

TCSA Indoor League Rules

Revised Oct 2026



House Rules – No Exceptions will be made and No Warnings will be given.

- Turf shoes, rubber molded cleats, or gym shoes are allowed. No screw-in, spike or metal cleats.
- No slide tackling. Dangerous or reckless slide tackles will be an automatic red card (i.e. scissor-type tackle or cleats up slide).
- Shin guards must be worn at all times.
- Only rostered players and coaches are allowed in the bench area. No children, other family members, or friends are allowed.
- No Spitting on the field.
- All garbage must be removed from bench areas and placed in the proper receptacles.

Player & Coach Rules

- Show respect to all participants and staff. Show respect for equipment, supplies, and the facility.
- Have fun playing the game.
- Refrain from using foul language.
- Fighting or instigating a fight will not be tolerated. All situations will be reviewed by the referees and Sportsplex/TCSA staff. Suspensions will be issued if deemed necessary.
- No smoking or alcohol consumption is allowed on St Charles Park District Property.
- Absolutely NO CASTS or splints, even if covered in padding. Soft wrap or sleeve type bandages are allowed. Final discretion is up to the referee.
- No earrings, necklaces, or other jewelry are permitted to be worn during play, even if covered by a bandage or tape.
- Players are permitted to wear any type of corrective eyeglasses necessary. They are not required to have sports safety goggles.

League Rules

- Ball Sizes
 - o U5/U6 – Size 3
 - o U7/U8, U9/U10, U12 – Size 4
 - o U14 – Size 5
- Players on Field
 - o U5/U6 - 5v5 (NO Goalkeeper), minimum 4 players to start

- o U7/U8, U9/U10, U12 - 7v7 (6 field and 1 Goalkeeper), minimum 5 players to start
 - o U14 - 6v6 (5 field and 1 Goalkeeper), minimum 4 players to start
- All players must be in their uniform jersey or same color shirt. Goalkeeper may wear another shirt or a pinnie to differentiate between both their own players and the other team.
- Game Times
 - o U5/U6 - 35 minutes running clock, no halftime.
 - o All other ages - 40 minutes running clock, no halftime
 - o There are 5 minutes between games, so teams must exit and enter the field quickly when the game ends. Clock will begin at the scheduled game time, even if teams are not prepared to take the field.
- Out of Bounds
 - o Large Field - when ball crosses the outside lines
 - o Boarded Field - when ball touches the net above the boards
 - o Restart with a kick in from the spot where the ball left the field of play
 - o Ceilings - ball will be placed on 1 of the 3 lines closest to where it touched the ceiling net
 - o Ball kicked out of bounds from inside Penalty Area - placed at the top of the circle
- FIFA Laws / Fouls
 - o All fouls are the same as the FIFA Laws of the Game - EXCEPT NO SLIDE TACKLING!
 - o Free kicks will be awarded as determined by the FIFA laws
 - o Fouls which occur in the penalty area will result in direct penalty shots
- Restarts
 - o ON ALL KICKS - defensive team must yield 5 yards immediately, without being asked by either the kicking team or the referee; kicks must be taken within 5 seconds of placing the ball
 - o Kick Offs - direct kick from center circle
 - o Kick Ins - indirect kick from spot nearest where the ball left the field of play
 - o Corner Kicks - direct kick taken from either the corner of the lines (large field) or the printed circle (boarded field)
 - o Goal Kicks - direct kick taken from anywhere inside the box in front of the goal
 - o Intentional Header - for ALL DIVISIONS except U14; ball placed at spot of the header and indirect kick is awarded; if header happens in penalty area, ball is placed at the top of the arc
 - o Illegal Ball Handling by the Goalkeeper - indirect free kick at the top of the arc
- Cards
 - o Red Cards - automatic ejection for the rest of the game and the next game as well; player must leave the field and premises with Sportsplex staff
 - o Blue/Yellow Cards - blue cards are not used in the TCSA rec indoor league; players who commit cautionable offenses should be shown a yellow card
 - If a player receives a yellow card, they need to exit the field of play (sit on the bench) for a period of 2 minutes. No player may be substituted for the player receiving the 2 minute penalty and that team will 'play down' for that time period.
- Substitutions
 - o All substitutions are On the Fly

- o Incoming players must substitute at the same place as the outgoing player is leaving the field
 - o Incoming players may not participate in play until the outgoing player has left the field of play
 - o Boarded Field – players must use the bench doors, not go over the wall
- Punting
 - o U12 & U14 divisions ONLY may punt the ball
 - o U5/U6, U7/U8, and U9/U10 MAY NOT punt the ball
- 3 Line Rule
 - o Violation occurs when the ball is played from a player's defensive zone and crosses all 3 lines completely in the air before touching another player, the referee, the field of play, or any walls
 - Exception is a Goalkeeper THROWING the ball over 3 lines, this is allowed
 - o Direct free kick will be awarded to opposing team from the line nearest to where it was initially played
 - o Applies to U12 and U14 divisions ONLY