

# “THE LIFE CENTER”

2035 Columbus Rd.  
Burlington NJ 08016

## OFFICIAL RULES OF INDOOR SOCCER

Governed by FIFA “Laws of the Game”.

### **Rule 1 - The Field Of Play**

See Official Field Diagram (page 9) for standard dimensions for the field, goals and markings.

### **Rule 2 - The Ball**

The ball is size 4 indoor for U12 and below and size 5 for all others.

### **Rule 3 - The Players**

**Number:** Teams U12 and below shall have no fewer than 5 or more than 8 players on the field at a time, including the goalkeeper. U13 and above, no fewer than 4 or more than 7 players on the field at a time including the goalkeeper.

**Substitutions:** Each team may substitute players freely; players must exit off the field of play in the area of their Team Bench before substitute enters the field. Failure of a player to exit before substitution will result in a yellow card for the coach and a two minute penalty for a player, as will a Team having more than the stated number of players on the field. Referee will determine point of restart.

### **Rule 4 - The Players' Equipment**

Players wear their team's uniform, consisting of the same colors, shin guards, and “spikes” (rubber or molded plastic). Jewelry and other accessories are prohibited. The Goalkeeper wears jersey colors distinguished from all other field players.

### **Rule 5 - The Referee**

The decisions of the Referee regarding facts connected with play and interpretations of the Rules are final.

## **Rule 6 - The Duration of the Game**

**Regulation game:** consists of two Halves, with duration according to “house rules” and the following:

- (a) *Running Clock:* The Game Clock counts down continuously through each Half.
- (b) *Halves:* All play begins at the top of each hour with twenty-five minutes of play then a five minute break then twenty-five more minutes of play.

## **Rule 7 - The Start and Restart of Play**

**Kickoff:** from the Center Mark starts play at the beginning of each Half and after every goal. a player who starts play may not again play the ball until it touches another player.

The Home Team takes the Kickoff for the First Half Kickoff and the Visiting Team takes the Kickoff for the Second Half. The home and visiting team benches are designated above each bench.

Restarts take place by a Kickoff, Free Kick (indirect kick), Goalkeeper Throw-In or kick, player throw-in, or Dropped Ball. Other than for Kickoffs or as provided below, restarts occur within three feet (3') from the spot of the violation. Except for goalie.

**Free Kick:** a team receives a **Free Kick** after stoppages other than when a Dropped Ball or Goalkeeper Throw-In or Player throw-In is required. Before the team takes the Free Kick, the ball must be stationary. The spot of the Free Kick is that provided above, except:

- (a) *Within Own Penalty Arch:* from any spot therein.
- (b) *Within Opponent's Penalty Arch:* at the top of the arch. This is the Free Kick mark. (this is a penalty kick)
- (c) *Player throw-In:* from the point on the touch Line nearest where the ball completely crosses the touch line.
- (d) *Three-Line Violation:* from the offending team's Restart Mark.
- (e) *Superstructure Violation:* from the nearer Restart Mark.

**All free kicks are indirect kicks with the exception of a hand ball inside the penalty area.**

**Drop Ball:** if neither team has clear possession of the ball at a stoppage, the Referee restarts play with a **Dropped Ball**. A Dropped Ball caused while the ball is inside a Penalty Arch takes place at the Free Kick Mark.

**Goal keeper:** play restarts with a **Goalkeeper Kick** anywhere within the Penalty Arch after an attacking player has last touched the ball before crossing the goal line. (Goal keeper Kick within the Penalty arch can not go past mid-field in the air).

**Corner Kick:** play restarts with a **Corner Kick** by the offensive team, when the defending team last touches the ball before crossing their goal line.

## **Rule 8 - The Ball In And Out Of Play**

**Three-Line Violation:** occurs when a player propels the ball in the air across Three lines in any direction with out making contact with another player or a Referee on the field of play.

**Superstructure Violation:** occurs when the ball contacts any part of the building above the “RED LINE”. This constitutes a two minute penalty.

### **Rule 9 - The Method of Scoring**

A team scores a goal when the whole of the ball legally passes over the Goal Line. A goal may not be scored directly from a Kickoff or Restart with the exception of a Penalty Kick.

### **Rule 10 - Fouls and Other Violations**

*Fouls* and other violations are governed by the “FIFA Laws of the Game” except:

- (a) a SUPERSTRUCTURE Violation (see rule# 8).A **Blue** card.
- (b) the addition of time penalties to **Yellow** and **Red** cards.
- (c) Slide tackles are not permitted. Indirect kick
- (d) Spitting **Red** card
- (e) Chewing gum **Red** card

**Advantage Rule:** The Referee allows play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from an existing offensive advantage.

**Coaches:** Coaches are responsible for all spectators and staff supporting their team and are subject to violations.

**The Life Center:** The Life Center reserves the right to eject any spectator, coach, or staff member from the facility who act in an unsportsmanship manner.

### **Rule 11 - Time Penalties**

The following penalties apply to offenses for which a Card is issued (subject to further action by the Administrative Authority):

- (a) **Blue Card:** 2-minutes in the Penalty Area (SUPERSTRUCTURE Violation)
  - (b) **Yellow Card:** 2-minutes in the penalty area. ( two **Yellow** cards equal one **Red** card).
  - (c) **Red Card:** 4 minutes down a player, plus ejection, plus a one game suspension.
- Players serving Time Penalties serve their Time Penalties, seated at the penalty box until their expiration and the Referee permits their release.

**Short-Handed Play:** For each Time Penalty being served by a player, his team plays with one fewer field player until its expiration; provided that a team may not have fewer than the minimum required, regardless of the number serving Time Penalties.

**Exceptions:** Under the following circumstance, Time Penalties expire prior to their completed countdown:

*Time Penalties:* expire at the end of a half and the end of the game.

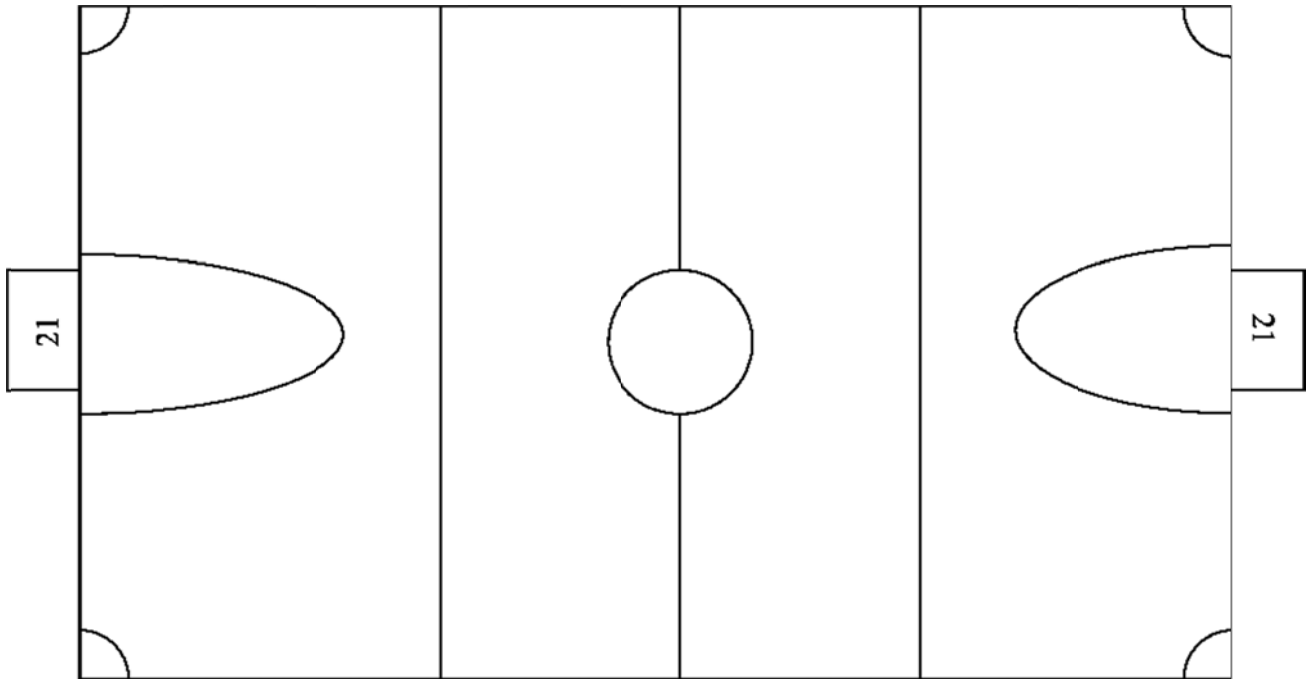
**Penalty Kick:** The Penalty Kick

- (a) *The ball* is placed at the Free-Kick Mark;
- (b) *The Goalkeeper* has at least one foot on his Goal Line until the ball is in play; and
- (c) *The player* taking the Penalty Kick may not touch the ball again until after touching another player.

**No Show:** If a team does not show or is short of players for a scheduled game the game will be forfeited and the offending team will be responsible for the entire referee fee.

**Mercy Rule:** The goal differential must never exceed 8 goals at any time in the game. If the goal differential does exceed 8 goals then the game is terminated and a tie game (1-1) is declared. Once the game is terminated both teams will be allowed to continue to play until their time runs out but the score will not be kept. The spirit of this rule is to prevent unsportsmanship by running up the score on the opposing team. Coaches please maintain a proper example at all times.

## The Life Center Soccer Field Diagram



Field Size: 184' x 95'

Goals 7' x 21'

Two inch Turf with one and a half inch virgin rubber in fill. This allows for superior traction and comfort minimizing injuries. (spikes are permissible)