

SASA Indoor Soccer Rules

Players/Rosters: A player **must** be on the submitted roster to the SASA Recreational Director in order to play. Should a non-roster player be used, the game will be **forfeit**.

- **U6-U8** (Ages 4-7) will play with 4 field players and a goalkeeper.
 - Minimum of 3 field players and a goalkeeper to start.
- **U10-U14** (Ages 8-13) will play with 6 field players and a goalkeeper.
 - Minimum of 5 field players and a goalkeeper to start.

Uniform/Equipment: Each team's shirt must be of similar color.

- Any shorts, or pants can be worn.
- Shin guards are MANDATORY.
- Tennis shoes or indoor shoes can be worn - **NO spikes/cleats**- if spikes or cleats are worn players will not be allowed to play,
- No jewelry, watches, etc allowed.
- Goalies must be in a different color shirt than the rest of the team and the opposing team.

The Ball/Size: The team listed first in the schedule will provide the game ball.

- **Ages 3-7 (U6 & U8):** will play with a size **3** soccer ball.
- **Ages 8-11 (U10 & U12):** will play with a size **4** soccer ball.
- **Ages 12-14 (U14):** will play with a size **5** soccer ball.

Game Duration / Start or Play:

- U6-U8 will play (2) 12 minute halves
 - Team listed first will kickoff
- U10-U14 will play (2) - 18 minute halves
 - Team listed first will kickoff

Substitutions: All divisions have unlimited substitutions.

- U6-U8 substitutions are at the discretion of the coach.
- U10-U14 substitutions must be within 3ft of the teams' bench.
- U10-U14 goalie substitutions may be done on a stoppage on the referees behalf once being notified.

Referees: All games will have a referee.

Ball In/Out of Play:

- U6-U8
 - The ball is out of play when it crosses over the end/side lines.
 - To score, ALL of the ball must cross ALL of the goal line.
- U10-U14
 - The ball is out of play when it crosses over the wall, hits the side netting, or hits the ceiling.
 - The direct kick restart is taken near the wall, or at the point of contact where the ball went out of bounds.
 - To score, ALL of the ball must cross ALL of the goal line.

Fouls/Penalties (U6-U14): All misconduct will be at the referees discretion.

- Extensive fouls may result in a 2-minute suspension or game(s) suspension.
- **HEADING:** ONLY those in the U14 division can head the ball. Direct kick awarded in violation.

Additional Rules for U10-U14 leagues

Goalkeeper Restrictions

- No punts are allowed - only throw-ins or kick-ins (ball must be stopped). ○
 Violation: a direct free kick will be awarded to the opposing team.
- Once the goalkeeper puts the ball into play (by throwing or kicking), another player must make contact before the goalkeeper may pick it up again.
 - **Violation:** a direct free kick will be awarded to the opposing team.
- The goalkeeper may not pick up the ball if their teammate purposely plays the ball back to them.
 - They may kick it, but they may not pick it up.
 - **Violation:** a penalty kick will be awarded,

Goal Kicks:

- If the ball hits the net behind the goal, last touch by the attacking team, the goalie will simply retrieve the ball and put it into play immediately within the penalty area. ○ No goal kicks will be taken.

Corner Kicks:

- If the ball hits the net behind the goal area, last touched by the defending team, a corner kick is awarded.
- Corner kicks are taken near the corners of the facility where the ball went out of play. ● A goal may be scored off of a corner kick.

Free/Penalty Kicks:

- All free kicks are direct free kicks - one may score off of this.
 - Opposing team must provide 10 ft from the point of the foul.
- A penalty kick will be awarded if a player from the defending team commits a foul in the penalty area.

Three-Line Rule:

- No kick (by any player/goalkeeper) may cross over all three white lines (in the air), unless touched by another player (opposing/defending team), or making contact with the wall.
- **Violation:** a direct free kick for the opposing team will be awarded at the first white line.

Heading:

- ONLY those in the U14 division are allowed to head the ball.
 - **Violation:** a direct free kick will be awarded to the opposing team.