



## Rules of Junior Indoor Soccer



THESE RULES ARE DESIGNED TO PROVIDE OUR CUSTOMERS WITH AN ENJOYABLE, SAFE, COMPETITIVE SPORT.

**mpower**<sub>dome</sub> WISHES EACH AND EVERY TEAM GOODLUCK FOR THE COMPETITION.

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## **Court Layout**

- Court has sidelines and a baseline
- Court has netting along both ends of court marked
- Court has 2 goal semi-circles
  - 5m from back net to top of semi-circle
- Goals are 3m wide by 2m high
- Court has centre dot
  - where kick off is taken from
- Penalty spot marked 2m from top of goal circle
- Indicators on sideline signify 2m mark either side of centre
  - where opposition players must start behind during kick off
  - where all players must stand behind during a penalty

## **Match Layout**

- Match length
  - 2 x 17 minute halves
  - 2 minute break at half time
  - 4 minutes changeover between matches
  - Total = 40 minutes per match.
- Point System
  - Win 4 points
  - Draw 2 points
  - Loss 0 points
  - Forfeit -2 points
- Season Length
  - 9 Weeks of the school term
- Match Times
  - 4:15pm, 4:55pm, 5:35pm, 6:15pm
  - Times are subject to change depending on team numbers
- The start and end of matches shall be indicated by the whistle of the timer.

## **Teams**

- Each team shall have 5 players (1 goalkeeper and 4 outfield players)
- Substitutions are unlimited
  - Substituted player must be off the court completely before the replacement player can enter the court

- A substitution can be made while the ball is in play as long as the substituted player becomes inactive and leaves the court before the replacement player enters the court
- A goalkeeper may change places with any other player only after the ball is out of play and the referee stops the game.
- There shall be a minimum of 3 players for a team to play, if there is less than 3 players, the team cannot continue playing and the match shall be awarded a win for the opposing team.

## **Equipment**

- A player shall not use equipment or wear anything (including any kind of jewellery) that could be dangerous to himself or another player.
- A jersey or shirt with sleeves
- Shorts or track pants (Jeans are not permitted)
- Socks
- Shin guards
- Non-marking shoes (Black sole shoes are not permitted)

## **Referees**

- The referee shall:
  - Enforce the Laws of the Game
  - Allow play to continue if the team against which an offence has been committed stands to benefit from such an advantage, and penalise the original offence if the anticipated advantage does not ensue
  - Take note of and report to the appropriate authorities any incidents occurring before, during and after the match and any disciplinary measures taken against players or team officials
  - Take disciplinary action against players guilty of cautionable and sending-off offences
  - Take action against team officials who are guilty of misconduct and, if necessary, dismiss them from the pitch and surrounding area without showing them a red card
  - Ensure that no unauthorised persons enter the pitch
  - Stop the match if, in their opinion, a player is seriously injured and ensure that this player is removed from the pitch
  - Allow play to continue until the ball is out of play if a player is, in their opinion, only slightly injured
  - Punish the more serious offence if a player commits more than one offence at the same time
- The decisions of the referee regarding facts connected with play, including whether or not a goal is scored and the result of the match, are final.

- The referee may only change a decision if they realise that it is incorrect or if they deem it necessary to do so, provided that play has not restarted or the match has not ended.

## **The Start and Re-Start of Play**

- The referee shall choose which team will kick off at the start of the match
- At the start of the second half of the match, the teams shall change ends and attack in the opposite direction
- A kick-off is a way of starting or restarting play:
  - at the start of the match
  - after a goal has been scored
  - at the start of the second half of the match
  - at the start of each period of extra time
- A goal may be scored directly from the kick-off.
- All players shall be in their own half of the field
- The opponents of the team taking the kick-off must be at least 2m from the ball until it is in play
- The ball shall be stationary on the centre mark
- The referee shall give a signal
- The ball shall be deemed in play from the moment it is kicked and moves forward
- The kicker may not touch the ball for a second time before it has been touched by another player
- After a team scores a goal, the kick-off shall be taken by the other team.
- The duration of either half shall be prolonged to enable a penalty kick to be taken, or for a direct free kick to be taken against a team that has committed the foul.
- If the kicker touches the ball a second time before it has touched another player:
  - An indirect free kick shall be awarded to the opposing team from the place where the infringement occurred
  - In the event of any other infringement of the kick-off procedure, the kick-off shall be retaken.
- A dropped ball is a way of restarting the match after a temporary stoppage for any reason not mentioned in the Rules of Junior Indoor Soccer, provided that prior to the stoppage the ball was in play and had not crossed either the touch lines or goal lines.
  - the referee shall drop the ball at the place where it was situated when play was stopped.
- A free kick awarded to the defending team in its own penalty area may be taken from any point inside that penalty area.
- An indirect free kick awarded to the attacking team in the penalty area of the opposing team shall be taken from the penalty area line at the point nearest to where the offence was committed.

- A dropped ball to restart play after it has been temporarily stopped inside the penalty area shall be taken from the penalty area line at the point nearest to the position of the ball when play was stopped.

### **The Ball In and Out of Play**

- The ball shall be deemed out of play when:
  - It completely crosses the goal line or touch line, whether along the ground or through the air
  - Play has been stopped by the referees
  - It hits the ceiling
- When the ball hits the ceiling, play shall be restarted with a kick-in to the opponents of the team that last touched the ball. The kick-in shall be taken from the point on the touch line nearest to the place on the ground above which the ball hit the ceiling.

### **Scoring**

- A goal is scored when the whole of the ball passes over the goal line between the goalposts and under the crossbar, unless a member of the attacking team, including the goalkeeper, has deliberately carried, thrown or struck the ball with his hands or arms, and provided that the scoring team has not previously infringed the Rules of Junior Indoor Soccer.

### **Fouls and Misconduct**

- A direct free kick shall be awarded to the opposing team if a player commits any of the following seven infringements in a manner considered by the referees to be careless, reckless or excessively forceful:
  - kicking or attempting to kick an opponent
  - tripping or attempting to trip an opponent, either by sliding or by bending down in front of or behind him,
  - jumping on an opponent
  - charging an opponent
  - striking or attempting to strike an opponent
  - tackling an opponent
  - pushing an opponent
- A direct free kick shall also be awarded to the opposing team if a player commits any of the following four infringements:
  - holding an opponent
  - spitting at an opponent

- sliding in an attempt to play the ball while an opponent is playing it or is about to play it (sliding tackle), except for the goalkeeper in his own penalty area, provided that he does not endanger the safety of an opponent
- carrying, striking or throwing the ball with one's hands or arms, except for the goalkeeper in his own penalty area
- The direct free kick shall be taken from the place where the infringement occurred, unless the free kick has been awarded to the defending team in its own penalty area, in which case the free kick may be taken from any point inside the penalty area.

### **Penalties**

- A penalty kick shall be awarded if a player commits any of the aforementioned infringements inside his own penalty area, irrespective of the position of the ball but provided that it is in play.

### **Indirect Free Kicks**

- An indirect free kick shall be awarded to the opposing team if a goalkeeper commits any of the following offences:
  - He/she touches or controls the ball with his hands after it has been deliberately kicked to him by a team-mate
  - He/she touches or controls the ball with his hands after he has received it directly from a kick-in taken by a team-mate
  - He/she touches or controls the ball with his hands or feet in his own semi-circle for more than five seconds
- An indirect free kick shall also be awarded to the opposing team from the place where the infringement occurred, if, in the opinion of the referee, a player:
  - plays in a dangerous manner
  - deliberately obstructs an opponent
  - prevents the goalkeeper from throwing the ball with his hands
- The indirect free kick shall be taken from the place where the infringement occurred.

### **Disciplinary sanctions**

- Yellow and red cards may only be shown to players or substitutes.
- The referees are authorised to take disciplinary action from the moment players enter the pitch until the moment they leave it after the final whistle.

### **Cautionable Offences**

- A player shall be cautioned if he commits any of the following infringements:
  - unsporting behaviour
  - dissent by word or action
  - persistent infringement of the Futsal Laws of the Game
  - delaying the restart of play
  - failure to respect the required distance when play is restarted with a corner kick, kick-in, free kick or goal clearance

- entering or re-entering the pitch without the referees' permission or infringement of the substitution procedure
- A substitute shall be cautioned if he commits any of the following infringements:
  - unsporting behaviour
  - dissent by word or action
  - delaying the restart of play

### **Sending-off offences**

- A player or a substitute shall be sent off if he commits any of the following offences:
  - serious foul play
  - violent conduct
  - spitting at an opponent or any other person
  - denying the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (with the exception of a goalkeeper inside his own penalty area)
  - denying an opponent moving towards the player's goal an obvious goal scoring opportunity by committing an offence punishable by a free kick or a penalty kick
  - using offensive, insulting or abusive language or gestures
  - receiving a second caution in the same match
- A substitute shall be sent off if he commits the following offence:
  - denying the opposing team a goal or an obvious goal scoring opportunity

## **Free Kicks**

### **Types of free kick**

- Free kicks are either direct or indirect.
- For both direct and indirect free kicks, the ball shall be stationary when the kick is taken and the kicker may not touch the ball a second time until it has touched another player.
- The direct free kick
  - If a direct free kick directly enters the opponents' goal, a goal shall be awarded.
- The indirect free kick
  - A goal shall only be awarded if the ball touches another player before it enters the goal.

### **Position of free kick**

- All opponents shall be situated at least 5 m from the ball until it is in play. The ball shall be deemed in play after it has been touched or played.

- When a defending team is taking a free kick from inside its own penalty area, all opponents shall remain outside said area. The ball shall be deemed in play immediately after it has left the penalty area.
- If, when a free kick is taken, an opponent does not observe the regulation distance:
  - the kick shall be retaken
- If, after the ball is in play, the kicker touches the ball a second time before it has been touched by another player:
  - an indirect free kick shall be awarded to the opposing team from the place where the infringement occurred
- If the team taking the free kick takes more than 5 seconds:
  - The referees shall award an indirect free kick to the opposing team from the place where the infringement occurred.

## **Penalties**

- A penalty kick is awarded against a team that commits any of the infringements for which a direct free kick is awarded inside its own penalty area and while the ball is in play.
- At the event of a team accumulating 5 fouls during the match, the opposing side will receive a penalty shot.
- A goal may be scored directly from a penalty kick.
- Additional time shall be allowed for a penalty kick to be taken at the end of each half or at the end of each period of extra time.
- The defending goalkeeper:
  - shall stay on his goal line, facing the kicker and between the goalposts until the ball has been put into play
- The players other than the kicker shall be situated:
  - on the pitch
  - outside the penalty area
  - behind or to the sides of the penalty mark
  - at least 5 m from the penalty mark
- The player taking the penalty shall kick the ball forward
- He may not play the ball a second time until it has touched another player
- The ball shall be deemed in play from the moment it is kicked and set in motion
- When a penalty kick is taken during normal time or when time has been extended at half-time, full time or during extra time, a goal shall be awarded if, before passing between the goalposts and under the crossbar:
  - the ball touches either or both goalposts, the crossbar or the goalkeeper

## **The Kick-in**



- A goal may not be scored directly from a kick-in.
- A kick-in:
  - shall be awarded when the whole of the ball crosses the touch line, either along the ground or through the air, or hits the ceiling
  - shall be taken from the place where the ball crossed the touch line
  - shall be awarded to the opponents of the player who last touched the ball
- The ball must remain stationary on the touch line
- The player taking the kick-in must have one foot on the touch line or off the pitch at the moment he/she takes the kick-in
- Defending players must be 5 metres from the place where the kick-in is taken
- Player must kick the ball within 5 seconds of receiving the ball
- The player taking the kick-in may not play the ball a second time until it has touched another player
- The ball shall be deemed in play as soon as it enters the pitch
- An indirect free kick shall be awarded to the opposing team if:
  - the player taking the kick-in plays the ball a second time before it
  - has touched another player. The indirect free kick shall be taken from the place where the infringement occurred
- The kick-in shall be retaken by a member of the opposing team if:
  - it is taken incorrectly
  - it is taken from a position other than the place where the ball left the pitch
  - it is not carried out within four seconds of the player taking possession of the ball
  - any other infringement of the Law occurs
- If an opponent interferes with or hinders a kick-in from being taken properly:
  - he/she shall be cautioned for unsporting behaviour and shown the yellow card

### **The Goal Clearance**

- A goal clearance shall be awarded when:
  - the whole of the ball, having last touched a player of the attacking team, crosses the goal line either along the ground or through the air, and a goal is not scored
- A goal may not be scored directly from a goal clearance
- the ball shall be thrown from any point inside the penalty area by the goalkeeper
- Opponents shall remain outside the penalty area until the ball is in play
- The goalkeeper may not play the ball a second time until it has been touched by an opponent or is returned to him by a teammate once it has crossed the halfway line
- The ball shall be deemed in play when it is thrown directly out of the penalty area
- If the ball is not thrown directly out of the penalty area:
  - the goal clearance shall be retaken

- If, once the ball is in play, the goalkeeper touches the ball a second time before it has been touched by an opponent or crossed the halfway line:
  - an indirect free kick shall be awarded to the opposing team from the place where the infringement occurred
- If the goal clearance is not taken within five seconds of the goalkeeper taking possession of the ball:
  - An indirect free kick shall be awarded to the opposing team on the penalty area line from the place nearest to where the infringement occurred

### **The Corner Kick**

- A goal may be scored directly from a corner kick, but only against the opposing team. Own goals do not count unless the ball is touched before passing the goal line
- A corner kick shall be awarded when:
  - the whole of the ball, having last touched a player of the defending team, crosses the goal line either along the ground or through the air, and a goal is not scored
- The ball shall be placed inside the corner arc at the nearest corner
  - the opponents shall remain at least 5 m away from the corner arc until the ball is in play
  - the ball shall be kicked by a member of the attacking team
  - the ball shall be deemed in play from the moment it is played and set in motion
  - the kicker may not play the ball a second time until it has touched another player
- An indirect free kick shall be awarded to the opposing team if:
  - The player taking the corner kick plays the ball a second time before it has touched another player. The indirect free kick shall be taken from the place where the infringement occurred
- The corner kick is not carried out within five seconds from the time the player taking the kick takes possession of the ball. The indirect free kick shall be taken from the corner arc
- For any other infringement the corner kick shall be retaken

### **General Rules**

- it is an offence for a player to stop the goalkeeper from throwing, clearing or releasing the ball from his hands
- it is an offence to restrict the goalkeeper's movements in an unsporting manner at a corner kick
- It is not an offence if a player, with the ball under control within playing distance, shields the ball from an opponent without using his arms.

- However, if the player stops the opponent taking the ball from him by using his hands, arms, legs or body in an unsporting manner, this will be punished with a direct free kick or penalty if the infringement was committed inside the penalty area.
- A scissors kick is allowed provided that it does not endanger the opponent in the opinion of the referee.
- A deliberate handball is punishable with a direct free kick or penalty if the offence is committed in the penalty area. Under normal circumstances, deliberate handball should not result in a caution or sending off.
- A player will, however, be sent off if he intentionally prevents an obvious goal scoring opportunity by using his hand. This punishment is not for the deliberate handball, but rather for unacceptable and unsporting behaviour that prevented a goal from being scored.
- There are circumstances when, in addition to a direct free kick being awarded, a player must also be cautioned for unsporting behaviour e.g. when a player:
  - deliberately and blatantly handles the ball to prevent an opponent gaining possession
  - attempts to score a goal by deliberately handling the ball
  - pretends to be playing the ball with one part of his body when he is really doing so with his hands in order to deceive the referees
- a player shall be cautioned for holding an opponent to prevent him from reaching the ball or taking up an advantageous position
- a player shall be sent off for preventing an obvious goal scoring opportunity by holding an opponent
- Any player that tries to fool the referees by feigning injury or pretending to have been the victim of an infringement will be guilty of simulation and will be punished for unsporting conduct. If the match was stopped as a result of this infringement, play shall restart with an indirect free kick from where the infringement was committed.
- Players who delay the restart of play will be booked by using the following tactics:
  - taking a free kick from the wrong place with the deliberate intention of obliging the referee to order it to be retaken
  - kicking the ball away or picking it up and holding it after the referee has stopped the game
  - deliberately provoking a confrontation by interfering with the ball after the referee has stopped play
- **\*Please note that referees will implement a variation of rules for the U9's competition to make it easier on players.**

### **Procedure for injured players**

- The referees must take into account the following instructions if a player is injured:

- allow the match to continue until the ball goes out of play if the injury is, in the referees' opinion, a minor one
- stop the match if they consider the injury to be serious after consulting the injured player,
- the referees must ensure that the injured player is carried off the pitch safely and swiftly
- the player may not be treated on the pitch
- any player with a bleeding wound must leave the pitch and may not return until the referees have ascertained that the wound has stopped bleeding (only the referees may authorise his entry, if he has not been substituted); a player may not wear blood-stained clothing
- assuming he has not been substituted, an injured player may return to the pitch only after the match has restarted
- when the ball is in play, the injured player may return to the pitch if he has not been substituted, but only from the touch line. When the ball is not in play, he may return via any boundary line on the pitch
- If the match has not been interrupted for any other reason, or if the player's injury is not a consequence of an infringement, the referees shall restart the match with a dropped ball at the place where the ball was when the match was interrupted
- Exceptions are made in the following cases only:
  - an injury to the goalkeeper
  - when the goalkeeper and an outfield player collide with each other and require immediate treatment
  - when there is a serious injury, for example, a player has swallowed his tongue, is suffering from concussion or has broken his leg, etc

## **References**

These rules were derived from the FIFA Futsal Laws of the Game 2008.

Fédération Internationale de Football Association  
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Some changes were made to suit the needs of the competition.