and remains in the field of play.
- (b) If it rebounds off the referee when they are in the field of play
- (c) In the event of a supposed infringement of the Laws, until a decision is given.

Note: A Player has 6 seconds to put the ball back into play.

## **Method of Scoring**

A goal is scored when the whole of the ball has passed over the goal-line between the goalposts and under the crossbar, provided it has not been thrown, carried or intentionally propelled by hand or arm, by a player of the attacking side, except in the case of a goalkeeper, who is within their own goal/penalty-area.

The team scoring the greater number of goals during a game shall be the winner; if no goals or an equal number of goals are scored, the game shall be termed a draw.

## **Off Side**

Players will not be called for violations of offside.

## **Fouls and Misconduct**

A player who commits any of the following offenses in a manner considered by the referee to be careless, reckless or involving disproportionate force:

- (a) Kicks or attempts to kick an opponent; or
- (b) Trips or attempts to trip an opponent; or
- (c) Jumps at an opponent; or
- (d) Charges an opponent; or
- (e) Strikes or attempts to strike an opponent; or
- (f) Pushes an opponent; or
- (g) Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball; or
- (h) Holds an opponent; or
- (I) Spits at an opponent;
- (j) Handles the ball deliberately (this does not apply to the goalkeeper within their own goal/penalty-area)
- (k) Slide Tackles for any reason;

Should a player of the defending team commit one of the above offenses within the penalty-area, they shall be penalized by a penalty-kick, except that a penalty-kick can be awarded irrespective of the position of the ball, if in play, at the time an offense within the penalty-area is committed.

- (l) Playing in a manner considered by the referee to be dangerous; or
- (m) Charging fairly, i.e. with the shoulder, when the ball is not within playing distance of the players concerned and they are definitely not trying to play it; or
- (n) When not playing the ball, impeding the progress of an opponent, i.e. running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent; or
- (o) Charging the goalkeeper except when they:
  - 1) are obstructing an opponent;
  - 2) have passed outside their penalty-area.
- (p) Slide-tackling to gain possession of the ball whether or not contact is made with another player, except that the goal keeper may slide-tackle the ball to prevent a goal scoring opportunity as long as it is performed within their own penalty-area, or
- (q) occupying any portion of the goal area, when the ball is not located in the goal area (this does not apply to any defensive player), or
- (r) prevents the goalkeeper from releasing the ball from their hands; shall be penalized by the award of a direct free-kick to be taken by the opposing team from the place where the offense occurred, unless:
  - 1) the offense is committed by a player in his opponents goal-area, in which case the free-kick shall be taken from any point within the goal-area, or
  - 2) A player of the defending team commits one of the above offenses within the penalty-area; they shall be penalized by awarding a direct free-kick, to the opposing team, from the nearest point on the outer boundary of the penalty area.
- (r) When playing as a goalkeeper and within their own goal/penalty area:
  - 1) From the moment they take control of the ball with their hands, they take more than 6 seconds to release the ball into play, or
  - 2) Having released the ball into play, they touch the ball again with their hands, before it has been touched or played by a player of the opposing team either inside or outside of the penalty-area, or by a player of the same team outside the penalty-area, subject to the overriding conditions of (r-3), or
  - 3) Touches the ball with their hands after it has been deliberately kicked to them by a team-mate, or
  - 4) Indulges in tactics, which in the opinion of the referee, are designed to hold up the game and thus waste time and so give an unfair advantage to their own team, or
  - 5) Punts the ball shall be penalized by awarding a direct free-kick, to the opposing team, on top of the penalty arc.

Misconduct by a player is indicated by the referee showing a colored card to the player. A player who receives a colored card will not be permitted to remain on the field of play for a predetermined amount of time, as defined in the following table. Their team shall play short, subject to the overriding exclusion defined below, until their timed penalty has expired. The referee shall indicate when the penalty time has expired.

**CAUTION -YELLOW CARD** -This carries a two (2) minute time penalty, which will be canceled if the opposing team scores a goal during the penalty time. If a goalkeeper is shown a YELLOW card, a member of the same team may serve the timed penalty, for the goalkeeper.

**SEND-OFF-RED CARD** -This carries a five (5) minute time penalty, which cannot be canceled. The player shown this card is also disqualified from playing the rest of the current game, and must not remain in the team area or on the field of play. This player will also be suspended from the next game, for the team they were playing for when they were sent off. Additional suspensions may also be imposed.

A team shall never play with fewer than the 5 players. (4 plus a keeper) due to a timed penalty during a regular match.

A time penalty shall extend into the next period of play.

A player shall be cautioned and shown the YELLOW card if they

- 1) are guilty of unsporting behavior
- 2) show dissent by word or action
- 3) persistently infringe the Laws of the Game
- 4) delay the restart of play
- 5) fail to respect the required distance when play is restarted with a corner kick or free kick
- 6) deny an obvious goal-scoring opportunity to an opponent moving towards the players goal by an offence punishable by a free kick or penalty kick
- 7) enter or re-enter the field of play to join or re-join their team without the permission of the referee if:
  - a) they were told to leave the field because of an equipment violation, or
  - b) they were serving a yellow card 2 minute penalty or
  - c) they were told to leave the field because of blood or other bodily fluid contaminating their uniform. enter or re-enter the field of play
  - d) to many players on the field.

If the referee stops the game to administer the caution, the game shall be restarted by a direct free-kick taken by a player of the opposing team from the place where the ball was when the referee stopped the game, subject to the overriding conditions imposed in Law XIII. If, however, the offending player has committed a more serious offense they shall be penalized according to that section of the Law they infringed.

A player shall be sent off the field of play and shown the RED card, if they:

- 1) are guilty of serious foul play;
- 2) are guilty of violent conduct
- 3) spit at an opponent or any other person
- 4) use offensive, insulting or abusive language and/or gestures toward any person,
- 5) receive a second caution in the same game.
- 6) deny an opponent a goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within their own penalty area)

If play is stopped by reason of a player being sent off the field for an offense without a separate breach of the Law having been committed, the game shall be resumed by a direct free-kick awarded to the opposing side from the place where the infringement occurred.

### **Reporting Fouls or Misconduct**

Any fouls warranting a yellow or red card will be reported to the Soccer Coordinator within 24 hours of the offense. A player issued a red card will not be allowed to play for the remainder of the match in addition to the next scheduled team game. All misconduct and cards will be tracked and will be reviewed the facility management to determine proper punishment if necessary. A referee report will be filled out immediately after the incident and forwarded to the Soccer Coordinator.

Only the facility owner and/or Soccer Coordinator can suspend a player from the facility. All suspensions for games or from the facility can be appealed to the Soccer Coordinator in writing from the team coach.

### **Free-Kick**

All free-kicks are direct (from which a goal can be scored direct against the offending side).

The team awarded the free-kick shall have up to six (6) seconds, after the ball has been properly placed, to take the kick. The referee shall not count time while an opponent is within ten feet (10) of the ball.

When a player is taking a direct free-kick inside their own penalty-area, all opposing players shall be at least 10 feet from the ball and shall remain outside the penalty-area until the ball has been kicked out of the area. The ball shall be in play immediately when it is kicked and moves beyond the penalty-area. The goalkeeper shall not receive the ball into their hands, in order that they may thereafter kick it into play. If the ball is not kicked direct into play, beyond the penalty-area, the kick shall be retaken.

When a player is taking a direct free-kick outside their own penalty-area, all of the opposing players shall be at least 10 feet from the ball, until it is in play. The ball shall be in play when it is kicked.

If a player of the opposing side encroaches into the penalty-area, or within ten feet of the ball, as the case may be, before a free-kick is taken, the referee shall delay the taking of the kick, until the Law is complied with.

The ball must be stationary when a free-kick is taken, and the kicker shall not play the ball a second time, until it has been touched or played by another player. Any free-kick awarded to the defending team, within their own goal-area, may be taken from any point within the area.

### **Punishment:**

If the free-kick is not taken within the 6 second time limit; or if the kicker, after taking the free-kick, plays the ball a second time before it has been touched or played by another player, a direct free-kick shall be taken by a player of the opposing team from the spot where the infringement occurred, unless the offense is committed by a player in their own penalty-area, in which case the free-kick shall be taken from the closest point on the outer boundary of the penalty area.

### **Penalty-Kick**

A penalty-kick shall be taken from the outside of the arc and, when it is taken, all players with the exception of the player taking the kick, properly identified, and the opposing goalkeeper, shall be within the field of play but outside the penalty-area, at least 10 feet from the penalty-mark and must stand behind the penalty mark.

The opposing goalkeeper must stand on their own goal-line, within the goal, until the ball is kicked. The player taking the kick must kick the ball forward; and shall not play the ball a second time until it has been touched or played by another player. The ball shall be deemed in play when it is kicked forward. A goal may be scored directly from a penalty kick. When a penalty-kick is being taken during the normal course of play, or when time has been extended at half-time or full-time to allow a penalty-kick to be taken or retaken, a goal shall not be nullified if, before passing into the goal, the ball touches either or both the sides of the goal, or the cross-bar, or the goalkeeper, or any combination of these agencies, providing that no other infringement has occurred.

Punishment:

For any infringement of this Law:

- (a) by the defending team, the kick shall be retaken if a goal has not resulted.
- (b) by the attacking team other than by the player taking the kick, if a goal is scored it shall be disallowed and the kick retaken.
- (c) by a player taking the penalty-kick committed after the ball is in play, a player of the opposing team shall take a direct free-kick from the spot where the infringement occurred.

**Throw-In**

A throw-in is a method of restarting play. A goal can not be scored directly from a throw-in. A throw-in is used as the restart when: the whole ball crosses the touch line; from the point where it crossed the touch line; to the opponent of the player who last touched the ball. The team taking the throw-in must put the ball into play within 6 seconds.

At the moment of delivering the ball, the thrower: faces the field of play; has part of each foot either on the touch line or on the ground outside the touch line; uses both hands; delivers the ball from behind and over their head.

The thrower may not touch the ball again until it has touched another player. All opponents must stand no less than 2 yards from the point at which the throw-in is taken. The ball is in play immediately after it enters the field of play

Punishment:

- (a) If the ball is not placed within 1 yard of where the ball was deemed to be out of play, the throw-in shall be retaken.
- (b) If the thrower plays the ball a second time before it has been touched by another player, a direct free-kick shall be taken by a player of the opposing team from the place where the infringement occurred,
- (c) If the ball fails to enter the field of play, the throw-in will be retaken by the same team. On the second offense, the team will be penalized for wasting time, and the restart will be a throw-in by the opposite team.

**Goal-Kick**

When the whole ball passes over the goal-line excluding the goal opening, having been touched or played by one of the attacking team, it shall be kicked direct into play beyond the penalty-area from any point within the goal-area by a player of the defending team. If the ball is not kicked beyond the penalty-area, the kick shall be retaken. The kicker may not play the ball a second time until it has touched another player. A goal may be scored direct from such a kick. Players of the team opposing that of the player taking the goal-kick shall be 10 feet from the ball and outside the penalty area until the ball has been kicked out of the penalty-area.

Punishment:

If a player taking the goal-kick plays the ball a second time after it has passed beyond the penalty-area, but before it has been touched or played by another player, a direct free-kick shall be awarded to the opposing team, to be taken from the place where the infringement occurred.

### **Corner Kick**

When the ball passes over the goal-line excluding the goal opening, having been touched or played by one of the defending team, the attacking team shall take a corner kick. The ball shall be placed inside the corner arc at the nearest corner. It shall be kicked from that position. A goal may be scored direct from such a kick. Players of the team opposing that of the player taking the corner-kick shall not approach within ten feet (10) of the ball until it is in play, nor shall the kicker play the ball a second time until it has been touched by another player.

### **Punishment:**

- (a) if the player who takes the kick plays the ball a second time before it has been touched or played by another player, the referee shall award a direct free-kick to the opposing team, to be taken from the place where the infringement occurred.
- (b) for any other infringement the kick shall be retaken

### **Play-off Games**

1. The top four teams in each age division may be invited to partake in, an end of the season tournament (play-offs). If one or more teams are tied for a play-off position, their final standing shall be determined by the team who scored the highest number of goals per season.
2. The progression shall be:
  - 1st place team plays the 4th place team
  - 2nd place team plays the 3rd place teamWinners of the above matches will play-off for the league championship.
3. The duration of all play-off games shall be two equal periods of twenty (20) minutes.
  - (a) Time shall be extended to permit a penalty-kick to be taken after the expiration of the normal period in either half.
  - (b) Allowances may be made for all time lost due to injury, as long as time permits.
  - (c) Allowances may be made for all time lost due to the issuance YELLOW or RED card; at the discretion of the referee.
  - (d) The half-time interval shall not exceed TWO (2) minute.
4. The team scoring the greater number of goals during the play-off game shall be the winner; if no goals or an equal number of goals are scored, the game shall be termed a draw, one (10) minute overtime will be played, which is sudden victory. If at the end of this 10 minute period there is still a draw, a successive one (1) minute overtime periods shall be played until one team scores. This is SUDDEN VICTORY; the full one (1) minute period need not be finished. Each additional overtime period will be played with one (1) fewer player, on each team, until a minimum limit of (2) players (1 player and a goalkeeper) are left on each team. The teams shall alternate the kick-off for the overtime periods, with a flip of a coin used to determine which team has the first kick-off.
5. A team shall never play with fewer than two (2) players (1 goalkeeper and player) due to a timed penalty during a play-off match. If a timed penalty would reduce the number of players below the limit of two (2), the opposite team may field an additional player for the duration of the timed penalty, but in no case may a team ever exceed the maximum limit.