

Mountain View Recreation Playing Rules for Indoor Soccer U10 (7-9 year old) and U14 (10-13 year old) Division

1. The Playing Surface:

- All games will be played in the basketball gym at Blackburn Elementary School
- The goals will be 8 feet wide by 4 foot high
- The team bench will be the second row of the bleachers. Only players and two coaches will be allowed to sit in the team bench area. Players must be seated on the bench at all times
- The ball may be played off of the side wall and both back walls. The ball may also be played out from the spectator's area as long as the ball comes back into play and is re-entered into play in a manner judged by the official not to give one team an unfair advantage. All obstructions within the playing surface are considered to be live and in play except for the ceiling and basketball goals.

2. The Ball:

- U10: Indoor Size 4
- U14: Indoor Size 5

3. Players Equipment:

- All game & practice balls are provided. No other balls are allowed inside the gym
- Shin guards are mandatory for all players and must be covered by socks
- Shoes must be rubber-soled (tennis shoes, indoor soccer shoes, etc). No cleats are allowed
- Mouth guards are recommended but are not required
- Jewelry is not allowed including but not limited to earrings, necklaces, watches, etc.

4. The Game:

- The game will be played with 5 players on the field for each team. There will be no goalkeepers
- The game will consist of four equal 10 minute quarters
- The clock will run continuously except for serious injuries
- Game time is forfeit time. A team must have a minimum of 4 players to start the game. If a team has less than 4 players at game time the game will be scored a 3-0 loss by forfeit

5. Coaches:

- Two coaches are allowed per team

6. Rules and Regulations:

- All laws of traditional soccer will apply in conjunction with our modified indoor soccer rules

7. The Start of Play:

- The team listed as home team will kickoff first. Possession will then alternate with each subsequent quarter
- All opposing players must be outside of the center circle before the kickoff. The kickoff may go forward or backward
- Goals may NOT be scored directly from the kickoff

8. Scoring Goals:

- A goal is scored when, in the judgement of the referee, the whole ball has crossed over the plane of the goal line having been struck before a game ending signal

9. Fouls:

- All fouls will result in an indirect free kick from the spot of the foul. All defensive players must be no closer than 5 yards away from the kick taker unless the goal prohibits such distance
- If a defender uses his hands to intentionally stop a goal, the opposing team will be awarded a goal

10. Slide Tackling:

- Slide tackling is NOT permitted and will result in a foul and indirect kick

11. Offsides:

- There is no offsides in indoor soccer

12. Ball out of play:

- The ball is out of play when it enters the spectator stands and does not come out or comes out in a manner that gives an unfair advantage to one team, strikes the ceiling, strikes any part of the basketball goal, gets stuck behind the goal or touched by a player while behind the goal area, or gets trapped in a corner or any other area of the field that in the referees discretion could result in unsafe play for the players
- Goal kicks and corner kicks will be awarded per traditional laws of game. Any other time that the ball exits play it will be kicked in at the place that it went out of bounds by the opposing team of the team that played the ball out of bounds
- All restarts are indirect kicks. The ball may be placed 1-2 yards away from the wall or an obstruction on the restart. Opposing players must be 5 yards away from the spot of the ball unless proximity to the goal prohibits this distance

13. Substitutions:

- Player substitutions may occur at any time and will occur on the fly. The player(s) that are subbing into the game must stand up on the bench and wait for the player they are subbing in for to step off of the court and onto the bleachers before stepping onto the court
- All players must play a minimum of 50% of the game

14. The Referee:

- There will be one referee on the court to direct play. Arguing with the referee by coaches, fans, or players will NOT be permitted and may result in disciplinary action by the Mountain View Recreation Board of Trustees

15. Mercy rule:

- If a team gets behind by 5 or more goals the team in the lead must remove a player and play with 4 players until the end of the game or until the lead becomes less than 5 goals. Once the lead becomes less than 5 goals they may return to their original number of players.

16. Overtime:

- If a regular season game ends in a tie, it will be recorded as a tie
- During the TOURNAMENT, if a game is tied at the end of regulation there will be a sudden death overtime period consisting of 3 minutes. A coin toss will determine which team kicks off. First team to score wins the game
- If still tied after the first overtime, an additional overtime period will be played but a player from each team must be removed from the game (teams will play 4 v 4). With each subsequent overtime period another player must be removed until a winner is determined
- No substitutions are allowed during the overtime period unless a player is injured and needs to come out of the game