



SOCCER ALASKA

INDOOR RULES

Standard FIFA laws apply with the modifications noted below.

Administrative Responsibilities (players, coaches, and team officials)

Adult Supervision

- All teams must have an adult present on the field as a player or on the bench for the duration of the game. This person is responsible for the actions of the underage players and should identify himself or herself to the referee before the game.
- An adult is defined as a person 21 or older.

Keep the area clean and safe

- Players, teams, and coaches are responsible for removing anything that clutters up the technical areas, bench areas, locker rooms, bathrooms, and other common areas, including used tape, water bottles, sports wrap, etc.
- Players, teams, and coaches are responsible to make sure anything that may fall on or into the playing surface, which may be dangerous, or that could cause injury to himself or another player, including any kind of jewelry, must be removed before using the pitch.

Food and Other Foreign Objects

- Players are not allowed to chew gum, chew tobacco, or eat anything at any time on the field.
- **NO food or drink products are allowed on the turf surface.**
- **Spitting on the turf is prohibited. The offender may be subject to ejection from the facility by facility staff.**
- Water is allowed in the technical areas. All empty bottles and containers must be removed or thrown away after every game.
- Any foreign material around the technical areas must be removed or thrown away after every game.

Foul Language

- Foul language will not be tolerated and referees are directed to utilize normal misconduct to enforce this rule.

Player Equipment

Uniforms

All players will wear shorts, shin guards, socks, shoes, and have matching tops (same color) with a unique number. Uniforms with numbers temporarily taped to them are not allowed. When teams have the same color, the home team will change to a contrasting color.

Shin Guards

Commercially manufactured shin guards are mandatory for all players. Shin guards must be completely covered by the socks. Players will NOT be allowed to play without shin guards. Cardboard, Styrofoam, napkins, paper towels, and similar materials stuffed into socks do NOT replace shin guards.

Casts/Braces

No plaster casts or metal braces shall be allowed unless wrapped safely in 1/2" soft padding. It is up to the discretion of the referee whether or not the padding is sufficient.

Shoes

- Indoor, turf, and molded cleats are all acceptable equipment. There will be absolutely no soft ground baseball, football or metal cleats allowed.
- Players will not be allowed to play in the shoes they wear in the door. All players must carry the shoes they intend to use for play.

Bleeding / Blood on the Uniform

A player with a bleeding injury must be substituted for immediately. That player may not reenter until the bleeding has stopped and the injury is bandaged. A player may not play with blood on the uniform.

Referees

When two or more referees work together they will wear uniforms that are the same color and style. If any referee's uniform is the same color as any team, the referee will change. If the referee fails to show, the teams should agree upon a substitute referee who will be compensated by the league.

Teams/Players/Coaches

Unauthorized players

Only players who appear on the official roster are eligible for play. No unauthorized players may be added to the roster. Players found not to be on the roster will be asked to leave, and the offending team will be subject to league disciplinary action.

During the game

During the game, substitutes, coaches, and bench personnel will remain in the designated technical area. Substitutes, coaches, and bench personnel must remain seated and may not encroach onto the field.

Players may stretch and warm up without a ball as long as they do not interfere with play. All balls used for practice must be stored during the game.

Team Rosters

Teams shall submit a photo roster to the referee prior to the start of the game. Further details are available in the roster policy.

Number of Players on the Field

Women's B & C and all Coed Teams

- May have seven players on the field - six field players & one designated goalkeeper.
- Must have a minimum of five players at the start of the game; one must be the designated goalkeeper.
- If a team, through injuries and/or red cards falls to four players, the match is terminated.
- **Coed Only:** Must have no more than three male field players on the field during the game.
- **Coed Only:** If a co-ed team is ahead by five or more points, any further goals scored by that team can only be scored by a female player. Anytime the difference falls below five points, this rule is suspended.

All Men's and Women's A Teams

- May have six players on the field - five field players & one designated goalkeeper.
 - Must have a minimum of five players at the start of the game; one must be the designated goalkeeper.
 - If a team, through injuries and/or red cards falls to three players, the match is terminated.
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Game Duration

- Two twenty-five minute halves with a two-minute halftime - 52 minutes total
 - Time will be extended for the taking of a Penalty Kick at halftime or the end of a game or for administering a red card.
 - **Games will start 5 minutes after the hour;** however, a ten minute grace period will be given to a team without the minimum number of players to start the game. This grace period will count as part of the game time. The clock is running. The team that is short players will have these 10 minutes to field the minimum number of players. If, after 10 minutes, the team is still short, that team will forfeit the match. If both teams are without the minimum number of players after the 10-minute grace period, the match is terminated.
 - If a team has the minimum number of players but is not on the field ready to play when the start whistle is blown, an IFK will be awarded to the other team.
 - Keep games on schedule! The teams and referees after you in the day will appreciate it!
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Restart of Play Modifications

For all restarts

- All opposing players must be at least 10 feet away from the ball on all restarts.

Kick-Off

- The kickoff is a DFK.
- The ball may be kicked in any direction, but must move to be considered in play.
- The kicker may not play the ball again until another player has touched it.

Offside

There is no offside in indoor soccer.

Defensive Penalty Area Restart Rule

- Any restart within the defensive penalty area cannot continue, in the air, over the half line. This includes goal kicks.
- A violation of this rule will result in an indirect free kick for the non-offending team at the point where the ball crossed the half line.
- Note: This rule only applies to restarts, not to any actions during play.

Ball out of play across touchline

- The ball is placed outside the field of play or on the touch line within one yard of where it exited the field.
- The ball must be STATIONARY before being kicked back into play
- The ball must re-enter the field of play within one yard of where it exited the field
- The team has five seconds to restart play.
- A kick-in is an IFK.
- The kick-in must be below the kicker's waist throughout the ball's flight.
- If a kick-in is ruled illegal, the opposing team will be awarded a kick-in from the same spot.

Ball out of play across goal line

Normal FIFA rules will apply for both goal kicks and corner kicks.

Exceptions:

- If the ball hits the net above the goal after last being touched by an attacker, the ball is declared immediately out of play and a goal kick is awarded to the defenders.
- If the ball hits the net above the goal after last being touched by a defender, the ball is declared immediately out of play and a corner kick is awarded to the attackers.

Indirect Free Kick (IFK)

Normal FIFA rules apply.

Exceptions:

- If the ball hits the ceiling the resulting IFK will not be in the penalty area.
- If an IFK is awarded to the attacking team inside the penalty area, the ball will be placed at the top of the penalty arc.

Direct Free Kick (DFK)

Normal FIFA rules apply.

Exceptions:

- If a DFK is awarded to the attacking team inside the penalty area, a penalty kick will take place.

Penalty Kick

- The ball will be placed on the penalty spot. All field players will be outside of the penalty box and will stand behind the ball. The goalkeeper must have both feet in contact with the goal line and may not move forward from the line until the ball is kicked. The ball must be kicked in a forward direction. The kicker may not play the ball a second time until another player has touched it. Time will be extended for the taking of a penalty kick at halftime and at the end of a game.
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Substitutions

- Substitutions may be made “on the fly” as long as the player leaving the field is in contact with the technical area before the new player enters the field. If a team is found to have more than the maximum number of players on the field, the extra players entering the field will receive a yellow card. The Referee must be notified of a goalkeeper change.
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Sliding

- Because of the restricted space and possible proximity of players not involved in the play, any and all sliding at, or near any player is considered dangerous and therefore not allowed at any level.
 - The exception is keepers. As long as their slide takes place, or begins, inside the **penalty area**, and field players are playing the ball with no one in his/her immediate vicinity, the keeper may slide.
 - Any tackle that would normally warrant a DFK, caution, or send-off must be punished as such.
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Misconduct

Caution (Yellow Card)

All FIFA rules apply.

Following a caution:

- The player will be assessed a four minute time penalty. The penalty begins when the game is restarted. The clock time will be rounded down to the nearest half-minute for simplicity. The player may not be replaced on the field for the duration of the penalty.
- A goal by the opposing team ends the penalty.
- If a goalkeeper is assessed a caution, he or she shall still serve the time penalty and another player must assume the position of goalkeeper
- If two players are assessed cautions simultaneously, both players shall serve the full time penalty regardless of whether or not goals are scored.
- The requirement for five players on the field only applies at the beginning of the game.
- Two cautions to one player (or the goalkeeper) still results in a send-off (red card).

Send-off (Red Card)

All FIFA rules apply.

- The offending team must play with one less player on the field for the duration of the game, even if the send-off was due to two cautions to a single player.
- Game time will stop until the ejected player has left the facility.
- The player's (or coach's) full name and jersey number will be recorded by the referee and a game report must be submitted to the league within 24 hours.
- Note: It is the coach and team manager's responsibility to make sure that ejected players under the age of 18 are sufficiently supervised once they leave the facility.

Following a send-off:

- When a player or coach is sent off, they must immediately leave the facility for the remainder of the day. Further, they are not allowed to participate in the next sanctioned game involving the team for which the send-off was received, and may be subject to further disciplinary action.
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Goalkeepers

- The goalkeeper will wear a jersey of a distinctive color different from any other player on the field.
- If a goalkeeper touches a ball with their hands on a pass-back, throw-in, or kick-in from a teammate, an IFK at the top of the penalty arc will be awarded to the opposing team.
- The goalkeeper may handle the ball within his/her penalty area for up to six seconds after controlling the ball. The goalkeeper may take unlimited steps inside his/her own penalty area before releasing the ball. Releasing means throwing or rolling the ball to anyone including him/herself or dribbling the ball with the feet.
- The goalkeeper may not drop kick or punt the ball up-field after receiving the ball in his/her hands.