



BLD/MFC Youth Indoor Soccer Rules

Rules of Competition

Players:

Maximum of 7, minimum of 4

Unlimited substitutions, at any time, without permission

Substitutes may not enter the field of play until the player leaving the field has entered within the 1-yard area in front of the team bench

Equipment:

Shin guards are mandatory and must be covered by the socks

Any indoor, turf or laced tennis shoe is allowed. Cleats are not allowed

NO JEWELRY OR HAIR CLIPS/BOBBY PINS

NO CASTS, METAL BRACES

Long nails must be cut or the player may wear gloves.

The referee and/or league coordinator will have final determination as to what is allowable equipment

Duration of Game:

Two equal halves of 15 minutes, with a 2 minute halftime for age groups 12 years and below.

Two equal halves of 20 minutes, with a 2 minute halftime for age groups 13 years and above.

The clock will start at the designated game time. A team has 10 minutes to field a team.

The team ready to play will be awarded one goal every 2 minutes for a 3-0 win for 12 years and below.

The team ready to play will be awarded one goal every 3 minutes for a 3-0 win for 13 years and above.

Start of Play, Dead Ball, Goal/Free Kicks and Headers:

Home team has kick off to start the game. The ball may travel in any direction.

The kicker may not play the ball twice. A goal may be scored directly from the kick off.

At any dead ball situation (goal kicks, corner kicks, kick-ins, free kicks, kick offs) the offensive team has **5** seconds to put the ball in play after the referee indicates to restart

A kick-in will result when an opposing player kicks the ball into the perimeter netting outside of the "corner flags" or out of play into the bench areas.

The kick-in shall be taken from the perimeter line below the point it left the field.

Goal kicks and corner kicks will be in affect and subject to the **5** second restart rule.

A free kick will be awarded to the opposing team for any ball striking the ceiling or overhead fixtures/structure.

The kick will be taken from a spot directly below where the ball struck

The referee and/or league coordinator will only stop the clock in case of serious injury.

A drop ball will restart play if the referee stops play for injury and the ball is still in play

Players in an age group of 11 years and older may head the ball in competition. Players in an age group of 10 years and younger may not head the ball in competition.



Fouls and Misconduct:

No sliding will be allowed. It is also illegal to play the ball while on the ground.
Spitting on the playing surface is not allowed and will result in a blue card violation.
Water bottles, etc. are not allowed on the playing surface and should be kept in the team bench area.

Boarding is illegal and may result in a time penalty and/or ejection
Boarding is defined as "putting an opponent into the side boards and/or glass"

All fouls, dangerous play and misconduct will result in a direct free kick to be taken at the place where the offense occurred. There are no indirect free kicks
At all free kicks, opponents must retreat 10 feet.
At the taking of a "quick" free kick, opposing players within the ten feet area may not try to interfere with the player putting the ball into play.

Time Penalties

Misconduct may result in the following time card penalties:

Blue Card: the player must exit the playing field for two minutes. If the opponent scores a goal during the two minutes, the player may re-enter the playing field.

Yellow Card: The player must exit the playing field for four minutes and has to serve the full four minutes. Another teammate may come in if a goal is scored against their team.

Red Card: The player must exit the playing field and the team bench area. The team must play short for five minutes regardless of any goals scored against them. A player receiving a red card will not be allowed to participate in the next game and may receive a longer suspension depending on the severity of the red card.

In all of the above time penalties, the time of the suspension will not start until the player has completely left the playing field into their bench area. (There is no Penalty Box)

Accumulated Cards:

Second blue card = yellow card (serve 4 minute penalty)
One yellow card + one blue card = red card (serve 5 minute penalty)
Third blue card = red card (serve 5 minute penalty)

Goalkeeper Guidelines

Goalkeepers are allowed to slide, but only when within their own goal area.
Once the goalkeeper takes possession of the ball with their hands, they have **5** seconds to distribute the ball.
The goalkeeper may not bring the ball into the goal area from outside the goal area and pick it up with his/her hands, under any circumstances.
The goalkeeper may not pick up the ball if a player kicks the ball back to them.

The goalkeeper may not propel the ball in the air over the half-way line during goal kicks, throws, or dropkicks.
In order for the goalkeeper to propel the ball over the halfway line, he/she must release the ball to the playing surface and into play (at least one rotation).

If a goalkeeper receives a blue card another field player will serve the goalkeepers time penalty. The goalkeeper is allowed to stay on the field and continue to play.

If a goalkeeper receives a yellow or red card, the goalkeeper must leave the game and must be replaced by another player. For the yellow card, the goalkeeper must serve the entire four minutes before re-entering the game.



Adding Players:

If a team has a goal differential of five goals they may add an additional player. If the differential goes to seven goals they may add another player to the field. If the goal differential drops from seven to six they must remove the additional player. If the goal differential drops from five to four they must remove the additional player. No more than nine players on the field for goal differentials of seven or more.

Bench Area

Only players in uniform and up to 2 coaches will be allowed in the team bench area.

Should any of your players or coaches leave your team bench area to participate in or break up an altercation, the game will be terminated immediately and will result in a forfeit for your team.

Passes:

All club passes will be allowed.

If teams are not associated with a club, Manteca Futbol Club will make indoor only passes for an additional charge.

Point system:

Three points for a win

One point for a tie

Zero points for a loss

Tie Breakers:

Head to head

Goal differential

Goals against

Goals for

Playoffs/Awards:

The top four teams in each age group will have playoffs, for age brackets of more than four teams. Top two teams in age brackets of four will have a Championship game between first and second place.

Awards will be given for first and second place.