

PUYALLUP PARKS & RECREATION

YOUTH INDOOR SOCCER RULES

GOALS OF THE PROGRAM

This is an instructional indoor soccer league designed to teach the basic skills of soccer and to provide the participants the opportunity to have fun.

AREA OF PLAY

The area of play is the entire playing surface of the gym floor. Thus, unlike outdoor soccer, you will rarely see a throw-in, corner or goal kick. Play is stopped only when the ball goes into the crowd or gets stuck in the netting behind the goal and for fouls being penalized.

DURATION OF THE GAME

Two twenty minute periods, running clock (except for time outs or injury).

PLAYERS

A team shall consist of not more than six players, two offensive forwards, one offensive center, two defenders and one goalkeeper. All positions, with exception of the center, must play in their designated half of the court. The center position may play on both halves of the court. A team may not start a game with fewer than five players.

Substitutes may enter the court at any time, providing that the player who is leaving the game has left the playing area first. **Each player must play a minimum of one half or an equivalent of twenty minutes.**

Goalkeepers are the only players permitted to touch the ball with their hands and they may do so within their own penalty area.

Coaches will be allowed on the court to assist and instruct.

INJURY

The primary function of the referee should be to protect the players. The referee will immediately stop play in the event of an injury. In the case of an injury, play shall be restarted with a drop ball. Time shall be stopped for an injury.

PLAYERS EQUIPMENT

The player's uniform will consist of a colored shirt and sweats or shorts. Players should wear only NON-Marking tennis shoes. Shin guards are recommended. **NO CLEATS!!!**

SCORING

A goal is scored when the entire ball passes over the goal line. For each goal that is scored, one point is awarded to the scoring team. There will be no official score and no league standings will be kept.

FOULS

Personal fouls – Penalty: Indirect free kick

1. Pushing – either with the hands, arms, legs or hips
2. Tripping – no obvious intent to play the ball
3. Striking – either with hands or legs
4. Kicking – or attempting to kick at an opponent
5. Holding – with either hands, legs etc
6. Hand Ball – referee must judge if it was accidental (instinctive) or deliberate
7. Jumping at an opponent
8. Charge

Any kicked or thrown ball may not go any higher than twelve feet. PENALTY: Indirect free kick for opposite team, from point where ball was kicked or thrown. Any ball which hits the bottom or any part of either of the backboards is dead and the ball is awarded to the opposing team.

Team Fouls – Penalty: Indirect free kick

1. Obstruction
2. Dangerous Play – high kicking
3. Goalkeeper possession exceeding five seconds
4. Ball height over twelve feet
5. Ball thrown by goalkeeper over midfield line, without bouncing first on his/her half of the court
6. Misconduct
7. Illegal substitution

PENALTY KICK

A penalty kick (direct kick) shall result if any of the team or personal fouls result inside the penalty area. The kick is a one-on-one situation taken twelve feet (foul line) away from the goal line.

During the taking of a penalty kick the player taking the kick may take only two steps to kick the ball.

Penalty area: Basketball key area in front of the goal.

GOALKEEPING RESTRICTIONS: Penalty: - Indirect Free Kick

1. Goalie throw must hit the floor, side walls or player on his/her half of court before entering the opponent half of the court. The goalie throw has to be made under hand
2. Goalkeepers have five seconds to distribute the ball after recovering from a save.

START OF PLAY

The home team will start the game with a free kick. Every player should be in his/her own half of the court until the center plays the ball. The centers shall not touch the ball a second time until it has been touched by another player.

After a goal has been scored, the games shall be restarted in a like manner.

DROPPED BALL

A dropped ball is a method of restarting play after a stoppage has occurred and the rules of soccer do not have an exact method of restarting play.

The ball shall be dropped between two players from opposing teams. The ball is then played when it touches the ground. A goal can be scored directly from a dropped ball.

Reasons for a drop ball:

- Injury
- Unidentified out of bounds play
- Caution or ejection
- Damaged or broken equipment
- Temporary suspension of play

PUYALLUP PARKS & RECREATION INDOOR SOCCER – PRACTICE GUIDELINES

THINGS TO DO AS COACH

- Learn the players names as soon as possible
- Check to make sure your players wear tennis shoes or rubber sole (non-marking) shoes
- Review basic rules, fouls, penalties and positions with your players
- Warm up your players with some stretching and easy running. Relays can be used to warm up the players

PHILOSOPHY OF SPORTSMANSHIP

- Winning isn't everything
- Doing your best is important
- Respect your opponent
- Respect the coach, referee, and rules
- **MOST IMPORTANT – HAVE FUN!!!!**

As coach: Set a good example with good sportsmanship and leadership

DRILLS

- **Kicking: (Groups of 3 to 5 players)**
Form a circle, give each circle a ball and have them practice controlling their kicks by kicking the ball to other players in their circle. Demonstrate by kicking with your instep and then have each player step back and try a few kicks. Have players practice kicks with both feet.
- **Passing: (Groups of 3 to 5 players)**
Form a circle and have players pass the ball in clockwise and counter clockwise direction.

Form two parallel lines and have the first two players jog toward the other end of the gym passing the ball back and forth – increase the distance between players as players skills improve.
- **Dribbling:**
Set up a slalom course using cones, chairs, etc and have players weave in and out while dribbling the ball.

Dribble Tag w/ ball (Freeze tag)
- **Shooting:**
Have players shoot from different distances and angles at the goal.

Have each player receive a pass, trap the ball and then shoot at the goal.
- **Goal Keeping:**
Have players take turns protecting the goal – face the ball, bend at the waist, hands close together, eyes on the ball, step toward the ball, drop to one knee if possible, keep elbows in.
- **Scrimmage:**
Some type of scrimmage should be held at the end of a practice so players can practice the skills they have learned and prepare for game type play.