

METRO INDOOR SPORTS INDOOR SOCCER

Playing Indoor Soccer

The Team

Teams consist of five (5) players, one of whom will be the goal-keeper, with no limit on substitutes. No team can start a match with less than four (4) players, one of whom must be the goal keeper.

The Game

The game is played in Four (4) quarters with a thirty (30) second break at quarter ($\frac{1}{4}$) and three-quarter ($\frac{3}{4}$) time and a sixty (60) second break at half ($\frac{1}{2}$) time.

Officials

Metro Indoor Sports shall provide the umpire, who shall control the game, operate the scoreboard and act as time keeper. The umpire's interpretation of the rules will be final and teams have no choice in umpires.

Uniforms/Bibs

All teams are required to acquire a bib prior to playing from the front counter. Only players with bibs will be allowed to enter the court by the umpire. If a team has acquired all the necessary bibs and wishes to wear a uniform they must first discuss this with the umpire.

Game Fees

It is the captain's responsibility to ensure that all team members have paid and have received their bibs and that any additional game fees are paid up before the game, otherwise the game cannot commence. The correct procedure for payment is for each player to come to the front counter, pay for their bib and get their name ticked off their team card. Only players participating in the game can have their name ticked off on the team card.

Competition points

The position of each team in the competition shall be determined by the accumulation of points awarded, based on the result of previous game within that season. The competition points shall be awarded as follows:

- 4 – Competition points for a win
- 2 – Competition points for a draw
- 1 – Competition point for each quarter won
 - If a quarter is drawn the winner of the next quarter shall receive the points from both quarters. In the case of the last quarter being a draw the winner of the previous quarter shall receive both points.

Team's Late On Courts

If a team does not have at least four (4) players on court, a penalty of one goal for every minute late shall apply. If eight (8) minutes have elapsed the game is then defaulted. This will result in a default fee (see default fees). If neither team has at least four (4) players the clock will still begin on time and it will be the discretion of the umpire to whether the game can commence.

Defaults and Default Fees

Teams wishing to default a game must get in contact with the centre at least 4 days prior to their game being played. Failing to do this will result in a default fee of the cost of your team. If the team does not give any notice and does not turn up to their scheduled game a fee of both teams costs will apply. If a team fails to arrive to their game more than once (1) it is at Metro Indoor Sports' discretion whether or not that team remains in the competition.

Finals

At the end of the competition there will be a finals series. To qualify for the finals each player must have played in at least one third ($\frac{1}{3}$) of the minor round games. Any drawn Finals, the higher qualifier will go through to the next round. Any drawn Grand Finals will play 2 minutes each way in full, if it is still drawn after that period a penalty shootout will apply. The five (5) players still on court (including the goalkeeper) will take part in the penalty shootout. All players will get one (1) penalty shot each in any order the team wish (except in mixed when the order will be boy, girl, boy, etc), if the teams are still drawn, a sudden death shootout will apply in the same order as the first shootout until a winner is found.

Behaviour

For the enjoyment of all, games are expected to be played in a sports-manlike manner. Metro Indoor Sports reserves the right to dismiss any team or member thereof for threatening, offensive or abusive behaviour. The team shall be held responsible for the actions of its members and spectators both on and off the court.

Rules of Indoor Soccer

General

- a) A player cannot hold onto the net or support themselves while playing the ball. A free kick shall apply.
- b) A player's leg cannot be lifted above hip height when attempting to kick the ball. (allowed only when player kicking the ball has no one near him, this is at the umpires discretion).
- c) The ball is considered 'live' at all times off all nets, although a goal cannot be scored directly from any net. A ball that crosses the goal line after touching a net will be called 'keepers ball'.
- d) The umpire will 'drop ball' if the play is congested or deemed to be in a dangerous situation. Contesting players must wait for the ball to bounce once, after the umpire has blown the whistle.
- e) The mid line is the line all opposition players must be behind until the kick off has happened.
- f) With kick offs the ball must be played backwards. If not the kick off will be reversed. Once kicked opposition players can advance beyond the mid line.
- g) The FOUL SYSTEM means that after the fifth (5) foul within one (1) half of the game a direct shot is awarded. This shot will be taken from the position where the foul occurred and can only be blocked or stopped by the opposition goal keeper or touched by a member of the shot takers team. Outfield opposition players intentionally blocking a direct shot will result in advancement of the shot and a warning being given.
- h) If a player is lying, sitting or deemed to be on the ground, they cannot play the ball, regardless if it

is unintentional. This also includes when a player has the ball kicked into them while they are on the ground. Such infringement will result in a free kick.

- i) A player in possession of or going for the ball may not be put off by an opposing player through the means of yelling or any verbal abuse (this includes all intentional loud noises). This will result in a free kick and a possible 2 minutes stand down at the umpires discretion.
- j) A Goal is only scored when the whole ball has crossed the line.
- k) Intentional hand ball will result in a penalty regardless of the whereabouts of the infringement (unless protecting face or body). Unintentional handball will result in a free kick.

Free Kicks:

-All free kicks are direct and can be scored from.

- a) A free kick must be no closer than two (2) meters to the opposition goal.
- b) The player taking the free kick is allowed no more than two (2) steps before striking the ball.
- c) The ball must be stationary before being kicked.
- d) All players on the opposition team must be more than two (2) meter from the ball when a free kick is being taken.
- e) Free kicks can not be taken before the umpires whistle, but must be taken within five (5) seconds of the umpire blowing the whistle.
- f) Free kicks taken before the umpires whistle may be reversed.
- a.) 1.) Free kicks may be awarded for:
 - obstruction
 - time wasting
 - holding the nets
 - lifting the leg above hip height to kick the ball
- 2.) A Free kick and a Warning may be issued for:
 - foul or abusive language
 - rough or dangerous play
 - threatening behaviour

Penalty Kicks

A penalty is awarded for :

- Goalkeeper leaving the defences 'D' area.
 - Defensive player making contact with either the ball in the 'D' area or crossing the line of the 'D' area.
 - Goalkeeper holding onto the ball for more than five (5) seconds.
 - Deliberately hand balling the ball.
 - intentionally fouling a player in a goal scoring position.
- a) A player is not allowed a step before taking a penalty shot. The non-kicking foot must be stationary and parallel to the ball before it is hit.
 - b) When a player is taking a penalty kick, the goalkeeper must be stationary on the goal line until the ball is kicked. If not a retake will apply.
 - c) Free kicks must be taken in one fluent motion. If the umpire is not satisfied that this is the case, the penalty will be disallowed and it will become 'keeper's ball'.
 - d) The ball is deemed 'live' from a penalty kick.

Players Inside The Goal Area

- a) Only Goal keepers are allowed in the goal area at each end of the field, any player stepping into his/her own goal 'D' will result in a penalty shot for the other team. Any player stepping into the opposition 'D' will result in 'keepers ball'.
- b) If an attacking player interferes or obstructs a keeper a free kick will be awarded.

Goalkeepers

- a) the goalkeeper can only touch the ball when it is inside the goal 'D', the only exception to this rule is that the keeper may touch the ball outside the goal 'D' as long as no part of their body makes contact with a player, net or the ground. Such

infringement will result in a penalty.

- b) The keeper is not penalised for making a save provided he/she does not interfere with play or come into contact with the ball while he/she is outside the 'D'.
- c) Goalkeepers can either throw or kick the ball into play. On both a throw or a kick the ball must bounce on the ground or be touched by a player before crossing half way. If the ball does not bounce/is not touched before crossing half way a penalty kick will be given.
- d) The ball must bounce or touch a player before reentering the goal area. This means a keeper cannot throw the ball against the side net back into his own goal area.
- e) When a penalty is taken, the keeper must stand on the goal line and may not move until the ball has been kicked.
- f) The keeper has five (5) seconds to release the ball into the field. The umpire will issue a warning at four (4) seconds. A penalty will be awarded for time wasting if the five (5) seconds is exceeded.
- g) Goalkeepers cannot hold onto the net when attempting to make a save or reach out of the goal area. An infringement like this will result in a penalty kick.
- h) If a player wishes to change position with the goalkeeper during the game, the ball must not be in the half of the swapping keeper, or the keeper wishing to swap must have possession of the ball. In all other situations a penalty will be awarded for the keeper crossing the 'D' line.

Substitutions

- a) A substitution can be made by one or both teams when :
 - Your keeper, or opposition keeper has possession of the ball, and the umpire had been notified.
 - At quarter (1/4), half (1/2) or three quarter (3/4) time.

- In the event of an injury.
 - Or when a goal has been scored by either team.
- b) An umpire will send off any player that is bleeding, including the goalkeepers. Players will not be allowed to treat themselves on court. Players will not be allowed back on court until the umpire is satisfied the flow of blood has ceased and the wound is covered. A substitute is permitted during this period.

Misconduct/Suspensions

There are no yellow or red cards, however umpires can issue a two (2) minute stand down period or remove a player permanently from the game.

a) **Two (2) minute stand down period**

- also called a 'cool off' period, is given to any player that has received a warning and still persists to knowingly break the rules of the game. This player may not be replaced during this period, and must await for a substitution opportunity to re-enter play at the umpires request.

b) **Removed permanently from the game**

- This is for a serious offence at the umpires discretion or if a player is sent for more than one two (2) minute stand down period. The player will be sent off for the remainder of the game. However this player may be replaced after five (5) minutes, but the team must wait for a substitution opportunity before bringing on another player at the umpires request.
- Depending on the severity of the incident's a player can be disqualified from the Centre altogether or suspended. This will be at the managers Discretion.

NOTE: if two (2) players from the same team get removed from the game and only three (3) players are left the game will be forfeit. The score at that time will stand or the non offending team will be awarded forfeit points (which ever is the highest score). When the game is cancelled due to misconduct the game fees will not be refunded. In the event two (2) players are sent off on a two (2) minute stand down period and the team is down to three (3) players, the first yellow carded player may re-enter as goalkeeper until the two (2) minute stand down period is over. In the event of three (3) players on the same team being on a two (2) minute stand down period the game will be forfeit.

c) **'Cool Down' period**

- The Umpire has control over the game and can at any time for the benefit of the game select players to go in goals for a 'cool down' period. The duration of this period is at the Umpires discretion.

Summary of Rules

• **Tackling from behind**

- No tackling what so ever from behind a 180° plane
- Only exception is in a 50-50 ball which is up to the discretion of the umpire.
- because of this rule a player in possession of the ball must not back into a defending player (take more than one step), shielding the ball from them. This will result in a free kick.

• **Lifting Legs**

- Umpires will be strict on players lifting legs, above hip height in an attempt to kick the ball.
- If two (2) players lift their leg at the same time, a drop ball will be called.

• **Penalties**

- A penalty must be taken in one fluent motion. A free kick does not have to be in one fluent motion.

- **Drop ball**
-Drop balls must bounce before being touched. A drop ball will not be called for the ball hitting the umpire unless a distinct advantage benefits one team. This will be at the umpires discretion.
- **Obstruction**
This is understood to be when a player, instead of playing the ball, places himself between the ball and the opponent going for the ball, making himself an obstacle to the opponents involvement in play.
- **Player Bookings**
-There are no booking at Metro Indoor Sports, however players can be put on 'cool down' or 'cool off' periods, ejected from the game for two (2) minutes, ejected from the game entirely and/or ejected from the arena permanently if serious misconduct has occurred.
- **Player Walls**
-if a player is taking a free shot with no wall and an opposition player crosses the path of that shot, the free kick is to be advanced to the point at which the ball was touched by the opposition.
-no player can run across the path of a direct shot or intercept an incoming shot.
- **Interference**
-If the ball at any point in the game comes in contact with the Netball hoop holder, play will stop and keepers ball will be called.
- **Inside The 'D'**
-A player cannot in any way obstruct the goalkeeper in the 'D' either physically or verbally.
-A player cannot come into contact with the ball when it is inside the 'D', even if the players feet are outside the 'D'
-The ball is deemed to be inside the 'D' when at least half of it has crossed the 'D' line.
-A player heading the ball or striking the ball above the ground in a position where the ball has crossed the 'D' line will be penalised accordingly.
- **Advantage Rule**
-in the event that the umpire believes the team receiving a free kick will receive a distinct advantage by calling 'advantage', the advantage rule will apply. The advantage length will be at the

discretion of the umpire, but will not last more than three (3) seconds.

- **Disallowed Goals**
-If the ball is to come off any net, it must be touched by a player (keeper included) before going across the goal line before the goal will stand.
- **Fouls**
-all fouls are recorded on the umpires scoresheet. When five (5) team fouls have been accumulated, the umpire will let both teams know in a loud clear voice.
-When a team is taking a direct free kick and choose to have no wall due to the opposition having accumulated six (6) fouls, the player with the free kick may take a shot.
- **Defensive Net**
-When a player is in their defending half of the field, they can control the ball against the back net for one (1) second. The umpire upon seeing this will call 'keepers ball'. Once the umpire has called 'keepers ball' no player may interfere with the ball until play has commenced from the keeper.
- **Net Abuse**
-The nets surrounding the court are all part of the playing area.
-A player may not apply any body weight to the net.
-A player may not jump or stand into the net in any way.
-A player may not hold any part of the net to maintain balance or for an advantage in any way.
-A player may not climb the net for any reason.

General Terms and Umpire Responsibilities

- **Late Teams**
-The clock is to start at game time. If a team is not ready within one (1) minute then they will be penalised one (1) goal per minute elapsed.
-The team is considered ready when there is a minimum of four (4) players on court.

- **Team Captain's Duties**
-Only after the umpire seeing all players on court with bibs can the game commence.
- **Dress**
-No players are permitted onto the court wearing jeans or non athletic shoes.
- **Racism**
-Racial abuse is a most serious offence under our rules and will subsequently be dealt with extreme severity. Any player heard racially abusing an opponent will be sent off the court and possibly suspended.
- **Blood Rule**
-It is the responsibility of the umpire to send off any player that is bleeding or has blood on them, including goalkeepers. Players will not be allowed to treat themselves on court. Players will not be allowed back on to the court until the umpire is satisfied that the bleeding has stopped and is covered. This rule will be strictly adhered to for health and safety reasons. The wound must be securely covered and any blood stained clothes must be replaced to the satisfaction of the umpire.
- **Umpire's Responsibility**
-An umpire shall under no circumstances start without the all clear from management.
-All umpires will start the clock at a specified game time.
-there is no reason for the clock to be stopped during a game except in the event of a serious injury.
-The umpire shall have control of the score and the time.
-The score appearing on the scoreboard at the end of the game remains final. If any discrepancies occur during a game, the captain may approach the umpire at quarter (1/4), half (1/2), three quarter time(3/4) or at the end of the game. Only captains may approach the umpire to discuss decisions.
-The umpire will also be responsible to check that all finger nails are short or covered with tape, no hats are worn and appropriate clothing is worn.

Mixed Indoor Football

The same rules apply to mixed football as they do for open grades as outlined in this booklet, with the exception of six (6) rules.

- 1.) A team consists of four (4) players and a goalkeeper on court at any given time. Of the four players on court, a minimum of two players must be females at all stages in a game.
- 2.) Only female players are permitted to take penalty shots.
- 3.) When a goal is scored by a female, two (2) points will be awarded. Except for if the goal came from a penalty. This rule is to encourage a social environment for all players.
- 4.) The goalkeeper position must be taken by a male, therefore allowing two (2) females to play in the outfield. If a female player wishes to play as a goalkeeper, she may do so, but there must still be two (2) females in the outfield.
- 5.) In the situation where there are more than two (2) females in the outfield, only two (2) of those females will receive two (2) points for scoring a goal. The umpire must be notified prior to the game commencing who these two (2) females will be.
- 6.) A Goal will only be awarded if scored in the attacking half.