

### Rules at a Glance

The below playing standards are to serve as guidelines for The Center of Anna Maria. Youth Indoor Soccer Leagues.

Our Youth Program are adapted from US youth Soccer Policies & Structure. Each age group will have its own set of rules along with equipment & court specifications. Our goal for youth indoor soccer is to develop skills and knowledge, that they become more confident and comfortable as they grow while having as much fun as possible.

### Equipment & Field Specifications

| Age Division         | 5-7  | 8-10                  | 11-14                 |
|----------------------|--|-----------------------|-----------------------|
| <b>Ball Size</b>     | 3  | 4                     | 5                     |
| <b>Goal Size</b>     | 4'x6' Pop Up                                       | Med Metal             | Med Metal             |
| <b>Field Size</b>    | Half of Court                                      | Full Court            | Full Court            |
| <b>Players</b>       | 4 – 4v4 without goalie                             | 5 – 4v4 with a goalie | 5 – 4v4 with a goalie |
| <b>Game Length</b>   | Skills & Drills followed by game. 2 -15 Min Halves | 2 – 20 Min Min Halves | 2 – 20 Min Min Halves |
| <b>Half Time</b>     | 3 min  | 3 min                 | 3 min                 |
| <b>Extra Time</b>    | No   | See Below             | See Below             |
| <b>Goal Keepers</b>  | No   | Yes                   | Yes                   |
| <b>Officials</b>     | No   | Yes                   | Yes                   |
| <b>Scores Kept</b>   | No   | Yes                   | Yes                   |
| <b>Throw-ins</b>     | No – Drop Ball                                     | No – Drop Ball        | No – Drop Ball        |
| <b>Free Kicks</b>    | Yes – Always Indirect                              | Yes – Always Indirect | Yes – Always Indirect |
| <b>Penalty Kicks</b> | No   | Yes                   | Yes                   |
| <b>Offsides</b>      | No   | No – 3 Line Rule      | No – 3 Line Rule      |
| <b>Substitutions</b> | Anytime  | Anytime               | Anytime               |

\*The Center soccer rules below

### Attire

Cleats are not allowed. Indoor soccer shoes or any type of standard athletic shoe must be worn.

Youth players must wear shin guards.

No hats with a button on top and bill/brim. No sunglasses.

### **5-7 Year Old Division:**

- Play 4v4
- First 10 mins will be skills & drills with coach followed by a game.
- Play 2 15 min halves.
- Use a #3 ball
- Will not keep score or be officiated. Run by coaches.
- Start game in the middle, and after each score.
- Drop ball for balls stuck in corners. Indirect free kick for balls out of play (ball placed where ball went out of play).
- No goalies allowed, must stay out of the goalie box, unless they are attacking a player.
- Everyone should play same amount, if possible.

### **8-10 Year Old Division:**

- Play 5v5 – 4 player in playing field and a goalie
- 20 min Halves
- Use a #4 ball
- Start game in the middle, and after each score.
- Follow Center Indoor Soccer Rules
- Everyone should play same amount, if possible.

### **11-14 Year Old Division:**

- Play 5v5 – 4 player in playing field and a goalie
- 20 min Halves
- Use a #5 ball
- Start game in the middle, and after each score.
- Follow Center Indoor Soccer Rules
- Everyone should play same amount, if possible.

## **The Center Indoor Soccer Rules**

**THREE LINE RULE:** The ball cannot be scored on a kick coming behind all 3 lines.

**OUT OF PLAY:** A ball kicked above the dark blue portion of the wall, behind the barrier wall, or into the spectator area is considered out of play. Ball will be placed at the spot it went out of play and is a free indirect kick for the opposite team it went out of play on.

- Ball Stuck Behind Net – will result in either a corner kick or a goalie kick – both indirect.
- Ball Stuck In Corner (by players) – results in a “drop ball”.

**FREE KICKS:** All free kicks will be indirect.

**SLIDE TACKLING:** Not permitted.

**PLAYER SUBSTITUTIONS:** Players may substitute at any time. Player on the court must be fully off the court before new player enters the game.

**TIE GAMES:** End of regulation remains a tie in the standings. No overtime. Playoffs will go to a 5 player OT PK Shootout & Championship will go to a 4 minute extra time and then to a 5 player OT PK shootout if still ties after extra time. Any player on team can shoot or play goalie.

**FORFEIT TIME:** 10 minutes after game time. (Teams can play one player short)

**SPORTSMANSHIP/CARDS:** If the field monitor or referee witnesses any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**

Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player(s), coach or parent involved will be ejected from the game or removed from The Center.

- **CARDS:** ONE YELLOW CARD = CAUTION. 2 YELLOW CARDS =RED.

A red card (or 2 yellows) is an ejection. Which means that player will be ejected from the game, and their team will play a player down for the remainder of that game. You cannot substitute that player when there is an ejection. Severe red card cases could mean ejection from remaining games. Coaches are also subject to cards. Athletic staff reserves the right to make final decisions.

**ALL OTHER F.I.F.A. RULES APPLY**

*Updated as of 6/1/23*