

METRO EAST POWER HAUS
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11/06 revision

INDOOR SOCCER RULES

GENERAL INFORMATION:

League Fees: **MUST** be paid on or before the first game of the session. No team will play until fees are paid in full. There will be **NO EXCEPTIONS TO THIS RULE.**

League Schedule & Standings

- Will be made available at least one week before the start of the session.
- League rules will be mailed to all coaches at least one week before the start of the session, or can be picked up at Power Haus at any time.
- Power Haus reserves the right to combine up to 2 grade levels of players if needed to complete a division.
- All Divisions are by grade level. We understand that unique circumstances may arise with players, early or late birthdays etc. Power Haus will allow any team to have one player on the roster that is a grade older than the division. This player will not be playing at Power Haus in any older division. This will apply only up to 8th grade. This is a new rule and will be watched very carefully for abuse. The rule is intended to help church, school or teams from small towns to fill rosters and let as many kids play as possible.
- Standings will be posted weekly.
- Scoring will be as following: 3 points for win /1 point for tie /1 bonus point for shut out.
- Inclement Weather, We will almost always play. In the rare event of cancellation listen to KMOX.
- No one is allowed on player benches except players & coaches. **No small children please.**

Other Haus Rules

- **MAXIMUM NUMBER OF COACHES FOR ANY TEAM IS 3. THIS INCLUDES THE FIELD COACH FOR YOUNG TEAMS**
- No jewelry, watches are to be worn by players. New piercings if not removable must be covered with a band-aid or tape.
- Soft and Short arm hard casts are allowed if covered to avoid injury to other players. Bubble wrap and an ace bandage are suggested
- No Gum, Candy or Sunflower Seeds on the player's bench or field. These products are all very destructive to our turf system. **Coaches please help us enforce this rule by setting a good example to your players.** Past violations of this rule have caused severe damage to the turf. Any violation by player will result in a one game suspension of the player who violates the rule. **In the event a coach violates this rule the next scheduled game will be forfeited.**
- One coach on each team must be over 21 years of age
- Metro East Power Haus reserves the right to refuse entry and playing time to any player, coach or team who appears to be intoxicated.

DEFINITIONS:

IDFK = Indirect Free Kick-

The ball must be played by another player on the field before a goal may be scored. If the ball enters the goal without meeting this requirement, goal kick. Opposing player must be 10 feet from the ball or encroachment will be called. The Ball must be put in play within 5 seconds of being set or the kick is turned over to the opposing team. The kicker may not play the ball again until another player has touched it. The ball playing off of the wall does not count as a player.

DFK = Direct Free Kick-

The ball may travel directly into the goal to be scored. Opposing players must be 10 feet from the ball or encroachment will be called. The ball must be put in play within 5 seconds of being set or the kick is turned over to the opposing team. The kicker may not play the ball again until another player has touched it. The ball playing off of the wall does not count as a player.

LAWS OF THE GAME

PLAYERS

Only players who appear on the official roster are eligible for play. No new players may be added after the second week of play. Players found not to be on the roster will be asked to leave and the offending team will forfeit that game. No Guest Players are allowed.

PLAYERS ON THE FIELD

Kindergarten through 8 th grade	6 plus a goalie Less than 5 total players forfeit
High School Girls	5 plus a goalie Less than 4 total players forfeit
High School Boys	5 plus a goalie Less than 4 total players forfeit

Games will be considered a forfeit if the necessary number of players are not on the field within 10-minutes of start time.

The 1st grade boys division and 2nd grade girls division allows for 1 coach on the field. The coach on the field is not allowed in the box at any time.

GAME DURATION

Each game will last 45 minutes. Three 15-minute periods will be played, with a 1-minute break between periods. The clock will be stopped only when injury occurs, if ball leaves the field and during the last 1 minute of play if the score is tied or if there is a one point differential. In this case the referee will stop the clock on all stoppages of play. Clock stoppage is always at the discretion of the referee.

THE KICKOFF

The Kickoff is an **IDFK**

The ball must move, but it can be in any direction to be put into play. The kicker may not play the ball again until another player has touched it. The ball playing off of the wall does not count as a player.

OFF SIDES –

There is no off side rule in indoor soccer.

THREE LINE RULE-

If the Goalkeeper kicks or throws the ball across 3 lines the ball is brought back to the line closest to the Goalkeeper for an **IDFK** by the opposing team.

BALL OFF OF NETTING

- 1.) If the ball hits the side of the net it remains in play.
- 2.) If the ball hits the net behind the goal by the attacking team the opposite team is awarded a goal kick. **IDFK**
- 3.) If the ball hits the net behind the goal by the defending team, the opposite team is awarded a corner kick. **DFK**
- 4.) If the ball hits the ceiling it is placed at the discretion of the referee and the opposite team is awarded an **IDFK**.

SUBSTITUTIONS –

They may be made on the fly so long as the player leaving the field is on contact with the box before the new player leaves. If a team is found to have more than the maximum number of players on the field, the last player to enter the field will serve a two (2) minute penalty.

The referee **does** have to be notified on changes of the Goalkeeper.

UNIFORMS –

All players will have matching jerseys with unique numbers. Where teams have the same color, the first team listed will change or wear pennies. If the referee has a matching color he/she must change.

Shin guards are required at **ALL** levels of play.

The team roster must be turned in to Power Haus prior to the first game listing the player's names and numbers. Power Haus reserves the right to check rosters at our discretion.

Only flat shoes allowed or specially designed indoor shoes. Cleats, Turf Shoes, or other types of nubs are not allowed. Players will be ineligible to play until the equipment is replaced.

PENALTIES –

Yellow Card- A player receiving a **Yellow Card** will serve a 2-minute penalty and his/her team will play shorthanded for the duration of the penalty time.

Red Card - A player receiving a **Red Card** will leave the playing field and must either leave the building or stay in the concession stand area (not on the bleachers). Another player from his/her team will serve a five (5) minute penalty and the team will play shorthanded for the duration of the penalty. Offending player will not be allowed to play in the next scheduled game.

In the event of a double foul, the players will go to their respective boxes, and serve their time there to avoid conflicts in the penalty box. Each team will play shorthanded for the time of the penalties.

All penalty time will carry over into the next period of play for that game.

Intentional boarding a player should be penalized as a **Yellow Card**. If serious enough, the referee may upgrade to a **Red Card**.

If a team falls below the minimum number of players due to a caution or ejection, that team will immediately forfeit the game.

Fighting is an automatic Red card and 2 games suspension. A second incident will result in suspension from the league and no refund will be granted. If at the discretion of Power Haus referees and management any team, player or fan is a threat to the safety of others or consistently behaves in a un-sportsman like manner Power Haus reserves the right to refuse play or entry to such team, player or fan. No refunds will be given under these circumstances.

SLIDE TACKLING/ SLIDING

Not allowed, and the opposing team is awarded an **IDFK**. If deemed dangerous by the referee, then a **DFK** and a possible card will be issued. A player may not play the ball from the ground if an opposing player is close by. This is at the discretion of the referee.

FOUL LANGUAGE

Not allowed. **First offense**= verbal warning from referee **Second offense** = Yellow card and 2 minute penalty. **Third offense** = Red card, ejection from game and the next scheduled game.

HIGH KICK AND DANGEROUS PLAY

A high kick in and of itself is not a foul. If the foot or leg endangers an opposing player it is a foul. Going into a play with a stiff leg or the sole of the foot facing an opposing player is a dangerous play. Going into the play with your back turned is a dangerous play. The player must face the play when going into the ball.

FOULS AND PENALTIES

Boarding, tripping, kicking, holding, pushing, charging, jumping at, handling the ball and yelling at opposing team, or referee are some of the fouls that may warrant a **foul or yellow card**.

GOALIES-

The goalie will wear a jersey of a distinctive color different from any other player on the field.

The goalie may handle the ball for up to 6 seconds after gaining control of the ball.

Any player may pass the ball back to the goalie, except when bringing it back across the defensive line. The goalie may then use his/her hands to pick up the ball (in his penalty box) but not after a goal kick or penalty kick in which case the ball must have touched two different players after the goalie has released the ball before he can use his hands again. Violations results in a **IDFK** at the top of the penalty arc,

Any infraction within the penalty box that would be an **IDFK** will have the ball placed at the top of the penalty arc.

A penalty against the goalie will be served by one of his/her team mates. An ejection will require the substitution of the goalie.

If both the hands and the ball are inside the box at the moment of contact this is not a handball. If the goalkeepers entire body is lying outside the box, but his hands and the ball are inside the box it is not a handball.

Goalkeepers are allowed to slide in their box. A goalie's slide must start in the box and due to momentum may carry out, but the goalie may not come out of the box and then slide.

PENALTY KICKS –

Any foul against a defender that would require a **DFK** within the penalty box will result in a penalty kick. **A penalty kick is awarded when the referee determines that a goal scoring opportunity was lost due to a foul committed inside the box.**

Every foul inside the box is **not** a penalty kick. In the event of a penalty kick the ball will be placed on the penalty spot. All players will be outside of the penalty box, with the exception of the goalkeeper, and will stand in a position behind the ball. The goalkeeper must have both feet in contact with the goal line and may not move forward of the line until the ball is kicked. The kicker may not play the ball a second time until a second player has touched the ball. If a goal scoring opportunity was lost due to a foul that occurs outside the box that prevents a break away or a clear goal scoring opportunity a **Yellow card (2 minute penalty will be assessed)**. If the referee determines that the foul was not a goal scoring opportunity an **IDFK** is awarded.

FINAL WORD

Points to remember:

- 1. Soccer is a game, played by children and adults for fun and exercise.**
- 2. Every player, coach, and referee at Power Haus is an amateur.**
- 3. Every coach, player and referee is someone's father, mother, or child.**
- 4. Children will learn more from adults by their behavior during competition than they will learn during practice or by winning a game.**
- 5. Each player, coach, and parent is important to us at Power Haus. If you have a problem or complaint please tell us.**

Thank you and have a great season.