

## **NVSC Indoor League Rules**

The following rule modifications have been made for the indoor league and apply to all age groups. NVSC club policies are applicable for this league (e.g. Sportsmanship, Spectators, Use of unregistered players, Referee).

### **General**

No player equipment check prior to game – the coach is responsible to ensure players have appropriate equipment.

There is no offside.

Goalkeeper may not punt the ball; they must distribute the ball by hand.

There is no Goal Kick restart for any age group (Goalkeeper Distribution or Free Kick depending on age group).

There is no half time break. Substitutions are unlimited and may be made at any time during play or stoppage in accordance with the substitution rule.

No cleats are allowed – only indoor footwear or turf shoes.

### **Sportsmanship**

If the goal differential is more than 4 goals, the leading coach must adjust to limit goal disparity (pull players, change positions, etc.). It is NVSC policy that the leading coach has the responsibility to make adjustments to help prevent the differential from increasing. Referees should remind the coach of this policy anytime the goal differential becomes +5 and each time it increases above 5.

It is an NVSC policy that coaches must avoid running up the score. Violations of this policy may be viewed as not keeping with the spirit of the game and considered unsporting behavior. Penalties to a coach for disregard or repeated violations to this rule include, but are not limited to, suspension from the next match or dismissal as a coach.

### **Rule 1 - The Field Of Play**

The indoor field is 135' x 55' (feet). The penalty area is 20'x15' (feet). The Free Kick Mark is 18' (feet) from the Goal line (outside the penalty area).

### **Rule 2 - The Ball**

All age groups will use the same size indoor futsal ball. The ball will be provided by the indoor facility.

### **Rule 3 - The Players**

Number of Players:

For U8 and U10 the minimum and maximum are no fewer than 5 or more than 7, including a Goalkeeper (U8 will not play with a Goalkeeper).

For U12 – U19 the minimum and maximum are no fewer than 4 or more than 6, including a Goalkeeper.

**Substitutions:** Each team may substitute players freely; provided that the players must substitute off the field of play in the area of their Team Bench. The substitute may not enter the field of play until the substituted player has left the field of play. An incorrect substitution that results in interference with a player from the opposing team is considered unsporting. A Free Kick will be awarded to the opposing team. Repeated violations may result in a player caution.

**Goalkeeper Substitution:** Any teammate may change places with the Goalkeeper at any time as per substitution procedures, provided that the substitute Goalkeeper wears a jersey or pennie that distinguishes the Goalkeeper from the other players.

**Team Bench:** Both teams will occupy the same Touch line. Coaches and players will remain on their half of the field between the Halfway line and the Penalty Area. The Home team has the choice of side and will be listed first on the schedule. For expediency the Home team will defend the goal on the half of the field they occupy and the Visiting team will have Kickoff for the first half.

#### **Rule 4 - The Players' Equipment**

Due to the time constraints on each game, the Referee will not perform an equipment check prior to the start of the game. The coach or designated coach is responsible to ensure the players have the required equipment and to ensure they are not wearing any prohibited items (e.g. jewelry, watches, ear rings). If a player is observed by the Referee to be missing required equipment or has prohibited items, the player will be sent to the bench area to correct the equipment issue. The player may not reenter the field of play until the equipment issue has been corrected.

Players on the same team must wear the same color jersey (except for the Goalkeeper – they must wear a jersey color or pennie that distinguishes them from other players), shin guards are required and indoor footwear (indoor shoes or turf shoes, no cleats are allowed). Jewelry and other accessories are prohibited.

#### **Rule 5 - The Referee**

The decisions of the Referee regarding all aspects of play and interpretations of the Rules are final.

## **Rule 6 - The Duration of the Game**

The duration of all games will be 40 minutes (20 min halves). There is no halftime break. At the end of the first half, the teams will switch the half of the field they are defending (switching ends is not a halftime break). The restart is a Kickoff. If the teams are slow to switch ends, the Referee will start the clock and inform the coaches.

The Referee shall not stop the clock for any reason; no time will be added to the duration of any match. Should an injury occur, the clock will continue to run while the injured player is being treated. Should halftime be reached prior to resumption of play, the Referee will declare that time has expired and the teams will switch ends. The Referee shall start the clock for the second half whether or not the injured player has been removed from the field. When the injured player is removed, play shall resume for the amount of time remaining on the clock. If no time remains, the game shall be declared over and the results official.

## **Rule 7 - The Start and Restart of Play**

A Kickoff from the Center Mark starts play at the beginning of each Half and after every goal. The Visiting team shall take the Kickoff to start the First Half and the Home team takes the Kickoff to start the Second Half.

A team receives a Free Kick after stoppages other than when a Dropped Ball, Corner Kick or Goalkeeper Distribution is required. Before the team takes the Free Kick, the ball must be stationary. All opposing players are at least 15 feet from the spot of the Free Kick (if within 15 feet of the opponent's Goal, along the Goal line). The spot of the Free Kick is that provided above, except:

- a) Within Own Penalty Area: from any spot therein.
- b) Within Opponent's Penalty Area: at the Free Kick Mark (18 feet from Goal line).
- c) Kick-In: from the point on the Touch line nearest to where the ball crossed over the Touch line.

Goalkeeper Distribution is the restart from anywhere within the Penalty Area after an attacking player has last touched the ball before crossing the End line (instead of Goal Kick). The Goalkeeper has 6 seconds to distribute the ball out of the penalty area and may not play the ball again with hand or foot until it has been touched by another player. If a Goalkeeper punts the ball, a Free Kick will be awarded to the opposing team from the Halfway line. For U8 games the restart will be a Free Kick from any spot on the penalty area line.

Play restarts with a Corner Kick from a corner designated by the Referee after a defending player has last touched the ball before crossing the End line.

### **Rule 8 - The Ball In And Out Of Play**

The ball is out of play:

- a) When it has wholly crossed the Touch line or End line.
- b) When it has made contact with any part of the building superstructure, including overhead nets, above the field of play. For such contact, a Free Kick will be awarded to the opposing team from a spot on the Halfway line nearest to where the ball was last played.
- c) If the Goalkeeper punts the ball. A Free Kick will be awarded to the opposing team from a spot on the Halfway line nearest to where the ball was last played.
- d) When the game has been stopped by the Referee.

### **Rule 9 - The Method of Scoring**

A team scores a goal when the whole of the ball legally passes over the Goal line. A goal may be scored directly from a Kickoff or Restart.

### **Rule 10 - Fouls and Misconduct**

Follow FIFA rules of play for fouls and misconduct.

### **Rule 11 - Penalty Kick**

Penalty Kick:

- a) Any player may take the Penalty Kick;
- b) All players of the attacking team stand on or behind the Halfway line and outside of the Center Circle. Players of the defending team stand behind the Halfway line and inside of the Center Circle;
- c) The ball is placed at the Free Kick Mark;
- d) The Goalkeeper has both feet on his Goal line until the ball is in play;
- e) The player taking the Penalty Kick may not touch the ball again until after it touches another player.