adventure ATHLETICS

INDOOR SOCCER RULES

FIFA rules apply unless modified below

All referee's calls are final. No arguing with the referee.

This applies to players, coaches, parents and spectators.

Format

PreK - Kindergarten will play 4v4 (No Goalkeeper)

1st and 2nd Graders will play 7v7 (including goalkeeper)

3rd - 5th Graders will play 7v7 (including goalkeeper)

6th - 8th Graders will play 8v8 (including goalkeeper)

Extra Player:

If a team is behind by 5 goals or more they may add an additional player until the goal differential is less than 2. If a team is ahead by 10 or more goals, another player can be added at the youth level 1st Graders - 8th Graders by the lower scoring team at the coach's discretion. The referee has the discretion to not allow the additional player due to concerns of player safety. The referee will discontinue keeping score on the scoreboard until the goal differential once again is below 10 goals.

Time

PreK – K will be two 16-minute halves (running time) long with a 2-minute halftime, no time-outs.

All others, each half will be 18-minutes (running time) long with a 2-minute halftime, no time-outs.

Ball Size

Prek - K – Size 4

1st & 2nd grade – Size 4

3rd – 5th grade – Size 4

6th – 8th grade – Size 5

Start of Game

Kick-off is indirect and can be played backwards.

Uniforms

Teams must wear the same color uniforms.

Goalkeepers must wear a neutral color (Pennies available).

On the Fly Substitutions

Player must be 7 feet from their team's bench area, before sub enters field

Head Balls

No one may head the ball

Shin Guards

All players must wear shin guards.

Sliding Rule

Goalkeeper can slide in Goalbox only, in effort to make a save.

No slide tackling or sliding.

It will be the referee's discretion in making calls regarding player safety.

Any and all attempts to slide tackle a player from behind will result in a card.

Last-Man Tackle will result in a Penalty Kick (Direct).

Kicks and Restarts

Five yards, not ten, is the distance away that the defense must attempt to allow, if the kicking team asks for "5" the official will count out the five yards, play will re-start with a whistle.

Half Field Line

Once the Goalkeeper handles the ball with hands the ball cannot be punted over the line in the air. They are allowed to throw, or kick the ball from the ground over the line in the air.

Goalkeeper may not dribble the ball over half field, unless ball is passed to them and they are now acting as a field player.

Sideline Kick-ins, Corner Kicks & Throw-ins are not used.

Indirect Kicks are awarded at the spot the ball crossed over the sideline. A request can be made, to the official, by the Kicker if she/he feels the Defender is too close.

No Offside

Although, please do not jeopardize the integrity of the game by playing offside intentionally.

Yellow Card

2 minutes off field for that player, team plays short

Player can return after 2 minutes, not before.

If a goal is scored the team then plays at full-strength.

Second Yellow Card in the same game, results in a “Soft-Red”

Soft Red Card

Player is disqualified for the game and team plays short (man-down) for remainder of game

Red Card

Disqualified for the remainder of the game.

Team plays short (man-down) for remainder of game.

Player must meet with Soccer Director before playing next game.

Second Red Card in a calendar Year equals a 1 Year ban from facility.

Jewelry

No Jewelry of any kind can be worn when playing. Jewelry cannot be taped.

Fighting

Banned from the Adventure Athletics Soccer league for 1-year probation.