



THE OFFICIAL RULES OF INDOOR SOCCER

Abridged: For Players & Spectators

Rule 1 - The Field of Play

Each team will play on a 180x80 feet, boarded, rubber in-fill turf field.

Rule 2 - The Ball

For indoor games U12 and below, the ball used will be size 4. For all other games, a size 5 ball will be used.

Rule 3 - The Players

Number of Players: Teams shall play with 7 players on the field, including the goalkeeper, at a time. Teams may start the game with a minimum of 5 players, however, if by the start of the match a team has less than 5 players, then the game is forfeit. In Coed games, teams must have a minimum of 2 female players on the field at all times. If a team only has 1 female player, then that team must play down a man.

Substitutions: Each team may substitute players freely (on the fly), provided that:

- (a) Players must substitute off the field of play, or within the Touch Line in the area of their Team Bench.
- (b) No substitutions are allowed during the first 3 seconds of a shootout.
- (c) The player leaving the field of play as a substitute must not interfere with play; otherwise they will be in violation, as there are too many players in the game. A foul and a team blue card will be issued. (See Rule 10: Fouls & Other Violations)

Rosters:

Roster will be checked before all league games except for the opening 2 weeks of a session. After the first 2 weeks of the session, no players will be added to a team's roster and be allowed to play the same night of a match. That player will need to get added to the roster, have their waiver signed, and membership paid for only after that will they be eligible to play the following game. There is no exception to this rule.



Rule 4 - The Player's Equipment

Player's wear their team's uniform, consisting of the same colors. The Goalkeeper wears jersey colors distinguished from all other players and the referee. All players must wear shin guards. Jewelry and other accessories are prohibited. The referee has discretion as to what is considered unsafe or prohibited for the game.

*****EFFECTIVE WINTER II SESSION 2014*****

Players at SCOR will no longer be allowed to wear cleats/studs. Flat soled shoes and turf shoes are acceptable at the facility. Referees who see players wearing cleats/studs will inspect the shoe, and if the player is in violation, they will not be allowed to play. This is to protect the quality of the turf, and prevent damage shown to caused by cleats/studs.

Rule 5 - The Referee

The decisions of the Referee regarding facts connected with play, and the interpretations of the Rules are final.

Rule 6 - The Duration of the Game

A regulation game consists of 2 halves. For Adult Games, teams will play 2 x 25 minute halves. For Youth Games, teams will play 2 x 22:30 minute games. For all games, the clock is considered to be a "running clock", where (except in the case of an unusual delay, determined by the referee) the Game Clock counts down continuously through each half. If, in the opinion of the referee, a player/team is attempting to delay the game to gain an advantage, the referee can keep their own time separate from the game clock, in order to allow a play or free kick to continue. IE: A team is awarded a free kick in the final seconds of a tied game and the defending team kicks the ball away. The referee is permitted to add time and allow the free kick to occur.



Rule 7 - The Start & Restart of Play

- A Kickoff from the Center Mark starts play at the beginning of each Half, and after every goal. A player who starts play may not again play the ball until it touches another player.
- The Visiting Team takes the kickoff for the First Half Kickoff, and the Home Team takes the Kickoff for the Second Half.
- Restarts take place by a Kickoff, Free Kick, Shootout, Goalkeeper Throw-In, or a Dropped Ball. Other than for Kickoffs, or as provided below, Restarts occur within three feet (3') from the spot of the ball at the moment of stoppage, or within three feet (3') from the spot of the foul or from where the ball left the field of play.
- The following are the restart points on the field of play:
 - o Center Mark - Restart Mark for all Kickoffs, or a superstructure violation on a kick-off.
 - o Center Mark of Red Lines - Restart Mark for Superstructure Violations, three Line Violations, & Shootouts.
 - o Red Mark at the Top of the Goalkeeper's Arch - Restart Mark for all Goalkeeper Violations (Outlined under Rule 10).
 - o Corner Marks - These are the restart points for all corner kicks.

ADDITIONAL NOTES ON RESTARTS

- Any restart from a spot/mark on the field is deemed to be a ceremonial restart and must restart on the referee's whistle.
- Any restart from a goalkeeper's hands (after an attacking player has last touched the ball before crossing an end perimeter wall) must come from a goalkeeper throw. If the goalkeeper places the ball on the ground and plays it with his feet, he is in violation. If however, the goalkeeper makes a save in the run of play, then he/she may put the ball on the ground and play it with their feet.
- A player has 5 seconds to get the ball into play on a restart or they are in violation and the opposing team will retain possession.
- If neither team has clear possession of the ball at a stoppage, then the Referee restarts play with a Dropped Ball.
- A Dropped Ball caused while the ball is inside a Penalty Arch takes place at the Free Kick Mark.
- All Restarts in Indoor Soccer are Direct, including the Kickoff.

Rule 8 - The Ball In & Out of Play

- A Field Violation occurs when the ball hits the netting structure of the sides of the field, or leaves the field of play into a bench area. The restart is within 3' of the wall nearest from where the ball left play.



SPORTS CENTER OF RICHMOND

- A Superstructure Violation occurs when the ball contacts any part of the building above the field of play. The restart mark is the Center Dot on the Red Line on the side of the field closest from where the ball was last played. (Note: The restart mark for a Superstructure Violation taken during a kick off is the kick-off spot. A new kick-off will occur with the other team taking possession.)
- A Three-Line Violation occurs when a Goalkeeper propels the ball in the air across two Red Lines and the Halfway Line toward the opponent's Goal without touching the Perimeter Wall, The Turf, Another Player, or the Referee on the field of play. The restart mark is the Center Dot on the Red Line on the side of the field from where the Goalkeeper played the ball. NOTE: This rule only applies to the Goalkeeper.

Rule 9 - The Method of Scoring

A team scores a goal when the whole of the ball legally passes over the Goal Line. A goal may be scored directly from any Restart, including a Kickoff.

Rule 10 - Fouls and Other Violations

A Foul occurs if a player:

- (a) Holds an opponent
- (b) Handles the ball (except by the Goalkeeper within his Penalty Arch)
- (c) Plays in a dangerous manner
- (d) Slide Tackles (except by the goalkeeper within his penalty arch),
- (e) High Kick
- (f) Playing the ball while on the Ground
- (g) Impedes the progress of an opponent ("Obstruction")
- (h) Prevents the Goalkeeper from releasing the ball from his hands (NOTE: a player must be outside of the Goalkeeper's arch when the Goalkeeper has possession of the ball in his/her hands, and must be 5 Yards away so as to not impede the Goalkeeper)
- (i) When a player commits the following in a manner that the Referee considers to be careless, serious, reckless, or involving excessive force:
 - a. Kicks an opponent
 - b. Trips an opponent
 - c. Jumps at an opponent
 - d. Charges an opponent
 - e. Strikes or elbows an opponent
 - f. Pushes an opponent
 - g. Spits on an opponent

Unsporting Behavior: A Free Kick results for the following offenses:

- (a) Leverage: Using the body of a teammate, opponent, or any part of the field of play to gain an unfair advantage/position.



- (b) Encroachment: Entering the protected area of an opposing player taking a Free Kick (after initial warning). See “F” above regarding Encroachment on a Goalkeeper.
- (c) Other: Behavior which, in the Referee’s discretion, does not warrant another category of penalty (I.E. Taunting, Foul Language, etc...)

Goalkeeper Violations: The opposing team receives a Free Kick for the following violations by a Goalkeeper:

- (a) Illegal Handling: Bringing the ball from outside of the Penalty Arch to his hand within it, or receiving the ball again after a Goalkeeper Distribution without the ball’s having first touched another player (I.E. No Drop-Kicks, No Bouncing the Ball, No picking the ball up after being put down, etc...)
- (b) Pass Back: Handling the ball, having been passed deliberately and directly to him by a teammate; except that he may handle a ball which a teammate passes to him by the head, chest or knee, and without “Trickery” (the use of a wall or foot to flick the ball to a head, chest, or knee before making the pass).
- (c) 5-Second Violation: Controlling the ball with either his hand or foot inside of his Penalty Arch for over five (5) seconds. Official count is kept by the Referee alone, and is not to be referenced by the game clock or another player.

NOTE: The restart for a Goalkeeper Violation Is the Red Dot Mark at the top of the Penalty Arch. The opposing team may have a wall from the spot but the Free Kick. As with all restarts in Indoor, the Free Kick is Direct.

Team Violations: The Referee, in his discretion, issues a Team Penalty for the following violations by a team or unidentified person:

- (a) Leaving the Team Bench: Players that leave a Team Bench to join a fracas or confrontation with the opposition or a Game Official.
- (b) Too many players on the field of play and/or player substituting affect the state of play/interfering with the play while leaving the field.
- (c) Spectator Enters Field of Play: A spectator enters the field of play during a game to join a fracas or confrontation with the opposition or a Game Official.
- (d) Other: Behavior which, in the Referee’s discretion, does not warrant another category of penalty.

Advantage Rule: The Referee allows play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from an existing offensive advantage. If in the Referee’s discretion the team that was granted the Advantage loses said advantage so quickly that no benefit was obtained, the referee can stop play and remove his advantage call in favor of the free kick.

Flagrant Fouls: A shootout is awarded for the following Fouls committed by a defender in his/her defensive half of the field:

- (a) Any Foul within the penalty arch.

SCOR

SPORTS CENTER OF RICHMOND

- (b) A Foul from behind against an attacking player, having control of the ball and one or no defensive players between himself/herself and the Goal
- (c) Any Foul where he/she is the last player on the team between the attacking player with the ball and the Goal

NOTE: The Goalkeeper counts as a defending player when taking into account whether or not a foul warrants a shootout. For details on a Shootout, please see Rule 11.

Blue Cards Offenses: The Referee issues Blue Cards, and their associated 2-minute time penalties, shall be given for deliberate fouls, handballs, sliding (except the goalkeeper in his Penalty Arch), boarding, too many men on the field/substitute interfering with the state of play, etc...

Cautionable Offenses: The Referee issues a Yellow Card for reckless Fouls and offenses described directly above, and for the following:

- (a) A second Blue Card/Time Penalty issued to the same player in a single match.
- (b) Unsporting Behavior by any non-player personnel
- (c) Provoking Altercation: Making physical contact with any opponent (I.E. pushing or poking), short of fighting, or using the ball in so doing.
- (d) Dissent
 - a. Referee Abuse
 - b. Breach of Penalty Area/Wall Decorum
 - c. Entering the Referee Crease without permission (violation of Referee's personal space in a threatening manner)
- (e) Bench Dissent: After an initial "Warning", one or more unidentifiable players verbally abuse the Referee.

Ejectionable Offenses: A person receives a Red Card for Fouls and offenses described directly above, which the Referee considers violent, through the use of excessive force, and for:

- (a) Third Blue Card/Time Penalty awarded to the same player (See Escalation of Time Penalties and Cards Below)
- (b) Elbowing: Intentionally elbowing an opponent in a violent manner, particularly above the shoulders
- (c) Vicious Slide Tackling: A tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him/her
- (d) Fighting
- (e) Leaving Team Bench or Penalty Area to engage in a fracas or confrontation with the opposition or a game official
- (f) Extreme Unsporting Behavior: Committing a particularly despicable act or behavior including:
 - a. Spitting at an opponent or any other person
 - b. Persistent use of extremely abusive language or behavior toward a Game Official
 - c. Bodily contact with a Game Official in dissent



- d. Derogatory or Degrading Comments and/or language directed towards someone's Race, Religion, or Sexual Orientation.

Cards & Time Penalties: Cards given in the course of the indoor game can be awarded for any of the aforementioned fouls or penalties, and each carries their own penalties and consequences.

- Blue Cards: A Blue Card is given for the fouls mentioned above and carries a 2-minute time penalty. The player must leave the field of play and their team must play down a man for 2 minutes or if the opposing team scores a goal on the power play.
 - o A second Blue Card issued to the same player is the equivalent of a Yellow Card. The same 2-minute time penalty is assessed to the offending player/team.
 - o A third Blue Card issued to the same player escalates to a Red Card. That particular player is ejected from the game, and will be suspended for his/her next match with that team. As this was a blue card that was issued, the same 2-minute time penalty is assessed to the team.
- Yellow Cards: A Yellow Card is given for the fouls mentioned above (See: Cautionable Offenses), or for the second blue card issued to the same player in a single match.
- Red Cards: A Red Card is issued for the above mentioned fouls (See: Ejectionable Fouls), or for the third blue card issued to the same player in a single match. If it is an "Escalation Red Card" (or stemming from the player's third blue card) then that player is ejected from the game, they will receive a minimum 1 week suspension, and a 2 minute time penalty will be assessed to his/her team. If however the Red Card issued is a "Straight Red" for one of the fouls mentioned above (I.E. Fighting, Racial Slurs, etc...) then that player is ejected from the game, is subject to suspension protocols defined by SCOR management, and his/her team will be assessed a mandatory 5-minute time penalty, that will not end until after the 5-minutes are served, regardless of the number of goals scored during the power play.

Exceptions: Under the following circumstances, Time Penalties either expire prior to their completed countdown or have the beginning of their countdowns delayed:

- (a) Power Play Goal: If a team is scored upon while they have fewer players on field, due to one or more players serving Time Penalties, a player from the team is released from the Penalty Area into the field of play, and their Time Penalty is wiped out. If the team has two players in the Penalty Area, only the player whose Time Penalty is recorded earlier is affected. The second player's Time Penalty would still be in effect.
- (b) Multiple Penalties: If two teammates are serving Time Penalties when another teammate is penalized, his/her Time Penalty does not begin to count down until at least one of the teammates' Time Penalties has expired, and his/her Time Penalty is next to begin.



- (c) Simultaneous Ejections: When two simultaneous Red Cards carrying the same Time Penalties are assessed to opposing players (I.E. in the event of a fight), then their Time Penalties are not served.

Delayed Penalty: In instances where the Referee would issue a Blue Card or other Card/Time Penalty, but for the Advantage Rule, he/she acknowledges the offense by holding the Card until the earlier of the following occurs:

- (a) Opponent's Possession: The team of the offending player gains control of the ball
- (b) Stoppage: The Referee stops play for any reason

Once Play is stopped, the offense is recorded and assessed, as customary.

Suspensions, Card Tracking, & Disciplinary Board: For every card issued by the Referee, the offending player must give his/her name, so that the offense is recorded. All cards are logged under that particular player's DASH Account. Doing so allows SCOR to track a player's history in terms of cards issues, as well as log any suspensions associated with their cards:

- (a) Red Card suspensions are looked at on case by case basis and suspension length is at the discretion of SCOR
- (b) Accumulated Cards over a player's history can result in additional suspensions
- (c) Particularly egregious fouls that violate SCOR's Zero Tolerance Policy can carry heavier suspensions resulting in season long bans (unnecessary excessive fouls), yearlong bans (Punching), and in rare cases, lifetime bans (I.E. Racism, Large Fights, etc...)

Failure to give a name to the referee for an assessed card, by either the player in question or their teammates, will result in the match being forfeit and potentially large scale suspensions for the player and/or their team. The same result will occur if a player or their teammates give a false name.

Suspensions levied for various offenses are based on the recommendations of the Referee, and are reviewed by SCOR's Disciplinary Board. If a suspension is given to either a player or their team, they have the option to appeal the suspension. The person(s) appealing the suspension will have to pay a \$25 fee to SCOR to bring the board in. The person(s) will have their chance to argue the facts of the incident as they see it to the board. Witnesses, including the referee, may be called, and then the board will vote to determine if the suspension will be upheld or over ruled. If the suspension is over ruled, then the Appellant will be given their \$25 deposit back. If the suspension is upheld, then the \$25 is forfeit.



Rule 11 – Shootouts

Shootout: If a shootout is awarded:

- (a) Any Player may take the Shootout
- (b) All players serving Time Penalties are seated in their appropriate Penalty Area.
- (c) All players of the attacking team stand behind the Halfway Line and outside of the Center Circle. All Players of the defending team stand behind the Halfway Line and inside the Center Circle
- (d) The Ball is placed at the restart mark, situated in the center dot of the Red Line nearer the attacking goal
- (e) The Goalkeeper has at least one foot on his Goal Line and may not move off of it until the referee whistles for the shootout to begin.
- (f) Once the Referee whistles the Shootout to begin, the ball is “in play” and the player taking the Shootout plays the ball.
- (g) The attacking player may dribble in the ball forward, shoot from the spot, or even pass to onrushing teammates. All rules are presumed to be in effect, and there is no time limit for the player to shoot or score. (Unlike penalty shootouts after full time).
- (h) If, in the Referee’s discretion, the Goalkeeper fouls the attacking player during the course of a shootout, then an automatic goal is awarded.
- (i) Substitutions are not allowed within the first 3 seconds of a shootout.

Tiebreaker: Regular Season games can end in a tie; however playoff games that end in a tie are settled by a Sudden Death Shootout:

- (a) The Referee designates which goal both teams will shoot, as well as the team that will shoot first (according to administrative policy).
- (b) All players, other than the player taking the shot and the defending Goalkeeper, remain within their Team Bench areas.
- (c) Both teams have 1 shot each, with a player from each team kicking alternately.
- (d) If, after both teams have taken their shot, neither has an advantage, the Tiebreaker continues, alternating one player at a time until both teams have taken an equal number of shots, and one team has scored when the other has not.
- (e) Any player may take the Shootout. If the shootout continues, then a different player must be chosen. Once a player takes a shootout, he/she may not go again unless all other players on the team have gone.
- (f) The Shootout progresses per the rules outline above. Once the Referee blows his/her whistle for the Shootout to begin, then the ball is “in play” and the attacking player may dribble the ball forward for a 1 v 1 with the Goalkeeper.
- (g) The Attacking Player has 5 seconds to SCORE after the Referee’s whistle.
- (h) If in the referee’s discretion, the Goalkeeper commits a foul on the attacking player in or commits a foul in order to prevent a goal, then a goal is automatically awarded to the shooter.



Rule 12 - [Shoe/Cleat Policy](#):

-APPENDIX A-

7 v 7 Youth Specific Rules

- The Ball: The ball for all U12 games and below will be Size 4. All other Youth games will be Size 5.
- Game Duration: Youth 7 v 7 games will be 2 halves that last 22 & ½ minutes (2 x 22:30).
- Player Supervision: All Youth & High School teams must have a parent on the bench at all times. In the event a coach is ejected from the game, then a volunteer parent must go to the bench in order to supervise the players.
- Punting: Punting and Drop Kicking are not allowed in any of SCOR's Leagues. However, in games U12 & below, punting and/or dropkicking is allowed.
- The Players: The Youth Competition Rule states that the number of players allowed on the field will be adjusted under the following scenario:
 - o If at any point during the course of the match, a team is winning by 7 goals, then the losing team may add 1 additional player to the field, taking their total number of players on the field to 8.
 - o If however the team that now has the 1 player advantage is able to bring the score back to within 4 goals, then the additional player must be removed from the field, bringing their total number of players on the pitch back to 7.