



Players Indoor Sports Turf League Rules & Policies

We will make our league as much like playing outdoor as possible by following the following rules/guidelines:

- FIFA/IFAB Laws Of The Game (see <https://www.theifab.com/laws>)
- US Soccer Federations Player Development Initiative (https://static.ussdcc.com/users/148963/897090_eng-october2017pdi.pdf) in the “7v7 Standards Of Play” section (“the PDI” referenced below).

with a few modifications and house rules (see below) to accommodate the realities of playing small-sided games indoors and the age of our participants.

Quick Reference

The rules people most commonly ask about for playing indoors are:

1. Number a-side: 7v7 (6+keeper) up to U14, 6v6 (5+keeper) for U15+.
2. Slide-tackling: No slide-tackling but sliding to keep a ball in is OK.
3. Throw-ins: No throw-ins or corner kicks, those are indirect kick-ins.
4. 3-line rule: The ball can't cross 3 lines in the air.
5. Substitutions: Substitutions are not on the fly.
6. Walls: The walls (and ceiling) are not in-play.
7. Blue card: We have no blue cards, just yellow and red.
8. Offside: There are no offsides.
9. Goalie punting: Goalies cannot punt or drop-kick the ball.
10. Guest players: With restrictions stated below, guest players are allowed.
11. Footwear: no cleats, flat indoor shoes only.

For details on those and everything else, see below.

Modifications To The Laws Of The Game

FIFA Law 1: The Field Of Play

1. The field is 200' long by 100' wide.
2. Boards/walls/netting (henceforth just referred to as “walls”) exist around the field but they are not in-play, if a ball touches any wall it is considered out of bounds.

3. The goalbox is a rectangle with arc at the top and acts as the traditional goal area (inside box) plus penalty area (outside box) plus penalty arc.
4. Red build out lines (see the US Soccer PDI guidelines above) exist between the goalbox and the halfway line in each half and will be used in all games for all ages.

FIFA Law 2: The Ball

1. We will use the following age-appropriate ball sizes:
 - a. Up to U8 = Size 3.
 - b. U9 to U12 = Size 4.
 - c. U13 and older = Size 5.

FIFA Law 3: The Players

1. Birth year ages apply, see <http://illinoisyouthsoccer.org/age-group-chart>.
2. EVERY PLAYER must sign a waiver before participation
3. Up to U14 play 7v7 (6+keeper).
4. U15 and older play 6v6 (5+keeper) but will follow 7v7 PDI guidelines.
5. No max roster size but max 14 players allowed at each game (see Rationale below).
6. A player can only be rostered on one team but similar age+gender+ability players rostered on other teams in our league are allowed to guest-play at games (see Rationale below).

FIFA Law 4: The Players' Equipment

1. Each team must have a dark shirt and a light-colored shirt at every game.
2. Numbers are not required on jerseys.
3. All players on a team must wear the same color shirt as each other.
4. In the event of a color clash, if neither team volunteers then a coin toss will decide which team changes.
5. Indoor shoes are required – NO cleats or molded shoes allowed.

FIFA Law 5: The Referee

1. No changes

FIFA Law 6: The Other Match Officials

1. There will be no other match officials, just one center referee.

FIFA Law 7: The Duration Of The Match

1. Each match will last 40 minutes, running clock.
2. There will be no half time, nor timeouts, nor additional time added for stoppages of any kind.

FIFA Law 8: The Start And Restart Of Play

1. There will be no half time so no second half/side change rules apply.

FIFA Law 9: The Ball In And Out Of Play

1. If a ball hits the wall immediately around the goalmouth and enters the goal without touching another player then the goal stands.
2. In all other cases all walls, including those around the goalmouth, and the ceiling are considered out of bounds.
3. A ball is considered out of bounds if-and-only-if it hits the wall or ceiling.

4. A ball is specifically not out of bounds just by crossing the dashed line to avoid any confusion/debate over what it means for a ball to be past the dashed line near the goalmouth.
5. If a ball goes out of bounds it is returned to the spot on the pitch under where it hit and the opposing team gets an indirect free kick (a kick-in if it hit the wall, see "Free Kicks" below).
6. There are no throw-ins or corner-kicks, kick-ins only.

FIFA Law 10: Determining The Outcome Of A Match

1. A match result is determined strictly by goal difference unless a team forfeits.
2. The league standings will be based on 3 points for a win, 1 for a tie, and 0 for a loss.
3. Max goal difference of 5 will be recorded to discourage teams from running up the score.
4. Goal difference up to a max of 5 per game will be considered if/when necessary to determine a tiebreaker for league champion.
5. When teams play different numbers of games in a season their points and goal differences will be averaged to allow equivalent comparison before standings are determined.

FIFA Law 11: Offside

1. There will be no offside called.

FIFA Law 12: Fouls And Misconduct

1. No changes.

FIFA Law 13: Free Kicks

1. The 10-yard rule distancing rule is reduced to 5 yards.
2. All free kicks as a result of a ball going out of bounds are termed "kick-ins",
3. Kick-ins are indirect and start with the ball placed on the dashed line around the outside of the field nearest to where the infraction occurred but no nearer to the goalmouth than the white dots at the end of each dashed line.
4. Direct free kicks on goal are taken from the white spot at the top of the penalty arc.

FIFA Law 14: The Penalty Kick

1. No change to procedures, only distances involved (just use the field markings) and additional time will not be added.

FIFA Law 15: The Throw-In

1. There are no throw-ins, only kick-ins which shall be treated as indirect free kicks from the dashed line.

FIFA Law 16: The Goal Kick

1. A goal cannot be scored directly from a goal kick as that would violate the 3-line rule below.
2. Opponents must be behind the build out line until the ball is in play.

FIFA Law 17: The Corner Kick

1. There are no corner kicks, only kick-ins which shall be treated as indirect free kicks from the dashed line.

Adopted/Modified PDI Rules *(see the PDI for all details)*

PDI Rule 1: Concussion Initiative

1. We do not allow heading the ball **at any age**.
2. A deliberate header will result in an indirect free kick for the opposing team.

PDI Rule 2: Build Out Line

1. When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play
2. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed)
3. After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal
4. The opposing team must also move behind the build out line prior to a goal kick and may only cross the build out line once the ball has left the penalty area.
5. We will not use the build out line for determining offside calls as we do not have offside calls.

PDI Rule 3: Goalkeeper Restarts *(also under "Build Out Line" in the PDI)*

1. Goalkeepers are not allowed to punt or drop-kick the ball.
2. If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense.
3. If the punt or drop kick occurs within the goal area, the indirect free kick should be taken from the free kick spot at the tip of the penalty arc.

Additional House Rules

House Rule 1: Sliding

1. No slide-tackling is allowed.
2. Sliding to stop the ball is allowed as long as you are not within 5 yards of another player and a safe distance from the wall.
3. If a player breaks this rule, it shall be treated as a foul.

House Rule 2: Blue Cards

1. There are no blue cards, only yellow and red, just like outdoor.

House Rule 3: The 3 Line Rule

1. If a field player or goalkeeper plays a ball that crosses 3 lines (i.e. the 2 build out lines and the half way line) in the air without touching another player or the ref then it's an indirect free kick for the other team, taken from the midpoint of the first line the ball crossed.

House Rule 4: Add a player

1. When down by 5 goals or more, the losing team can, at their own discretion but after informing the referee, add a player until the goal difference gets down to 2 at which time the extra player must leave the field.
2. If a team adds a player, the final score will be recorded as the 5-goal-difference that was in place the first time a player was added.
3. Only 1 additional player is allowed total, regardless of score.

House Rule 5: Sidelines

1. Only rostered players and a maximum of 2 coaches may be on the sidelines during the game.
2. All other spectators should remain off the turf surface and behind the closed door to the field.
3. No additional player equipment aside from a game ball and a water bottle should be brought onto the field of play, this includes extra balls and player bags.

House Rule 6: Entering/leaving the field

1. Pre-game warm-ups are very limited, and all players should be ready to play directly after the previous game.
2. Play will start at the scheduled start time and end on time, NO exceptions.
3. Keep bench doors closed at all times, except during substitution.
4. "Jumping the Boards" is not permitted.
5. Teams must leave the bench area as soon as possible to allow for sanitization of the bench area and the next team's fast access to the bench.

House Rule 7: Age/Gender Differences Between Teams

1. We will schedule as many games as possible between as similar ability teams as possible with as little difference in age or gender as possible, unless a team requests to play up a year or a girls requests to play boys.
2. Girls can play on boys or co-ed teams, boys cannot play on girls teams without previous written approval from the league manager.
3. A co-ed team is one which has at least 4 girls on the roster and will have all of them play in most games with similar playing time to the boys, otherwise it's considered a boys team even if it has girls on the roster.
4. A player can play on a 1-year-older team but be aware they might then need to play against a team that's older still.
5. A team may be scheduled to play against a similar-ability (adjusted for gender) team of a different gender.
6. A team may be scheduled to play against a similar-ability (adjusted for age) team that is no more than 1 year older or 1 year younger (except for high-school age teams where the age difference could be greater).
7. When a U8 team plays against a U9 team, the ball used is size 4.
8. When a U12 team plays against a U13 team, the ball used is size 5.
9. When a U14 team plays against a U15 team, the game is played 7v7.

House Rule 8: Tiebreakers

1. Individual games do not require tiebreakers, they can and in a draw.

2. For league standings tiebreakers will be decided in the following order:
 - a. head to head results between the tied teams
 - b. ONLY if all teams have same number of head to head games: goal difference in head to head games
 - c. ONLY if all teams have same number of head to head games: goals against in head to head games
 - d. goal difference in pool play games
 - e. goals against in pool play games
 - f. coin toss

House Rule 9: Age Challenge

1. If you want to challenge the age of a player on the opposing team, the head coach (and only the head coach, not a parent or team manager of anyone else) must tell the ref before the start of the game. If the challenged coach cannot produce proof of the challenged player's age then that player must not play the game. Please do not do this frivolously as it creates a negative environment and in 99% of cases you're just plain wrong and the challenged player IS age-appropriate, no matter what you might think otherwise. Also be sure that YOU have all of your documentation with you before you challenge another coach as (s)he will almost certainly immediately challenge the age of your players in return.

House Rule 10: Social Distancing

3. Max 1 spectator allowed per player.
4. All social distancing guidelines must be followed.
5. Masks must be worn to enter the building.
6. Follow the traffic arrows.
7. Please leave the building as soon as your game is over.

House Rule 11: Miscellaneous

1. NO unsportsmanlike behavior.
2. NO food or drinks on the fields.
3. Respect the refs at all times.
4. The decisions of the referees are FINAL.
5. Adults: please keep in mind at all times that the kids are watching you and learning from you how to behave!
6. **Any complaints please have your coach put in writing and email to our league manager, Doug Kluener, doug@playersindoor.com.**

Rationale For Roster Size And Guest Players

1. No max roster size but max 14 players allowed at each game.
 - a. No max roster size allows an outdoor team that normally plays 9v9 or 11v11 and so has a larger roster than 14 to register all of their players to play on 1 team if they like, they just can't bring all players to all games.
 - b. 14 is the max roster size for 7v7 teams in NISL, IWSL, and other leagues so max 14 at a game allows a 7v7 outdoor team to show up intact.

- c. 14 allows for every player to play 50% of the time and avoid a crowded bench area.
- 2. A player can only be rostered on one team but similar age+gender+ability players rostered on other teams in our league are allowed to guest-play at games.
 - a. We do not want any team to bring a “ringer” to win a game.
 - b. We understand that sometimes a coach doesn’t have enough rostered players available for a given game and so needs to bring guest players or cancel/forfeit at short notice.
 - c. We understand that a coach may need to split their, say, 16-20 player outdoor 9v9 or 11v11 team into 2 teams to play 7v7 and allow adequate playing time for all players but that shouldn’t force them to then get by with just a fixed 8-10 person roster for their 7v7 team.
 - d. We considered restricting this to only bringing players from the same club but we often have players playing with their club team who also want to play sometimes with their friends on some different parent-coached team.