



# Indoor Soccer Rules

## Winter Indoor Soccer

**Glendale Heights Indoor Soccer Rules**  
**Revised October, 2018**

**Coach Responsibilities**

1. All teams must send a coach or team representative to the pre-season coach's meeting
2. It is the coach's responsibility to make sure all league fees, roster and waivers are submitted and up-to-date. There are no refunds once the season has started.
3. All coaches are expected to inform their players of scheduled games, schedule changes, make-ups and standings.
4. Coaches are responsible for notifying the League Supervisor of a change of address and or phone number.
5. It is the coach's responsibility to check the score each game to insure accuracy and to verify the final score listed on the scoresheet by signature.
6. Coaches are responsible for the conduct of their team members and any team spectators at all times, including prior to, during, and after completion of the game.
7. Only coaches are to discuss a disagreement with a referee.

**League Roster, Waivers & Player ID's**

1. All teams must submit an official roster including each player's name, address, phone number and signature before their first game (will not be final until before the third week of the season).
  - a. Players not listed on the roster will not be permitted to play. Any violations will result in the forfeit of that particular game and possible ineligibility of the team for the remainder of the season.
  - b. Roster changes will be allowed as designated by the league deadline (before the third week of the season.)
  - c. A player may only play on one team per age division, additionally they may only participate in one club/ organization regardless of age division. If they are found playing in more than one team, that player will be declared ineligible for the league. Players may play up in age divisions but cannot play down. If two divisions are combined, a player may play in both teams from the same club
  - d. Any team giving false information on a roster shall be dismissed from the league without any money being refunded.
  - e. Rosters will consist of a maximum of 20 players per team.
  - f. A written request to add a player must be submitted in a person or by Email to the League Supervisor by 5:00 pm two days before the new player's first game.
2. Each player must sign an individual waiver form in addition to a team roster.
3. All players must have a valid player ID including player's name, photo, and birthdate. They will be required to show it before each game. Valid cards include: NISL, IWSL, YSSL, Sports Hub Issued Cards, State ID's & Passports.

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**Schedules**

1. The Glendale Heights Sports Hub Reserves the right to modify any and all indoor soccer schedules as necessary to operate the league.
2. Schedules will be available by the end of the first week of practices and can be found at [ghprf.com](http://ghprf.com) under the indoor soccer section.

**Registration & Payments**

1. Registrations will be accepted up until the registration deadline or once the divisions are full.
2. To guarantee your spot in the league, a \$200 non-refundable deposit must be submitted with your registration if you choose to not pay in full at the time of registration. The remaining balance must be paid a week before schedules are released. A team will not be included on the season schedule if full payment has not been received.
3. Teams with prior balances must pay off those balances before registering.

**Age Divisions (Competitive Teams Only)**

- U8 – Born in 2011
- U10 - Born in 2009
- U11 – Born in 2008
- U12 – Born in 2007
- U13 – Born in 2006
- U14 – Born in 2005

**Bench Area & Field Area**

1. An adult coach or another responsible adult must be on the team bench at all times. The referee will not start the game until an adult is present. If an adult is not available, the game will be considered a forfeit.
2. A maximum of three coaches are allowed on the bench. These coaches must be listed on a team's roster.
3. All teams are responsible for cleaning up their bench area after each game.
4. Spitting on the turf is strictly prohibited.
5. No gum, candy, food, or drinks are allowed on the turf at any time. Water is permitted on the bench area only.
6. Coaches are responsible for the conduct of their players and parents.

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**Equipment**

1. U6 (P/K grades) will play with a size 3 ball. U8 – U11 (1<sup>st</sup>/2<sup>nd</sup> - 3<sup>rd</sup>/4<sup>th</sup> grade) games will play with a size 4 ball, and U12 – U14 (5<sup>th</sup>/6<sup>th</sup> – 7<sup>th</sup>/8<sup>th</sup>) games will play with a size 5 ball. Game balls will be provided by the Sports Hub.
2. All teams must have uniforms that are the same color and should be numbered for identification. The goalkeeper must wear a jersey that does not conflict with any other players or referees. In the event of a color conflict, the away team will change jerseys or wear pinnies.
3. Shin guards, socks, and indoor soccer shoes must be worn by all players.
4. No jewelry of any kind may be worn by players.
5. Eyeglasses may be worn during games but must have a safety strap. Players who require assistance for their vision are advised to wear the appropriate athletic classes, if they do not, the player must fill out a special waiver.
6. Turf shoes are recommended, but gym shoes are acceptable. Outdoor cleats are not permitted.
7. The referee reserves the right to refuse entry into any game to any player who is wearing dangerous or illegal equipment.

**Roster Check**

1. In the event that a team suspects that the opposing team is using an unrostered player, a roster check may be requested. At that time players from both teams will be required to produce photo identification which will be checked by Sports Hub Staff.  
Should the roster check occur prior to the beginning of the game, all players without photo identifications will not be allowed to play. Should the roster check occur during the game, the game will be immediately stopped and photo identification of all players from both teams will be checked. Any players unable to produce their identification at that time shall be declared unrostered and may not continue to play.

**Number of Players**

1. All games will be played in a 7v7 (6+ goalie) format
2. Minimum number of players required to start/continue a game is 5 per team.

**Referees**

1. The referee is responsible for the control of the game and holds final authority for the duration of the game.
2. Any decision the referee makes during a game is considered final.
3. Abusive language, conduct, behavior, or threats to referees by players, coaches, or spectators will not be tolerated. Any person in violation of this will be removed from the facility.

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4. Referees will abide by FIFA rules for any situation during a game not stated in the league rules.

**Game Rules**

1. All games shall consist of two 20 minute halves with 2 minutes for half-time (P/K games will be four 10 minute quarters). Each team is allowed one (1) time out per game.
2. Games will start at the scheduled time unless both teams are present and ready to begin earlier.
3. All games are played with a continuous clock and may only be stopped for serious injury at the discretion of the referee. Each team will however have one 30 second timeout per game which must be called on your own dead ball.
4. No warm up time is given. Teams should be ready to begin at their scheduled game time.
5. The home team will start with the kick-off each game. The visiting team will start the kick-off for the second half of each game. The kick off may be played forward or backward. Defending players must remain outside the center circle until the ball has been played.
6. No offsides.
7. Substitutions may occur at any time during the game. Players must leave the field of play completely before being replaced by a new player.
8. Any injured player is required to leave the field of play if a coach or trainer is called on the field to attend to that player.
9. Slide tackling is not permitted at any time or age level. Referees will consider this as a foul and award a direct free kick accordingly. Goalkeepers are permitted to slide as long as they are in the penalty area and are making a play on the ball.
10. There are no headers allowed for U11 (3<sup>rd</sup>/4<sup>th</sup>) and under.
11. Punting is allowed at all age divisions
12. All free kicks are DIRECT. The only exception is when the ball strikes the ceiling, light or side netting. If this occurs, the ball will be placed directly below where the ball contacted the net. If the ball contacts the net above the large end boards this will result in a goal kick or corner kick.
13. Referees shall award a penalty kick for all fouls committed by the defending team within its own penalty area.
14. Goalkeepers may not retrieve the ball outside the penalty area, bring the ball into the penalty area and pick up the ball with their hands. The resulting penalty will result in a free kick at the top of the arc.
15. Any hand ball inside the penalty area will result in a penalty kick.
16. Six Second Rule - All players have six seconds to play the ball on free kicks or other restarts. This includes the goalkeeper when he/she has possession with hands.
17. Three Line Rule - A player may not kick the ball across both yellow lines (in the air) and directly gain possession. Violation will result in a direct free kick from the yellow line of the offending team.

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**Slaughter Rule**

1. Competitive:
  - a. If a team is behind by five goals, they may add an extra player until the goal differential has been reduced below five. A second player may be added if the lead reaches eight, a third at ten.
2. Recreation:
  - a. If a team is behind by five goals, they may add an extra player until the goal differential has been reduced below five. If the goal differential reaches eight, the team with the lead will remove a player, if it reaches ten a second player will be removed from that team.
  - b. If a team is ahead by more than five goals, the displayed score will stop at ten in support of good sportsmanship. We encourage teams to minimize scoring in this situation.

**Misconduct**

1. Blue Card – If a blue card is issued, the player receiving the card will serve a two (2) minute penalty during which time that team may not substitute that player. The accumulation of two blue cards will equal a yellow card. If a goal is scored against the offending team during the 2 minutes, the penalized player may return to the field.
2. Yellow Card – If a yellow card is issued, the player receiving the card will serve a four (4) minute penalty. The accumulation of two yellow cards will equal a red card. The penalty time must be served entirely regardless of any scoring taking place. If the person receiving a yellow card is a coach, the penalty will be served by any player on the field.
3. Red Card – If a red card is issued, the player or coach receiving the card is ejected from the game. Play will not continue until the individual leaves the building. Teams may replace the player ejected after 10 minutes, regardless of the number of goals scored during the 10 minute time frame. Individuals who receive a red card will be automatically suspended for the next game and possibly additional games pending a referee report.
4. Coaches red carded will be fined \$25 and be suspended for the following game.

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**Sportsmanship**

1. Good sportsmanship is mandatory at all times on and off the field. Sports Hub staff reserve the right to dismiss any disruptive patrons from the facility.
2. Players or coaches using profanity against referees, players, coaches, parents, or staff may be suspended from the game and asked to leave the facility.
3. Teams found to be guilty of playing ineligible players shall forfeit all games in which those players participated. Fighting or instigating a fight will not be tolerated. The game shall be terminated and additional penalties may be applied to the team and players after a referee report and league investigation. Additional penalties may include but are not limited to expulsion, monetary fines, or point deductions.
4. Anyone found guilty of willfully damaging Sports Hub property will be banned from the facility and face legal action.
5. Any spectator who enters the field of play will be removed from the facility and the game will result in a forfeit for that team. Additional league sanctions or penalties may also be applied pending a referee report.

**League Standings (2<sup>nd</sup> Session Only)**

1. A win will result in three points.
2. A tie will result in one point.
3. A loss will result in zero points.
4. When calculating goal differentials, the maximum number of goals that will be awarded is 5. Winning by more than 5 goals will still result in a 5 goal differential.

**Forfeits**

1. Any game resulting in a forfeit will be recorded as a 5-0 in league standings
2. Any team that fails to show up for their scheduled game will be fined \$30
3. A game will be considered a forfeit for the following:
  - a. A team is unable to take the field by 5 minutes after the designated start time
  - b. Refusing to take the field of play
  - c. A team does not have enough legal players to begin or continue the game
  - d. A youth team does not have an adult present on their bench
  - e. Use of illegal players

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**Tiebreaker Policy**

1. Should there be two or more teams with the same point total at the end of the season, the following tiebreakers will be applied:
  - a. Head to Head Record
  - b. Team with highest number of wins
  - c. Average goals against
  - d. Forfeits
2. Playoff Rules:
  - a. 5 minute sudden death (1<sup>st</sup> goal wins)
  - b. Kick off by coin toss (Heads Home, Tails Away)
  - c. If after sudden death, there is no winner, shootout FIFA style.
    - i. Last five players will participate
    - ii. If there are more than 5 players on the field the coach will pull additional players to bench. Goal keeper can be one of the shooters
    - iii. If still no winner, add one player at a time from bench until a winner is found.
    - iv. All players who participate must remain on the field
    - v. If teams have unequal number of players, team with larger number must match opposing team.
    - vi. Winner will add one point to the final score.
    - vii. Goalie must be on the line and can only move from side to side until the ball is touched by the kicker.

**Rules Violations Conduct**

1. Use of tobacco products is strictly prohibited within the playing/spectator areas of the Sports Hub by all participants, spectators, and staff. Violation of this rule may result in forfeiture of the game
2. Active participation in any type of disorderly conduct will result in expulsion from the league for a minimum of one full year, beginning the day of the incident, for the player and possibly the team.
3. We ask that you respect the rights of the referees and Sports Hub staff. If, for any reason, a referee or Sports Hub staff is physically or verbally threatened or abused, or struck by a player or captain before, during or after a game, that person will be expelled from participation in any league indefinitely.
4. Use of excessive foul language by spectators, or spectators in possession of alcohol on Sports Hub property will not be tolerated. Individuals will be asked to leave immediately.