



# CNYFSC Youth Indoor Soccer Rules

**BALL SIZE:**

The ball shall be provided by the team listed first on the schedule, and must be to the satisfaction of the referee. For age groups U12 and below, the ball size shall be regulation size 4. For age groups U13 and above, the ball size shall be a regulation size 5.

**FOULS AND VIOLATIONS:**

The most current “FIFA laws of the game” shall govern all soccer competition, unless stated otherwise in these Indoor Soccer Rules.

**FREE KICKS:**

All free kicks are direct, except for the kickoff. Opposing players shall be 10 feet away and shall not move towards the ball until the ball has been put in motion.

**KICK OFFS:**

Ball may be put into play in any direction. A goal may not be scored directly. Guest team gets the first kickoff and the Home team gets the kickoff in the beginning of the second half.

**SLIDE TACKLES:**

There shall be no slide **tackling** by field players. Goalkeepers shall be allowed to perform a slide tackle save but only in the penalty area. A free kick may be awarded at the point of infraction. A field player may slide to play a ball if an opposing player is not in a challenging radius.

**5 GOAL ADVANTAGE RULE:**

When a team is ahead by 5 or more goals, the opposing team may put an extra player on the field. The extra player may remain on the field until the game is tied.

**CAUTIONS:**

A blue card shall be a 2 minute releasable penalty. A Yellow card shall be a 3 minute releasable penalty. A red card is an ejection for the player and that team plays one player short for 5 minutes non-releasable.

**RED CARDS:**

The red carded player must sit for the remainder of the game and will be suspended for a minimum of one game. Each Red Card will be reviewed by the CNY Indoor Soccer Referee Association & CNYFSC Management to determine whether the penalty deems longer than a one game suspension. The Coach or Manager will be responsible for reporting the players name to the referee and CNYFSC Management.

**EQUIPMENT:**

All players must wear shin guards at all time on the field and they must be fully covered for the safety of the other players. The only shoes allowed are Turfs or Flats. Cleats shall not be allowed. Hard plastic or metal jewelry shall not be worn during the game under any circumstances. Players with hard casts are not permitted to play unless determined safe and granted permission by the referee.

**SUBSTITUTIONS:**

Substitutions for field players and goalkeepers may be made at anytime during the game on an unlimited basis. The substitute player may not enter the field of play until the player being substituted for is within the dashboard and substitution line at his or her own Team Bench area or off the field of play before the substitution is made.

**NUMBER OF PLAYERS:**

AGE GROUP	U6-U8 Small Field	U8 – U11	U11/U12 Developmental	U12 and Up
# of Players	4 plus a GK	6 field players plus a GK		5 plus a GK

**COACHES:** All teams must have a coach, over the age of 21 on the bench at all times.

**ADMINISTRATION RULES:** All teams must be paid in full by before the 3<sup>rd</sup> game; Referees will hold games until paid; Team managers will be held responsible if not paid; All rosters are to be turned in at 1<sup>st</sup> game; Changes can be made up until 3<sup>rd</sup> game; Rosters require signature by all players; Players can only play for 1 team per division; All Youth teams U6-U19 must have an Adult on the bench.