



Indoor Soccer Rules (COED 18+)

Applicable Location: OLR Indoor Training Center

Format: 4v4 plus a goalkeeper (**5 on the field**)

Gender Requirement: Minimum **2 females** on the field at all times

Age Requirement: 18+

Rosters: Max **12 players**

Officials: 1 referee per game

Captains/coaches are responsible for communicating all rules to their players.

1. Ball Size

- Adult

2. Players on the Field

- 4 field players + 1 goalkeeper (5 total)
- Minimum **2 females** required on the field at all times.
- Game starts with at least **5 players**; after 7 minutes, fewer than 5 = forfeit.

3. Rosters

- Max roster: **12 players**.
- Players may only play on **one team per division**.
- Illegal/unregistered players may result in forfeits.

4. Free Kicks

- All free kicks = **direct** (except kickoffs & goal kicks).
- Fouls in the penalty area = **direct free kick from the top of the arc**.
- If a scoring chance is denied → **penalty kick**.
- **5 seconds** to take the kick after the ref signals.
- Defensive wall must be **15 feet** away.
- Attackers cannot enter the small goalie box until the ball is struck.

5. Five-Second Rule

- Every restart must be taken within **5 seconds** once the ball is set.
- If the kicker asks for 15 feet, the ref resets the wall and then the 5-second count begins.

6. Cards & Discipline

Time Penalties

Card	Duration	Releasable?	Notes
Blue	2 min	Yes (if opposition scores)	Serves as caution.
Yellow	2 min	No (unreleasable)	
Red	3 min	No (unreleasable)	Player ejected & suspended (minimum 1 game).

Accumulation

- 2 Blues = Yellow
- 3 Blues = Red
- Blue + Yellow = Red
- Only **red cards** carry over to future games.

Bench Cards

- If a bench player or coach is carded, an on-field player must serve the timed penalty.

Serious Misconduct

- Fighting, threats, and abusive language toward officials = automatic red, suspension, and possible facility ban.

7. Keeper Rules

- **Pass-backs allowed**, but keeper **cannot use hands** if the pass is intentionally played **waist-down** by a teammate.
- Keeper **may** use hands on chest passes, headers, and deflections.
- Illegal pass-back handled by the keeper = direct kick from top of the arc.
- Must distribute the ball within **5 seconds**.
- **No punts**. Drop kicks allowed.
- Attackers may not start inside the small box on restarts.

8. Restarts (General)

- No attacking player may start inside the small keeper box.
- They may enter once the ball is put into play.

9. Substitutions

- Unlimited, **on-the-fly** substitutions are permitted.
- Player must be fully off before sub enters.
- No advantage may be gained by leaving the far sideline.

- Keepers may not sub during penalty kicks unless injured.

10. Spitting

- Strictly prohibited.
- First offense = **blue card**.
- Additional offenses may result in yellows, reds, or suspension.

11. Slide Tackling

- **No sliding of any kind** by field players.
- Sliding to block, save, challenge, or score is illegal.
- Keeper may slide **inside the box only**.
- Illegal slide preventing a scoring opportunity = **blue card + penalty kick**.

12. Offsides

- **No offsides** in indoor soccer.

13. Game Duration

Regular Season & Playoffs

- Two **25-minute halves**.
- Ties allowed in regular season.
- Playoffs will use overtime if needed.

Playoff Overtime

- 5-minute **3v3 sudden-death OT**.
- If still tied → shootout.

14. Uniforms & Equipment

- Teams **declare jersey color** at the start of the season.
- All players must wear matching colors.
- **Shin guards required**, must be covered.
- Footwear: turfs, flats, or molded cleats.
- **No metal or screw-in studs**.

15. Walls / Nets / Ceilings

- No out-of-bounds.
- Ball remains **live** off: Walls, Nets, Ceiling.
- **Exception:** If the ball hits netting **above a team's own penalty area**, it results in a **direct free kick from the top of the arc** for the opponent.

16. Goal Kicks

- 5 seconds to take after ball is set.
- Defenders may not enter the penalty area until the ball is struck.
- Ball no longer needs to leave the box to be considered in play.
- If play is improperly interrupted → retake.

17. Kickoffs

- May travel backward.

- Must start on the whistle.
- Cannot score directly from kickoff.

18. Illegal Players

- Report to league staff before the game when possible.
- No top-division players may appear in lower recreation divisions.

19. Forfeits

- Team with fewer than 5 players after 7 minutes forfeits.
- Forfeit fine: **\$50**, must be paid before the next match.

20. Time Wasting

- Ref may add lost time back if a team delays restarts intentionally.

21. Referee Discretion

- If a situation is not covered here, the referee or league director will make a ruling based on fairness and safety.