



Tea Parks & Rec. Youth Indoor Soccer Rules & Gameplay

Number of Players

Pre-K-4th Gr. Divisions will have 4 field players (no goalies)

5th-6th Gr. Division will have 4 field players (no goalies)

Duration of Game

Pre-K & Kindergarten will have a 12-minute practice, followed by 2 – 12-minute halves (3-minute halftime).

1st-4th Grade will have a 15-minute practice, followed by 2 – 15-minute halves (3-minute halftime).

5th-6th Grade will have a 20-minute practice, followed by 2 – 20 minute halve (3-minute halftime).

Equipment: ONLY non-marking gym shoes during INDOOR soccer. {NO CLEATS in the GYM}.

Shin Guards are Required!

- All Divisions will use the same soccer ball, provided by Tea Parks & Rec. Soccer balls must be returned after practice and games.

Uniforms: We do not have team T-shirts for youth indoor soccer. The Home Team will wear Black or Navy and Away Team will wear white or grey.

Example on SportsEngine:

Pre-K Girls Navy (Away Team – Grey/White) **at** Pre-K Girls Gold (Home Team – Black/Navy).

Kick-Off Procedures: At the start of the game, coaches may either decide which team begins with the ball or select a team captain to determine possession through a game of rock-paper-scissors. In the second half, the team that did not start with the ball will have possessions. Teams will switch ends of the court at halftime. A kick-off will also occur after every goal scored. (Example on page 3).

Scoring (1st-4th Gr.): **Players must be past the half court line to shoot at the goal.**

Goals will not count if they're shot before they're past the half court line. Indoor soccer has small courts with no goalies and our goal for this program is to help with passing and moving without the ball.

Penalties: All penalties & fouls will be **indirect kicks**. **NO SLIDING IN INDOOR SOCCER!**

When an indirect kick is awarded, it is taken from the spot where the foul was committed. The player taking the kick cannot touch the ball again until it has touched another player-- and if the indirect kick goes into the goal before touching another player, a goal kick is awarded

- Opponents must be 5 yards away from the ball when the indirect kick occurs.



Substitutions: Pre-K-2nd Grade is recommended to make substitutions during stoppages, you can also do this as well for 3rd-6th Grade too. 3rd-6th Grade can make substitutions that occur on “the fly” provided the player leaving the field and the player entering the field do not participate in play or seek to gain an advantage while they are simultaneously on the field of play.

Goal Area: We recommend trying to communicate with players not to crowd the goal area. I understand this can be more difficult for the younger ages but just try your best to communicate that with the participants.

Goal Kicks: If a goal kick occurs then the defense players must be at the half court line until the ball is kicked in by the offensive team, except for 5th-6th Grade (Example on page 3).

Ball In and Out of Play: The ball is out of play only when it hits the ceiling, when a goal is scored, goes into the stand, goes through the curtain gaps, or when the coach stops play. The ball is in play at all other times, including when it rebounds from the coach, perimeter wall, goal post or fixture inside the gym.

Into the Stands: If the ball is kicked by the offense and goes into the stands, then there will be a goal kick. If the defense kicks into the stands then we will do a corner kick (same as outdoor soccer). The other goal will have a wall behind it, and if it goes off the wall it’s still in play.

Curtain Gaps: The curtains are not the full width of the gym, so there are gaps on each end of the courts. We play by the same out of bound rules as outdoor soccer if the soccer ball gets through those gaps.

- There may be instances where the ball from another court goes into your court. Please feel free to stop the game if you believe this is a safety issue or it disrupts your game. If you must stop the game for this situation the team that has possession can do an indirect kick.

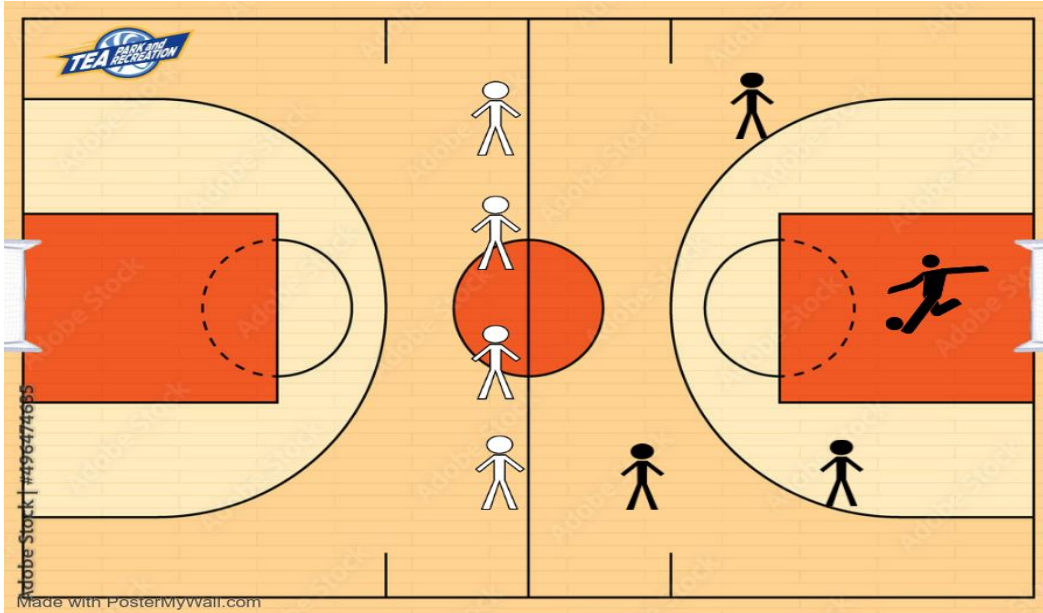
- An Indirect Kick in this case would be the team that last had possession would place where the ball was at when you stopped playing. A player must pass it to another teammate before they can score a goal. Have the defense plays be a minimum of 5 feet away from the player kicking the ball.

Extra Player: If a team is behind by 5 goals or more they may add an additional player until the goal differential is less than 5. If a team is ahead by 10 or more goals, another player can be added at the youth level (3rd-6th Grade) by the lower scoring team at the coach’s discretion. -
- The supervisor won’t be keeping track of the score since we have 3 games playing a time, but if a coach keeps track then you can do this.



Goal Kick Example (In orange – free throw area is the goal kick area):

- Goal kicks will occur if the offense/attacking team does any of the following on their opponent's side:
 1. Kicks the ball into the bleachers.
 2. Kicks the ball causing it to become stuck in the net.
 3. Kicks the ball and it goes out of bounds (curtain gaps).



Kick Off Procedures – Players must pass on kick offs, no direct kicks at goal.

1. Kick Off occurs to start 1st & 2nd half of games
2. Kick Off occurs when a goal is scored
3. Make sure the defense team is about 5 yards back from the offensive/attack team. Once the ball is kicked then the defense team can go attack the ball.

