



Indoor Soccer League Rules (5v5 Format)

1. Game Format

- Team Size: 5 players (4 field players + 1 goalkeeper).
- Minimum to Start: 4 players are required to begin or continue a match.
- Halves: Two 22-minute halves with a short halftime break (1- minute).
- Clock: Running clock; only stopped for injuries or at referee's discretion.
- Restarts: All restarts are indirect except penalty kicks.

2. Player Equipment

- Uniform Colors:
 - Home Team: Blue or alternate dark jersey.
 - Away Team: White or alternate light jersey.
- Footwear: Flat indoor shoes only — no cleats allowed.
- Shin Guards: Strongly recommended for all players.
- Jewelry: No jewelry or watches permitted during play.

3. Field & Ball Play

- Walls & Netting: If the ball hits the netting, play restarts from a kick-in placed within two feet of the wall nearest to where it struck the net.
- No Offsides: Offside rules do not apply in 5v5 indoor play.
- Ball Size: Size 4 ball (U4-10) and size 5 (U11-adult)

4. Scoring

- Goal Value: All goals are worth one point.
- Scoring Area: Goals may be scored from anywhere in play unless otherwise restricted by facility layout.

5. Free Kicks & Penalties

- Indirect Kicks: All free kicks are indirect, except for penalty kicks.
- Defensive Distance: Defenders must stand five yards away from the ball on all free kicks.

- Penalty Kicks: Taken from the designated penalty mark with only the goalkeeper defending.

6. Goalkeeper Rules

- Goalkeepers may use hands only within their marked penalty area.
- Goalkeepers must distribute the ball within five seconds of gaining control.
- No punts or drop kicks allowed (roll, throw, or place kick only).

7. Conduct & Sportsmanship

- Language & Behavior: No spitting, foul, or abusive language tolerated.
- Discipline: Yellow and red cards may be issued for misconduct, dangerous play, or unsportsmanlike behavior.
- Ejections: Players receiving a red card must leave the playing area immediately and may face further suspension.

8. Substitutions

- Unlimited “on-the-fly” substitutions allowed, provided the exiting player is completely off the field before the new player enters.

9. Referees & Decisions

- All referee decisions are final.

10. League Administration

- Teams are expected to arrive 10 minutes before kickoff and be ready to begin immediately as soon as the previous game is over.
- Forfeits occur if a team fails to have four players present within two minutes of scheduled start time.
- League officials reserve the right to modify rules to ensure safety and fairness.