

Jefferson City Area YMCA

Adult Indoor Soccer Rules

1. **Players-** 7v7 with a goalie.
2. **Duration of Game-** Two 25 minute halves.

* The referee will keep the running clock. There is no overtime. Games can end in a tie.

Half time does not exceed five minutes.

3. **Kick off and Start of Game-** A coin flip to determine who gets ball first.

4. **Substitutions-** Substitutions may be made “on the fly” (while the game is in progress) from the substitution area. The player who is leaving the court must be off the court before the substituting player may enter the field of play. The players exchanging positions are expected to “high five” each other while moving over the touchline (sideline). If you want to change goalkeepers, notify the referee and the change will be made at the next dead ball.

5. **Scoring-** Just like outdoor soccer the ball must be fully across the line to count as a goal.

6. **Out of Play-** The ball must be fully across the touchlines (sideline, end line) to count as being out of bounds. If the ball hits the ceiling is declared out of play as well.

7. **Kick-Ins-** When the ball goes out along either touchline(sideline) or hits the ceiling, the team that regains possession of the ball gets a kick-in from the spot the ball left the playing area. The ball should be placed on the line for the kick and the defending team must give the kicker approximately 5 yards. You have four seconds to take the kick. The referee will give a visual count with his fingers. No goals can be scored directly from a kick in. The kicker cannot touch the ball a second time until after a teammate or opponent first touches it.

8. **Fouls-** Same as outdoors, except **slide tackling and charging (shoulder to shoulder) is not allowed and is an indirect free kick**. Goals can be scored directly from direct kicks but not indirect free kicks. All free kicks must be taken within four seconds from the spot of the foul.

9. **Cautions, ejections-** Same as outdoors. If a player receives a red card, the player’s team receiving the red card will play short for remainder of game with possibility of further punishment.

10. **Offside-** There is no offside in Futsal.

11. **Corner Kick-** Just like outdoor soccer. A corner kick is awarded when the ball goes over the end line and was last touched by the defending team. You have four seconds to take the corner kick once the ball is placed on the corner spot. Goals can be scored directly from a corner kick.

12. **Dropped Ball-** A drop ball is a way of restarting the game after a temporary stoppage which becomes necessary (example is a player injury, electricity going off, etc). The referee drops the ball at the place where it was located when play was stopped, except if it was in the penalty area, in which case he drops it on the penalty area line, at the place nearest to where the ball was located in the penalty area. Play restarts when the ball hits the ground. The ball is dropped again if it is touched by a player prior to hitting the ground, or if the balls leaves the court after it makes contact with the ground, without touching a player.

13. **Hand Balls-** Anyone who makes contact with the ball with their hands will result in a indirect kick unless the foul occurs inside the box or effects a direct scoring opportunity. If the foul occurs inside the box there will be a PK awarded to the offensive team. If the foul effects a direct scoring opportunity the player is subject to penalty, such as a yellow or red card.