



Urban Rec Coed Indoor Soccer Rules

Match Format

1. Game times start on the hour (please check your schedule); please be at the gym 10 minutes before the start of your game. Games are 50 minutes with a 5 minute break at the mid way point. Any default games will be recorded as a 1-0 victory for the team that shows up.
2. A match will consist of two 25 minute halves with a 5 minute break between halves. If games are delayed in starting, this time will be adjusted accordingly at the discretion of the Event Coordinator (EC).
3. Teams will play until the end of time (an Event Coordinator will blow the whistle). In the event of a tie score in a regular season match, the game will go into the standings as a tie. In the playoffs, a tie game shall go into sudden death overtime (see rule 4).
4. **Tie game in playoffs** – teams will play sudden-death overtime (first goal wins), in a 2-on-2 format (1 male and 1 female) with no goalies in the nets. No players (from either team) are permitted to go into the areas (marked by the basketball keys) in front of the nets.
5. A win is worth 2 points, a tie is worth 1 point, and a loss 0 points in the standings.
6. Teams are to play with 4 players on the court (3 players and a goalie) – At least 1 of each gender must be on the floor at all times. If a team chooses to have a female keeper – she does not count towards the 1 of each gender on the floor.
7. Substitutions can be made “on-the-fly” – EXCEPT for the goalie, who can only be substituted for at a stoppage in play.
8. Heading of the ball is allowed
9. **All matches are self-officiated – Team Captains are required to self-police their own teams and call their own fouls.**
10. If you feel that a team is not calling their own fouls or is playing unsportsmanlike, at the next stoppage in play the team captains and ONLY the team captains, should have a discussion about the issue and attempt to resolve them. In the event that a situation is unresolved, team captains are required to report the incident to the event coordinator on site or e-mail the Urban Rec offices for follow up.



Equipment

1. Urban Rec will provide a game ball, the gym and floor hockey nets and an on-site event coordinator.
2. Teams must supply both a light and dark colored shirt – the Home team is always light coloured (unless both teams agree to alternate colours)
3. Outside shoes are not allowed – please bring a separate pair of gym shoes
4. Shin pads are not required, but recommended. If worn, shin pads must be totally covered by socks.

Match/Game Play

1. The Game will start with one team getting the ball at mid-court – Team captains will “rock/paper/scissor” for possession of the ball.
2. Teams will change ends after each half and alternate kick offs
3. A kick off will start the game and restart the game after a goal is scored
4. Kick offs must have the ball going in a forward direction and may not be touched by the kicker again until the ball has been contacted by another player
5. A goal cannot be scored directly from a kick off
6. The opposing team must be at least 5 feet away from the ball on a kick off, until the ball has been put into play.
7. Balls that are out of play (when the ball has entered into the areas behind the benches) will result in an indirect free kick from in front of the bench area. A goal cannot be scored directly from an indirect free kick. Gym walls are in play.
8. Balls in the corner of the gym – If two players are running towards the corner, the lead player will be given the opportunity to retrieve the ball, the trailing player MUST stop short by 5 feet to give their opponent 3 seconds to play the ball. After 3 seconds, the trailing player may pursue the ball. The defensive player IS ALWAYS GIVEN THE RIGHT OF WAY in the event of there being no lead player.
9. Players may not interfere in any way with the goalie inside the goalie crease. Players may pass through the crease, but any interference with the goalie will result in goalie's ball.



10. Goalies are not allowed to handle the ball with their hands when the ball is thrown or kicked to them by their own team. They ARE allowed to use their hands inside the Goal Crease when the opposing team throws or kicks the ball towards the Goalie, or if the ball deflects off a defender. If a goalie uses his/her hands to play the ball in anyway, when it was thrown/passed by his/her own team, then the opposing team is awarded an indirect free kick – see below for description.

General Urban Rec Indoor Soccer Rules

If a player breaks a rule or commits a foul, then the opposing team is awarded an indirect free kick from the spot of the infraction. If an infraction occurs in with in the crease area – they the opposing team is awarded a penalty kick

1. Fouls

- a. Players may not jump to play a ball with their feet.
- b. Any player who kicks or attempts to kick a ball that is above their own waist while standing on the floor will have a foul called on them. Two high kicking fouls in one game will result in the expulsion of the offending player from the game.
- c. No bicycle kicks
- d. Kicking or attempting to kick an opponent
- e. Tripping or attempting to trip an opponent
- f. Jumping at an opponent
- g. Charging an opponent in a violent, reckless or dangerous manner
- h. Holding or pushing an opponent
- i. Handballs: A handball occurs when the balls touches any part of your arm from top of shoulders to fingertips (except a goalkeeper within their own crease). ALL handballs are to be called a foul and the opposing team gets an indirect free-kick. The 'Advantage' rule is not applicable in indoor soccer.
- j. Obstructing an opponent
- k. Slide tackling
- l. Using your body to advance

Goalkeeper Restrictions

Urban Rec Indoor soccer goalies have certain rules that are in place to encourage the flow of the game.

1. Players may pass a ball to their goalkeeper.
2. Goalies are ALLOWED to come out of their crease to play the ball. The goalie CANNOT play the ball with their hands outside of the crease and they are not allowed to take the ball back to their crease area and then pick it up with their hands. Goalies MAY NOT go over the half court line.



3. Once a goalkeeper has gained control of the ball at any time, he/she must release the ball into play within 5 seconds.
 - a. Releasing the ball in to play means: The goalie must either dribble the ball out of their crease, where they can be challenged for possession, or they must attempt to pass the ball to another player on the court.
4. If a goalie throws the ball, it must hit the ground on his/her own side of half

In the event a goalie breaks one of these restrictions – the opposing team will get an indirect free kick from the corner.

Other Rules:

1. Players are ALLOWED to brace themselves on the walls with their hands to play the ball with their feet. Defenders may attempt to take the ball (from the behind attacking position) but MUST NOT physically make contact. Any contact by the defender will result in a foul. The offensive player CANNOT use this position as a delay tactic.
2. Likewise, the offensive player may not initiate contact with the defensive player (i.e. back into the defender while retaining control of the ball). If the defender remains in position, the offensive player may not initiate contact. In this case, the ball will be turned over to the defending team for an indirect free kick from the spot of the foul.
3. On all restarts of play, the ball must be put into action within 5 seconds. Failure to do so will result in an indirect free kick for the opposing team at the point of the original kick.

EASILY CONFUSED RULES

1. The player starting the play (kick or throw-in) is not allowed to touch the ball again until it has been played by another player
2. Opposing players from the team that is kicking the ball must stay five yards away from ball until it is in play.
3. Substitutes must enter the field at the same location (and after) the player comes off the field.
4. Players are responsible for calling all penalties; Team Captains are responsible for informing their team of the rules and also for enforcing them.
5. The goalkeeper is not allowed to pick up the ball if it has been passed or thrown (via throw in) to him from a person on his team. The exception to this rule is if the



- ball is headed back to the goalie- in this case, he may pick the ball up with his hands providing he is in the crease.
6. All free kicks are to be indirect (except penalty shots): must touch at least one other person before going into net.
 7. Fouls: kicking, tripping, jumping at, charging, holding, pushing, yelling at, slide tackling, striking or spitting at an opponent, or 'hand'ling the ball; all result in an indirect free kick to the opposing team from where infringement occurred.
 8. Penalty kicks are to be taken from 5 yards out from the net.
 9. Handballs: A handball occurs when the balls touches any part of your arm from top of shoulders to fingertips (except a goalkeeper within their own crease).

PLEASE REMEMBER THAT SOCCER IS FUN SOCIAL SPORT!!!!

We are expecting all of our Urban Rec participants to have a "Fun First" attitude about this unique sport opportunity. There is an emphasis on the players knowing the rules and managing their own actions on the field. Sportsmanship and fun are more important than winning.