



Indoor Soccer Rules

Field size

- The field of play is 178' x 80' with goals 6' high and 12' wide
- The field of play for toddlers and u6 is 42' x 74' with goals 3' x 4'

Age Groups

Age group will be based on birth year

- U6- changes each year
- U8- changes each year
- U10- changes each year
- U12- changes each year
- U14- changes each year
- High School will be anyone in grades 9 through 12
- Adult is coed only and will be anyone 18 years of age or older

Time Keeping

- U8-Adult will have two 22-minute halves with a 1-minute half time
- The game clock will only stop in case of an injury
- All games must begin on time; however, a 5-minute time period will be given if any team does not show up with the minimum number of players.
- There is no guaranteed warm up time for any league.

High School

- High school will be 6v6
- There must be at least 2 girls on the field at all times

Rosters

- Only coaches and players on the roster will be allowed on the bench
- Players can be placed on a maximum of 2 teams' rosters
- A team that does not have enough players to begin the game may pick up players if they are already registered to play at MOSC
- Rosters of up to 15 players must be submitted before the session begins
- If a team plays a player that isn't already registered on a team, that team will be subject to forfeit

Coed rules:

- **3 girls** on the field **at all times** for boys vs coed, coed vs coed, or coed vs girls.
- **2 girls** on the field **at all times** for high school.
- Girls teams will never play boys teams. (unless approved)
- Adult and High school are **coed only**



Equipment

- It is the Coach/Guardian/Team manager to ensure that all players are wearing the proper equipment
- Leagues U6-High School must wear shin guards
- Goalies jersey cannot match any players jersey on the field
- All players must have the same color shirt on the team
- Ball size
 - Toddler- U8 will use a No. 3 ball
 - U10-U12 will use a No. 4 ball
 - U14-Adult will use a No. 5 ball
- Absolutely no metal cleats are allowed in the facility
- Molded cleats, turf shoes, and sneakers are allowed
- No jewelry is to be worn while participating in any game
- All cast and braces must be wrapped with proper protection in order to play

Starting the Game

- The home team will take the kick-off to start the game
- All kickoffs will be indirect
- Kickoffs may go forward or backward

Method of Scoring

- A goal is counted when the whole ball crosses over the goal line
- A ball that is struck from beyond the two-point line and enters the goal will count as 2 points
- Adult coed/ High School- A FEMALE MUST TOUCH THE BALL ON THE OFFENSIVE HALF BEFORE SCORING. TEAMS WILL KEEP THAT TOUCH UNTILL THE BALL CROSSES THE HALF LINE ONTO THE DEFENSIVE HALF

Free Kicks

- There is no offside rule in effect for indoor soccer
- No slide tackling in any league
 - Keepers making a save may slide
- All free kicks will be direct except for the kickoff
- If a free kick is awarded inside the goalie area the kick will be taken from the top of the goalie box in the center of the line
- All players must be at least 7 yards away from free kick
- Any ball that hits, touches, or moves the net above the wall will be out of play and restarted with a free kick
- All kicks must be taken 1 yard away from the walls



- No player that is down may attempt to play a live ball, if so, a free kick will be awarded to the other team

3-line pass

- Any pass, kick, or shot that crosses both two-point lines and the centerline in the air without touching another player will be deemed a three-line pass resulting in a free kick

Substitutions

- All substitutions will happen on the fly
- Play will be delayed for
 - Injury
 - Substitutions after a goal

Keepers

- If a team gains possession of the ball in their defensive half the ball can be played back to the keeper's hands, however once it leaves their half the ball can no longer be played back to the keeper's hands
- Keepers can bring the ball back into the goalie box and pick the ball up as long as the ball has not left the defensive half

Officials Responsibilities

Officials fees are not included in the league fee. Each team is responsible for paying the official.

The Officials authority begins when they enter the field of play.

- Enforce the rules of the game
- Suspend any game for the blatant and obvious infringements of the rules
- Stop play for serious injuries
- Treat players, coaches, and managers with respect
- Enforcing Facility Conduct
- The Official will make mistakes just as all the players
- Continuous dissent will be cause for ejection from the game
- MOSC is NOT responsible for any referee decision/discretion
- Once a referee makes a call, it is final, it will not be changed

Yellow Card

- Offenses warranting a yellow card are as follows:
 - Unsporting behavior
 - Dissent
 - Multiple Fouls
 - Delaying the game
 - Foul language



- Any player receiving a yellow card must immediately be taken off the field, including the goalkeeper for 2 minutes. The team must play down a player for 2 minutes
- 2 yellow cards on the same player results in a red card

Red Card

- Any player or Coach receiving a Red Card must leave the facility and may not return until suspension has been served
- Suspension will consist of sitting out your next game
- Offenses warranting a Red Card are as follows:
 - Serious fouls play including but not limited to:
 - Violent tackling
 - Tackles from behind with no intention to play the ball
 - Cursing at ref
 - Denying the opposing team, a goal or clear goal scoring opportunity by deliberately handling the ball or committing an offense that would warrant a free kick or penalty
 - Receiving a second yellow card
 - Spectators must act appropriately towards the referee at all times, no taunting/questioning the referee over a call

Red Card warranting extended suspension:

- **Violent conduct** including but not limited to:
 - Fighting
 - Provoking a fight
 - Striking and opponent
 - Spitting at or on an opponent, official, coach, or spectator
 - Cursing at refs, players, or spectators
- All will be reviewed by management to determine suspension or eligibility for future leagues.

Adult Coed

- Adult is coed only
- All coed teams must have 3 girls on the field during a 7v7 league
- If only 2 females are present, then only 4 males can be on the field
- All free kicks in the offensive side of the field must be taken by a female
- A female goalie counts as 1 female on the field

U6 League

- Play 4 8-minute quarters.
- U6 6v6 league will play half field with 6x12 goals and goalies