

RULES AND REGULATIONS

FOR

INDOOR SOCCER

Here at the Tennessee Sports Complex, we are trying to promote a family oriented atmosphere and ask that all participants abide by the following rules and regulations while participating in our indoor programs:

ALWAYS REQUIRED: Appropriate Clothing, including Shirts and Shin guards

NOT ALLOWED:

- CLEATS
- MUDDY SHOES
- GUM CHEWING
- FOUL LANGUAGE
- SLIDE TACKLING
- FIGHTING
- DISSENSION TOWARD THE REFEREE
- BOARDING PLAYERS
- PERSISTENT FOULS
- SPITTING
- INTENTIONAL HANDBALLS
- MORE THAN 6 PLAYERS ON THE FIELD

Any violation of the above rules will result in a
2 MINUTE PENALTY OR DISMISSAL FROM THE GAME.

If a field player is charged with a 2 minute penalty, that player must leave the field without a substitute and the team will play short for the duration of the penalty. Since having a player designated as goalkeeper on the field at all times is required; if the goalkeeper is charged with a 2 minute penalty, he/she must be replaced by another goalkeeper for the duration of the penalty and the team will play short a field player. The 2 minute penalty ends when a goal is scored against the team charged with the 2 minute penalty or 2 minutes elapse.

RESTARTS:

Players must allow 10 feet for all restarts. The only exception is on a restart less than 10 feet from the goal, which at this time, players are asked to stand as far away as feasible. All restarts, *Direct Kicks* or *Indirect Kicks*, are taken from the spot of the violation unless otherwise noted.

DIRECT KICKS: A *Direct Kick* is signaled by referee verbally announcing “DIRECT KICK”. A team can score directly (without touching another player) and the kick may be taken immediately, without waiting for team players to set up or a referee whistle to restart play. *Direct Kicks* will be awarded for the following:

1. Deliberately handling the ball (except by the goal keeper in the penalty area)
2. Corner Kicks
3. Dynamic Penalty Kicks
4. Any foul determined by the referee to be dangerous or intentional.

All other violations and restarts are **Indirect.**

DYNAMIC PENALTY KICK: All Penal Fouls in the Penalty Area will result in a *Dynamic Penalty Kick*. The dynamic play constitutes having the goalie standing on his/her back line, an attacking player from the opposing team standing at the center of the yellow line with the ball, and all other players lined up at the half line. A *Dynamic Penalty Kick* is unique because at the Referee's whistle, the player with the ball has the choice to either take a shot at the goal directly, or dribble off the line and approach the goalie without committing a *Double Touch* violation. As soon as the ball is touched by the attacking player, it is live; so if the attacker decides to dribble, the goalie may then leave the line and approach the player to defend the goal and reduce the angle. Also, once the ball is kicked or dribbled by the attacker, all other players standing on the half-line can rush forward toward the defending goal.

INDIRECT KICKS: An *Indirect Kick* is signaled by raised referee hand. For the attacking team to score, the ball must touch another player before going into the goal for the attacking team to score. The kick may be taken immediately, without waiting for team players to set up or a referee whistle to restart play. If in the opinion of the referee any team delays play during a *Direct Kick* or *Indirect Kick*, an *Indirect Kick* will be awarded for the opposing team or a 2 minute penalty will be given. *Indirect Kicks* will be awarded for the following:

1. Kickoff to start the half.
2. Kickoff following a goal.
3. When the ball hits the net:
 - Top net – the ball will be put into play at the nearest yellow line or half line.
 - Side net – the ball will be put into play at the closest 3 foot hash mark along the perimeter.
 - End net – see *Corner Kick* or *Goal Kick*
4. When an injury occurs where a player needs assistance.
5. When a player obstructs a goal keeper by not standing his/her ground when the keeper is distributing the ball.
6. *Other Violations* as described below

(NOTE: The wall does not constitute another player for any *Indirect Kick*).

GOAL KICK: When the ball hits the net above the back goal area and is last touched by the attacking team, an *Indirect Kick* will be awarded with the ball put in play anywhere in the goal area.

CORNER KICK: When the ball hits the net above the back goal area and is last touched by the defending team, a *Direct Kick* will be awarded with the ball put in play at the nearest corner spot.

OTHER VIOLATIONS:

A **DOUBLE TOUCH** violation occurs when the player taking a *Direct Kick* or *Indirect Kick*, touches the ball a second time before it touches another player. The **Double Touch** violation does not apply to *Dynamic Penalty Kicks*. The game will restart with an *Indirect Kick* for the opposing team at the spot of the violation.

(**NOTE:** The wall does not constitute another player for any *Indirect Kick*).

A **3 LINE** violation occurs when the ball crosses all 3 lines without touching the wall, the floor, or another player before the ball crosses the third line. This violation does not include restarts from a yellow line. The game will restart from this violation with an *Indirect Kick* for the opposing team anywhere along the last yellow line crossed by the ball.

An **OFFENSIVE FOUL** occurs when a player with the ball attempts to force his/her way by a defender who has position along the wall. An *Indirect Kick* will be awarded to the defense.

A **YELLOW LINE** violation occurs when a goal keeper uses his/her hands to pick up a ball that was **intentionally** passed to him/her by his/her own team from the other side of the yellow line. The goal keeper can only play the ball like a field player if the ball is passed from the other side of his/her yellow line. The goal keeper is only allowed to pick up the ball from within the penalty area. Any violation of this rule will result in an *Indirect Kick* for the opposing team at the top/center of the penalty box.

A **DELAY OF GAME** violation occurs if the goal keeper holds the ball longer than 6 seconds. The game will restart with an *Indirect Kick* for the opposing team at the top/center of the penalty box.

SUBSTITUTIONS:

Free substitutions are always allowed during play. Substitutions can not enter the field of play until the player coming off the field is within the 3 foot hash marks. Any violation of this rule constitutes a **2 Minute Penalty**.

To stop play for substitutions, the coach must wait for an *Indirect Kick* and verbally get the attention of the Referee by saying – “**SUB REF**”.

(**NOTE:** There will be no stoppage of play for *Direct Kicks*.)

STOP CLOCK:

The clock may be stopped for any injury at the referee’s discretion. If there is less than 2 minutes or less remaining in the game, the clock may also be stopped when there is an *Indirect Kick* or for recognized substitutions. (The clock will not be stopped at *Half Time*)

GAME LENGTH and TIME:

All games will be two 25 minute halves. Tie Breakers will not be done in regular season play. Any delays in the starting time will take away from the official game time unless the delay is caused by the Tennessee Sports Complex. A team will FORFEIT if it is unable or unwilling to field a team within 5 minutes of the start time. Referees are instructed to start all games on time.

BALL SIZE:

A size 5 ball will be used for all U-13 through Adult.

A size 4 ball will be used for all U-10 through U-12.

A size 3 ball will be used for all U-6 through U-8.

SPORTSMANSHIP:

It is expected that players, coaches and spectators will represent their teams in a sportsmanlike manner and will in no respect abuse the Referee, the opposing team, members of their own team, spectators, or Tennessee Sports Complex employees/facilities. At the discretion of Tennessee Sports Complex staff or the referees, anyone doing so may be required to remove themselves from the Complex. It is the coach's responsibility to maintain control of his/her players, parents, and guests.

OTHER RULES AND REGULATIONS:

HOME TEAM: The Home Team will start with the ball on kickoffs and is identified as the first number on the schedule (Ex. 3 v 4). The Home Team is asked to use the left player box.

COACHING: Coached are asked to avoid excessive coaching during the game and all coaching should be done in an instructional and informative manner. This will be strictly enforced. In addition, coaches are responsible for insuring that the entry doors remain closed during play.

CLASSIFICATION: Any co-ed team shall be considered a boys team for purposes of competition. Teams will be age classified based on the birth date of the oldest player.

Thank you for taking the time to work and play with us. We, here at the Tennessee Sports Complex, work to provide a good, clean, safe playing environment and value your business. The above rules constitute what we feel are areas of primary importance to play. The majority of these rules also coincide with the rules of play governing outdoor soccer.