



Indoor Soccer Rules

Dear Captain,

Congratulations on nominating your team with Mackay Indoor Sports Arena. The staff and management wish you luck for the season, and hope that all your games are played in a positive, sportsmanlike manner. As a Captain, you are the link between the players and the stadium. The following notes will give you an understanding of our policies and will assist in a trouble free season.

The Game

- a) 4 x 10 minute quarters, 1 minute interval
- b) The game shall be started or restarted from the centre circle. The ball must travel 1 m forward.
- c) No player is allowed to move forward until the ball has been kicked.
- d) The ball from kick off is not allowed to touch the net unless touched by another player. A goal may be scored directly from the kick off.
- e) Ball is in play until referee blows the whistle to stop play.
- f) "Goalies" area designated at end of each court. Only the goalie may use hands to handle ball in the goal circle only.
- g) You may enter your own team's goal area but may not enter your opposition goal area.
- h) "Goalies" **MUST NOT** leave his defensive third.
- i) This play includes a striker who is completing a shot inside the area. If scored, the goal will not count and an indirect penalty awarded.
- j) No attacking player may enter the goal area after scoring a goal.
- k) Goal keepers can be interchanged as per field subs. Referee must be informed.
- l) After each score, the ball is returned to the centre and must be put back into play by kicking the ball forward **1 meter**.

Team Size

The team consists of 5 players on the court plus 3 interchange players.

Mixed teams must have 2 females on the court at all times. (Not including goalie)

Teams must have four players to start.

Teams can have a maximum of 8 players for any one game.

Scoring

- When the ball passes over the goal line, and through the face of the goal, it is deemed to have scored. This is determined by the referee.
- Any field player may score from any field position as long as the goal area rules are not broken. Goalkeepers CAN score.

Penalties

- a) It is the prime responsibility of the players and the referee to ensure that physical contact is kept to a minimum.
- b) If a foul is committed, the referee will award a free kick.



- c) All players must be at least 2 metres away from the ball when the penalty is kicked, apart from the player taking the kick, and his team.
- d) No player other than the “goalie” within his area may touch the ball purposely with his hand or arms. (Direct Kick)
- e) The goalkeeper may not go outside his/her defensive third. (Indirect Kick)
- f) Players may NOT HEAD the ball AT ALL.
- g) **No tackling from behind.** NO slide tackles, No shoulder charging/barging or pinning a player into the net (Indirect Kick)
- h) Players in control of the ball may only be contested by front or side on tackles.
- i) No kicking the ball while on ground, players must be in standing position (Indirect Kick)
- j) Penalties are to be taken from where the penalty occurs.
- k) No player is allowed to deliberately hang onto or push off the net.
- l) Goalkeepers can’t throw over hand/arm or drop-kick ball otherwise ball returns to the centre circle. (Ball to be placed on court & kicked, indirect)
- m) Goalies also can’t throw ball over half way; the ball automatically goes to the centre circle. (Ball placed on court & kicked, indirect)
- n) Points penalties apply at discretion of umpire from – 1 per infringement;
 - For each uniform discrepancy (up to 3 players in which equals 3 goals)
 - Swearing, abusive language/behavior
- o) Any free kick for infringement of the goalies area is to be taken 2 meter’s out from the goalies circle, in a direct line back from the point of infringement. (Indirect Kick)
- p) From a free kick , the ball must move at least 30cm before being in play, and all players other than the kicker and his team must be at least 2 metres from the ball at the time of being kicked.
- q) In addition to the above penalties, the referee may send a player to the “sin bin” for 2 minutes.
- r) Card system: -
 - 1 Yellow card = warning
 - 1 Blue card = 2 minutes in sin bin
 - 1 Red card = 1 game suspension and off for rest of the game that night.
- s) If the goalkeeper has his arms outside the goal area whilst handling the ball, it is classed as a hand ball.
- t) Once the goalie has control, he has five seconds to get rid of the ball. (Centre circle)
- u) Once the ball leaves the area it cannot be taken back into the goal area by any player until it has traveled over the third line or been touched by an oppositions player. (Penalty will be free kick 2 meters from top of goalie area, Indirect Kick)
- v) No balls are to hit the top net if this occurs an indirect free kick will be given to the opposing team at the point of contact with top net. Except if the goalie kicks the ball from inside the goal circle, the ball will be placed on the half way line and an indirect kick to be taken by the non offending side.
- w) No leg above the waist height (Deemed to be dangerous play, in the umpires’ opinion, Direct Kick.)

Drop ball

When in the judgement of the referee, the ball cannot be advanced by either team, he may declare a drop ball, and award a drop ball between 2 opposing players. The drop ball will take place within 2 meters of the dead ball situation.



Substitution

Unlimited interchange applies. Teams may only make substitutions after a goal has been scored, or at ¼ time, half time, ¾ time or because of injury.

Player Grading

- a) Once a player has played 4 games in a season for a team, he is a “registered” player in that team.
- b) A player may not become registered for more than one team in one grade, ie. the team a player plays his/her first 4 games for is that players registered team.
- c) A player may fill in for another team in the same grade, however that team shall have to forfeit and pay game fees.

Qualifications

Players must have played 4 games to qualify. (Byes and forfeits count as long as the player has played before the bye or forfeit.)

General hints-players & refs

1. No shoulder charging/barging.
2. Penalty goals may be awarded if the referee determines a deliberate foul stop what would have been a certain goal.
3. “Play-on” to be called when
 - a) Goalie fends a shot high,
 - b) When the ball is accidentally played high, ie. 2 players kick ball simultaneously or ball ricocheting off defender the umpire should call a drop ball if the umpire can’t decide on who had the ball
 - c) Umpires to use discretion when the ball in play hits them. (Eg. Drop ball or play on)
4. No advantage to be played other than above. Fewer complications if penalties imposed immediately.
5. Only the Captains have the right to approach umpires (if a player wishes to please take your Captain)
6. Players who are sent off or sin binned can not be replaced.

FORFEITS

Any team forfeiting will be required to pay full match fees for both teams prior to taking the field for their fixture, as well losing 8 points. **If 48 hours notice is not given.** A second offence will result in the team being removed from the competition.