



## Rules of Indoor Soccer



THE RULES OF INDOOR SOCCER 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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Correct as of 15<sup>th</sup> of April 2010

## **GENERAL INFORMATION RULES**

- Players must be a minimum of 16 years of age to participate
- Nomination fee must be paid prior to the first game of the competition
- The full weekly game fee must be paid prior to the commencement of each match; a receipt will be provided upon payment which must be presented to the referee prior to the commencement of the match
- Each player must sign the weekly match sheet prior to playing each week. (Penalties may apply for failing to do so)
- Fixtures, results and ladders are available on the mpowerdome website
- Teams are expected to play under the general principles of fair play and good sportsmanship. Failure to do so may result in penalties to a player and/or team
- The referee's decisions are final. Players must abide by these decisions
- Mpowerdome holds the right to suspend or disqualify a team, a player and/or spectators from the competition if their behaviour is deemed unacceptable by mpowerdome management

## **GAME 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
  - 16 weeks (including 2 weeks of finals)
  - (Includes 4 weeks grading at the start of season)
- Match Times
  - 6:15pm, 6:55pm, 7:35pm, 8:15pm, 8:55pm, 9:35pm
- The start and end of matches shall be indicated by the whistle of the timer.

## **TEAMS**

- Teams are permitted five players on the court, including the goalkeeper.
- A minimum of four players is required to start the game.
- A men's team is comprised of all male players.
- A mixed team is required to have a maximum of 3 males. Possible starting combinations are;
  - 3 males and 2 females
  - 2 males and 3 females

- 1 male and 4 females
- 5 females
- The goalkeeper can be replaced at half time or where injury to the keeper has been serious enough to stop play.
- If a goalkeeper commits a send-off offence, another player may take the keeper's position, however the team will remain a player down.
- All substitutions must be made at the halfway sideline.
  - The on-field player must leave the court on the halfway sideline before the substitute comes onto the field at the same halfway sideline. If this is violated, a free kick will be given to the opposition at the point where the original player left provided that the free-kick does not disadvantage the non-offending team during that play.

## **PITCH LAYOUT**

- Pitch has sidelines
- Pitch has netting along both ends of court (there is no baseline)
- Pitch has 2 goal semi-circles
  - 5m from back net to top of semi-circle
- Goals are 3m wide by 2m high
- Pitch has centre dot/circle
  - 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
- Players are permitted to play off the back nets.
- If a ball hits the roof, metal beams or lights a kick-in shall be awarded to the non-offending team.

## **START OF PLAY**

- All players must sign the match card before each game. A minimum of an initial of the first name and the full surname is required for every player (e.g. G. Jones). Matches will not begin until all players from both teams have signed in. Players arriving late to the game may play but must sign the match card at the next interval (half-time or full-time).
- Teams must be ready to play at the specified match time. Teams that are late from the time of kick-off will result in the opposing team being awarded 1 goal for every 2 full minutes that the initial team are late until the referee has blown the whistle for kick-off. Points will be given to the opposing team until 8 full minutes have passed; at this point, the match will be forfeited and awarded to the opposing team.
- The team on the left side of the match card will take the kick-off at the start of the match. The other team will take the kick-off for second-half.
- After a goal has been scored the conceding team shall restart with a kick-off from the centre dot.

- At each kick-off, the ball must go forward, and the player taking the kick must not touch it a second time until another player has touched it.
- A team cannot score from a kick-off.
- The team defending the kick off must be 2m away from the centre dot (indicated by 2m markers).

## **THE GOAL KEEPER AND THE GOAL CIRCLE**

- The goalkeeper must wear a piece of clothing that distinguishes them as the goalkeeper.
  - This must be approved by the referee
  - This can be transferred to another player at half time
- The goalkeeper is permitted to leave the goal circle; however, they cannot use their hands once they have left the semi-circle.
- Only the goalie is allowed to play or stop the ball within their semi-circle. Once the ball has crossed the semi-circle, even if it is in the air, a free-throw or penalty is awarded against any opposing player who plays at the ball (see below).
- If a defending player enters the circle and plays at the ball; an indirect free-kick will be awarded.
- If the defending player stops a goal scoring opportunity by entering the semi-circle; a penalty will be awarded.
- If an attacking player enters the circle and plays at the ball; the goalkeeper will be awarded a free-throw from within their semi-circle.
- A player who accidentally steps into the circle and doesn't influence play **will not** be penalised as long as they attempt to exit immediately.
- The keeper must not remain in possession of the ball within the semi-circle for more than 5 seconds; otherwise an indirect free kick will be awarded 2m from the circle.
- The goalkeeper can not use their hands when a ball is deliberately passed back to them by a team mate (with their feet).
- From inside the semi-circle, the keeper may not throw or kick the ball over the halfway line before another player touches it. Offences shall be penalised an indirect free kick on the side line at half way.
- The goalkeeper may not slide outside the semi-circle. If a goalkeeper slides outside the semi-circle, they shall be penalised an indirect free-kick and given a yellow card (depending on the situation).

## **FREE KICKS**

### **All free kicks are indirect!**

- ✓ In the men's comp a free kick can be scored if the ball is touched by **any other player on the field.**
- ✓ In the mixed comp a free kick can be scored only if the ball is touched by a player from the **same team as the taker of the free kick.**
- When a team has been awarded a free kick, all defensive players must be at least 2 metres from the ball when the kick is taken.

- Free kicks can be awarded for the following infringements;
  1. Handballs.
  2. Aggressive or dangerous behaviour.
  3. Slide tackles
  4. Dangerous tackles from behind
  5. Holding
  6. Pushing
  7. Tripping
  8. Playing in an unfair manner.
  9. Leg raised at dangerous height from any angle.
  10. Foul language.
  11. A player who wrongly enters the court as a substitute for another.
  12. If a goalkeeper violates time (5 seconds with ball), a free kick will be awarded to the opposite team, 2m outside the circle.
  13. Mixed Comp: Any male player who is deemed by the referee to be kicking the ball or tackling in a dangerous or reckless manner towards female opposition will be penalized in the form of an indirect free-kick to the opposing team.

### **SIDELINE KICK IN'S**

- Men's Comp: Goals can be scored directly from a sideline kick in.
- Mixed Comp: Ball must be touched by a player from the same team as the kick taker before a goal can be scored.
- If the ball goes over the sideline a kick-in is awarded to the opposition.
  - Ball must on the line at the point which it went out
  - Ball must be stationary
- The player taking the kick-in shall do so within five seconds of receiving the ball.
- Opposition players must stand 2 metres back from the ball during a kick-in.
- A player may not pass the ball to themselves during a kick-in. (this includes the goalkeeper passing to themselves). An infringement will result in a free kick, where the kick-in was taken, to the opposing side.

### **PENALTIES**

- A penalty will be awarded at the discretion of the referee if any of the above infringements (1-9) occur toward an attacking player to prevent a clear goal scoring opportunity.
- A defending player entering the semi-circle and influencing play during a clear goal scoring opportunity will be penalised with a penalty shot.
- All players must be behind the nearest 2m marker when a penalty is taken.
- When a penalty is being taken, the goalkeeper must remain on the goal line with both feet on the ground until the ball is kicked.
- The penalty taker can take up to five steps before kicking the ball.
- The ball is placed on the penalty spot for penalty shots.
- The penalty may only be taken once the referee has blown their whistle.
- The referee has sole discretion in awarding penalties or free kicks in regards to infringements around the semi-circle.

## **PENALTY SHOOTOUT**

In the event of a draw during the semi final and final weeks of the season, a penalty shootout will occur.

- The referee shall decide how to choose which team shoots first.
- Any player that has played during the match can take a shot for their team. Players who ended the match do not have to be the only players to take a penalty shot. Injured players are not required to take a penalty shot.
- Goalkeepers may be changed from the final whistle for the penalty shootout, but once a goalkeeper has been chosen, the goalkeeper must be the goalkeeper for the remainder of the shootout.
- Goalkeepers cannot move off their line until the ball has been kicked
- The penalty taker can take up to five steps before kicking the ball.
- The ball must be placed on the penalty spot
- The penalty may only be taken once the referee has blown their whistle.
- All players must stand on the halfway line.
- The goalkeeper NOT standing in the goal for their attempt to save the penalty must be on the sideline away from the keeper in goal.
- The referee can choose to retake the penalty if these criteria is not satisfied
- Teams take turns to kick from the penalty mark in attempt to score a goal, until each has taken five kicks. However, if one side has scored more goals than the other could possibly reach with all of their remaining kicks, the shootout ends regardless of the number of kicks remaining.
- If at the end of these five rounds of kicks the teams have scored an equal number of goals, sudden death rounds of one kick each are used until one side scores and the other does not.

## **REFEREE**

- Management has approved all referees.
- Referees have the right to delay the start of games until both teams have signed in all players. The match will end when the whistle of the timer has blown regardless of whether or not the referee has blown their whistle.
- Referees will rule each game to the best of their ability.
- Referees will be the sole judges of all matters pertaining to the game.
- Management will not change decisions or results enforced by referees.
- Referees will use yellow and red cards to warn and send off players respectively during the course of a match.
- Abusing the referee in any manner will not be tolerated.

## **YELLOW CARD OFFENCES**

**Yellow and Red Cards can be given for any offence deemed serious enough by the referee**

- The following are the most common forms of yellow cards.

1. Deliberate hand ball anywhere on the field.
  2. Foul on player having shot on goal.
  3. Slide tackling.
  4. Late tackles.
  5. Tripping an opponent.
  6. Persistent infringement.
  7. Playing in an unfair manner.
  8. Abusiveness from spectators.
  9. Pestering and being a nuisance to the referee.
  10. Rude and obscene gestures to others.
  11. Time wasting.
  12. Constant fouling
- Any player who accumulates 4 yellow cards in the course of the 16 week competition will result in that player being suspended for one match the week after the 4<sup>th</sup> yellow card is accumulated.

## **RED CARD OFFENCES**

- The referee will automatically award a red card for the following offences.
  1. Tripping or body checking a player in a dangerous manner.
  2. Deliberately fouling a player during a clear goal scoring opportunity.
  3. Playing in a dangerous and unfair manner.
  4. Any player punching or swinging to punch at own or opposition player.
  5. Spitting at referee or any player.
  6. Head butting.
  7. Arguing or swearing at the referee or opposition.
  8. Rude and obscene gestures to the referee.
  9. Racial or abusive language to anyone on or off the court.
  10. Two yellow cards during game.
  11. Stopping a clear goal scoring opportunity using hands.
  12. Slide tackling in a dangerous manner.
  13. Violent conduct towards any persons on or off the court.
- Any player (s) receiving a red card will be ordered off the court.
  - This player cannot be replaced by another.
  - The team must play with 4 players on field.
- Any 2 players sent off from the one team will result in game being finished.
- All red cards are automatically penalized and are automatic suspensions (1 week).
- A player that receives 2 red cards in the one season cannot play for the remainder of the season.
- Team captains are to ensure that the player sent off is not to play the following week. Any suspended player playing in their week of suspension will result in an automatic loss for the suspended player's team.
- Any suspended player cannot play for any other team in their week of suspension.
- **Any player who spits, strikes or attempts to strike will be banned from the competition**

## TIME WASTING

- A ball, deemed by the referee, that is kicked out of play over the side netting for the purpose of time wasting by a player will be penalised by a yellow card to the offending player and a kick-in on the ground nearest to where the ball left the court.

## MIXED RULES

- There is a maximum of 3 males on the pitch.
- There is a minimum of 1 female on the pitch (if player has been sent off and only 4 on pitch).
- There is no maximum of females on the pitch.
- Male players are to be careful taking shots and/or tackling too hard on female players. See Free Kick Section. 16.
- Pregnancy;
  - We encourage all players who are, or may be pregnant, to consider the welfare of themselves, their unborn child, their fellow players, and the game and centre officials, when making the decision to play. We urge all players to obtain appropriate medical and legal advice before participating in any activities.

## INJURIES & THE BLOOD RULE

- If a player on court is bleeding, the umpire is required to stop play.
- If a player is badly injured, the umpire is required to stop play.
- For the safety of all participants, all open wounds must be adequately covered to the referee's satisfaction before the player can resume playing.
- The referee may stop play at any time to enforce this policy.
- The game will not stop in the event of an injury.
- Teams are allowed to substitute for an injured/bleeding player, and continue fielding a full team.
- No extra time will be added under any circumstances.
- A first-aid kit is located at the front desk, should a player require first-aid assistance.

## INCOMPLETE GAMES

- If a game is unable to be completed due to unforeseeable circumstances, the following will apply:
  - If the game is ended **after** half time, the result on the match card will be the final result
  - If the game ends **before** half time, a draw will be awarded.

- If a team walks off the court for the intention of not continuing the game shall lose the match 4-0 unless the opposition was winning by a bigger margin before the walk-out.

## **UNIFORM & DRESS REGULATIONS**

- Shirt
  - All on field players must wear the same coloured shirt/top.
- Shorts/Pants
  - All on field players must wear shorts or track-pants; however they do not have to be identical in colour for the team.
  - Not permitted – jeans.
- Shoes
  - All players must wear non-marking shoes.
  - Not permitted – black soled shoes, boots, thongs, sandals
- Jewellery
  - Not permitted – includes; watches, necklaces, bracelets, earrings etc
- Hats
  - Any type of headwear which consists of a brim is not permitted.
- The referee has the authority to stop play and send the offending player to the sideline until they have the correct equipment on.

## **FEES, REGISTRATION AND FINALS ELIGIBILITY**

- Team Registration Fee
  - Each team is required to pay a \$55 non-refundable registration fee prior to the commencement of competition.
  - This payment is required upon submission into the competition
  - No team will be submitted into the competition if this payment has not been paid.
- Team Match Fee
  - Each team is required to pay a \$55 playing fee before the commencement of each game.
  - Teams will not be allowed onto court until this fee has been paid. **The receipt must be shown to the referee**
- Forfeit Fees and Points Penalties.
  - A forfeit fee of \$55 applies if 24 hrs or more notice is given
  - A forfeit fee of \$70 applies to teams who fail to give management notice of their forfeit by 6pm on the Tuesday before competition.
  - All teams that forfeit (with or without notice) will incur a point penalty of -2.
  - Forfeit fees are payable prior to next game.
- Team Lists/match cards

- The listed players on the teams registration form are the official players for that team.
  - Match cards will be given by the referee prior to the start of play.
  - Prior to each game all team members must write their name and sign the match card. (Minimum of initial of first name and full surname. e.g. G. Jones)
  - Teams are permitted to bring fill-in-players; however, all fill-in-players must be added to the match card and must sign their name.
  - The captain will be management's main point of contact for any matters relating to each team.
- Finals Eligibility
    - A player must have played a minimum of **three** games to be eligible to partake in finals. (Semi's and finals).
    - Management keeps records of which players play each week, and thus, violation of the above rule will result in an automatic loss.
    - Teams must have paid all outstanding fees by the final round of the season to be eligible for the finals series.

## **DISCIPLINE & CONDUCT**

- Unsportsmanlike behaviour is not tolerated.
- If a player or spectator is deemed to be dangerously intoxicated by an mpowerdome official or coordinator, the person/s will not be permitted to participate. "Dangerously intoxicated" is at the discretion of mpowerdome officials and coordinators.
- Dissent, abuse or threats of any kind, whether verbal or physical, against the referee, other players, staff or spectators will result in a red card and a minimum one-week suspension for the offending player.
- The length of suspension is to be determined by management.
- Management hold the right to suspend or disqualify any player and/or team from the competition at any time, should their conduct be deemed inappropriate.

## **COMPLAINTS**

- If there are any concerns on or off the field, which involve players or referees, only the captain can make any queries or complaints.
- If the captain wishes to make a complaint or query, they may do so in person to management or by letter.
- All complaints must be supported with evidence and notified to management within three days of alleged problem.