



The CNY Family Sports Centre Youth Indoor Soccer Rules

PLAYING TIME:

- League games are **50 minutes total** consisting of **2 (two) 25 (twenty-five)** minute halves.
- There will be 1 minute 30 seconds prior to each half to warm up and get out onto the field. Time will only be stopped for situations that are beyond the control of the referee or teams.
- Referees are instructed to start all matches according to the scheduled game time. Coaches/managers/captains are responsible for watching the clock and having their team ready to start on time. Referees will start the clock whether your team is on the field and ready to play or not.

NUMBER OF PLAYERS & BALL SIZE:

U6 - U8 (small field): 4 field players and 1 goalkeeper, size 4 ball

U8 - U11 (large field): 6 field players and 1 goalkeeper, size 4 ball

U12 and above: 5 field players and 1 goalkeeper, size 5 ball

FOULS AND VIOLATIONS:

The most current "FIFA laws of the game" shall govern all soccer competition, unless stated otherwise in these Indoor Soccer Rules.

OUT OF BOUNDS:

The ball is out of bounds when it hits the side netting in its entirety above the yellow line along the sidelines of the field, or when it hits the netting above the eight foot boards along the corners and end of the field. The ball is also out of bounds at the spot it makes contact with the netting above the field of play.

FREE KICKS:

All free kicks are direct.

Opposing players shall be **15 feet away** and shall not move towards the ball until the ball has been put in motion.

If the ball hits the side netting above the yellow line:

Play restarts with a free kick on the white sideline from where the ball hit the net.

If the ball hits the overhead netting:

Play restarts with a free kick from where the ball hit the net. If the ball hits the overhead netting inside the box, the free kick is taken from the top of the red arc at the top of the box.

Small box infractions:

When the ball is out of play before a free kick is taken, only the goalkeeper is allowed inside the small box. All other players must remain outside the small box until the kick is taken.

KICK-OFFS:

Ball may be put into play in any direction. Kick-offs are **direct**. **A goal MAY be scored directly off the kickoff**. Guest team gets the first kickoff and the Home team gets the kickoff in the beginning of the second half.

SLIDE TACKLES:

There shall be no slide **tackling** by field players. Goalkeepers shall be allowed to perform a slide tackle save but only in the penalty area. A free kick may be awarded at the point of infraction.

A field player may slide to play a ball if an opposing player is not in a challenging radius.

5 GOAL ADVANTAGE RULE:

When a team is ahead by 5 or more goals, the opposing team may put an extra player on the field. The extra player may remain on the field until the game is tied.

CAUTIONS:

A blue card shall be a 2 minute releasable penalty. A Yellow card shall be a 3 minute releasable penalty. A red card is an ejection for the player and that team plays one player short for 5 minutes non-releasable.

If a coach or adult on the sideline receives a blue or yellow card their team must take a player off.

GOALKEEPERS:

- Punting is allowed at all ages. They must release the ball from their hands or put the ball in play within 5 seconds.
- Goalkeeper Jerseys should be different from that of the referee, teammates and opposing team.
- Goalies have a maximum of six seconds to play the ball from their hands. The penalty for this infraction is a direct free kick from the top of the box.
- Goalkeepers in divisions ages U8-U11 (Not including U11/12 divisions) may take a goal kick from anywhere inside the pen-alty area.

RED CARDS:

The red carded player must sit for the remainder of the game and will be suspended for a minimum of one game. Each Red Card will be reviewed by the CNY Indoor Soccer Referee Association & CNYFSC Management to determine whether the penalty deems longer than a one game suspension. The Coach or Manager will be responsible for reporting the players name to the referee and CNYFSC Management.

UNSPORTSMANLIKE CONDUCT & ZERO TOLERANCE

1. The CNYFSC has a **ZERO** tolerance policy towards fighting/derogatory comments/racism.
2. Any unsportsmanlike and or inappropriate language or conduct directed at referees, coaches, players, fans or staff at the CNYFSC is NOT acceptable.
3. The CNYFSC has the right to suspend any individual from the facility for any period deemed necessary. Any incident resulting in these actions are the sole discretion of the CNY Family Sports Centre management.

Any violations are subject to removal of a participant or team for an entire season.

EQUIPMENT:

All players must wear shin guards at all times on the field and they must be fully covered for the safety of the other players.

Indoor shoes and sneakers, turf shoes, and hard plastic molded cleats are the only footwear allowed. No metal cleats or spikes are allowed. Hard plastic or metal jewelry shall not be worn during the game under any circumstances.

If **both teams are the same color** uniform, the home team will change colors or use pinnies.

Players with hard casts are permitted to play unless determined unsafe by the referee.

SUBSTITUTIONS:

Substitutions for field players and goalkeepers may be made at any-time during the game on an unlimited basis. The substitute player may not enter the field of play until the player being substituted for is within the dashboard and substitution line at his or her own Team Bench area or off the field of play before the substitution is made.

COACHES:

All teams must have a coach **over the age of 21** on the bench at all times. **If a coach receives a blue or yellow card, he/she must take a player off the field for the appropriate amount of time.**

ADMINISTRATION RULES:

- All teams must be paid in full before the 3rd game.
- Management and referees will hold games until paid.
- Team managers will be held responsible if not paid.
- All rosters are to be turned in at 1st game.
- Changes can be made up until the 3rd game.
- Rosters require signature by all players.
- Players can only play for 1 team per division
- All Youth teams U6-U19 must have an Adult over 21 on the bench.

CANCELLATIONS AND RESCHEDULING

1. The CNY Family Sports Centre will be OPEN regardless of the weather. We will post to our website at cnyfsc.com, Facebook, Twitter and some TV stations if the facility closes due to inclement weather. Coaches/Managers will be contacted informing them of any cancellations due to weather. Please do not contact us directly with calls inquiring about weather conditions.
2. All scheduling and rescheduling requests must be made prior to the third game. Requests made after that may not be honored.
3. If a team cannot make it to a scheduled game, they must take a forfeit. The opponent has the option to use the field for the scheduled time.
4. Coaches/managers are responsible for communicating schedules, changes and cancellations to the team.

The CNY Family Sports Centre reserves the right to modify any of the rules at any time.