



# 2022/2023 Youth Indoor Soccer Rules

Arena Club and Arena Sports Factory reserves the right to adjust and amend the rules with adequate notice to participants as deemed necessary for the league.

2304 Churchville Road  
Bel Air, MD 21015  
410-734-7300  
[jtolson@thearenaclub.com](mailto:jtolson@thearenaclub.com)

## **Intent of the Game**

The goal of the Sports Factory is to provide an atmosphere for fun and safe indoor sports play. The intent of these rules is to provide a feeling of the outdoor game played indoors. Outdoor rules have been slightly modified for the size of the field and flavored with more traditional indoor rules. The management of the Sports Factory retains the right to modify rules as necessary.

## **Points of emphasis:**

1. There is no offside.
2. Slide tackles are prohibited. The restart will be a direct free kick from the point of the infraction (exception: a slide tackle executed by a defender within his/her own penalty area which would not be considered a foul in the outdoor game is still an infraction, but the restart will NOT be a penalty kick in this instance. In this scenario, the ball will be brought out beyond the top of the penalty area and the restart will be a direct free kick). Sliding to control or play a ball when there is no opponent within playing distance is allowed. The goalkeeper is allowed to slide within the confines of his/her penalty area.
3. For penalty kicks, the ball will be placed midway between the gray line at the top of the penalty area and the next white line.
4. For fouls committed by a defender within his/her own penalty area which would result in an indirect free kick outdoors, the ball will be brought out beyond the top of the penalty area and the restart will be a direct free kick.
5. During the taking of any free kick on the field of play, all of the opposing players must be at least 5 yards from the ball until it is in play.
6. Number of players: 2009/2010's and older will play 6 V 6 – 5 field players and a goalkeeper and 2010/2011's and younger will have 7 V 7-6 field players and a goalkeeper.
7. There is no build-out line. Goal kicks may be taken from anywhere within the penalty area and the ball is in play when it leaves the penalty area.
8. Goalkeepers may punt or drop-kick the ball during dynamic play.
9. Heading the ball is allowed for all age groups.
10. There will not be warm-up time on the game field.

## **The Ball**

1. 2010/2011's and younger will play with a Size # 4 ball; 2009/2010's and older will play with a Size # 5 ball
2. The Arena Club will supply the game ball.

## **Number of Players/Coaches**

1. Each team shall start the match with no fewer than (4) players on the field three (3) field players plus a properly attired goalkeeper. Late arriving players may enter the field of play at the next stoppage.
2. Minimum number of players to continue a match shall be four (4), one of whom shall be a goalkeeper. A team may not continue a match with less than four (4) players (exceptions: player off the field temporarily for injury or equipment problem; player serving a timed penalty).
3. A maximum of three (3) coaches are allowed in the coaches and players area.

## **Players' Equipment**

1. Players shall not wear anything that is a danger to themselves or to any other player. The referee shall be the final authority with regards to safety of shoes or equipment.
2. Flat-soled athletic shoes, turf shoes or cleats are acceptable footwear.
3. All jewelry is illegal, except starter earrings, which must be taped.
4. Shin guards are mandatory for all players. Socks must completely cover the shin guards.
5. The goalkeepers shall wear colors that distinguish them from field players.
6. A player may wear a cast provided it is padded and approved by the referee prior to the match.
7. For any infringements related to equipment, the player shall be sent off the field to adjust his equipment and shall not return without first reporting to the referee, who must be satisfied that the player's equipment is in order. This player shall only re-enter at a guaranteed substitution opportunity.

### **Rosters**

1. Every team must provide an official roster to the league commissioner at registration.
2. If any team uses a non-rostered player, then any game in which the ineligible player participates will be deemed a forfeit.

### **Referees**

1. The authority of the referee commences when he enters the Sports Factory.
2. Referees' decisions on points of fact connected with play shall be final so far as the result of the game is concerned. The referees' powers to assess penalties and maintain control of the game extends to violations of the rules during play, during stoppages, and as players and other team personnel proceed to and from the field of play as well as viewing and spectator area.
3. The referee signals the restart of the game after all stoppages. A whistle is required for all kick-offs, penalty kicks, after a substitution has been made, and if the referee has indicated a whistle shall be required for a restart. All other restarts (throw-ins, corner kicks, goal kicks, free kicks other than penalty kicks) may be taken quickly by the team in possession.
4. The referee has the power to:
  - a. Apply advantage...the referee allows play to continue when the team against which an offense has been committed will benefit from such an advantage and penalizes the original offense if the anticipated advantage does not ensue (within 2-3 seconds).
  - b. Exercise discretionary power...the referee has discretionary power to stop the game for any violation and to suspend or terminate the game by reason of the elements, interference by spectators, or any other cause which he deems necessary.
  - c. Prohibit entry on the field...the referee ensures that no unauthorized persons enter the field of play.
  - d. Halt play due to injury...the referee may stop the game if a player has been injured and have the player removed from the field of play.
  - e. Non-player discipline...the referee may penalize, or eject, as set forth under other rules specified herein, any coach, non-playing team personnel, or spectator.

### **Substitutions**

1. Teams may substitute an unlimited number of players, with the referees' permission, during the following stoppages of play: on either team's goal kick; on a throw-in or corner kick by the team in possession (if the team in possession is substituting on a throw-in or corner kick, then the opposing team may substitute as well); after a goal is scored; after an injury.
2. Substitutions "On-The-Fly" are not permitted.
3. The referee shall send any player to his team bench who requires treatment for blood, whether the blood is his own or another player's, or is on his body or uniform. Following treatment, the player must show the referee that the wound has been covered and that blood has been removed from the uniform.

### **Duration of the Game**

1. The duration of a regulation game shall be two (2) halves of twenty-one (21) minutes each for a total game time of forty-two (42) minutes. There will be a one (1) minute half time interval displayed on the game clock.
2. No overtime periods.
3. There are no timeouts.
4. Game time is forfeit time; if a team does not have four (4) players at game time, then a forfeit is declared and the score is recorded as a 0-1 loss for the forfeiting team.
5. Clock will start at game time.
6. Games will feature a running clock. The clock may be stopped at the discretion of the referee for the following:
  - a. In the event of a serious injury to allow assessment, treatment and/or removal of the injured player.
  - b. During any unusual penalty/misconduct situation for the purpose of sorting out time penalties and/or cautions or send-offs.
  - c. Spectator interference.
  - d. Any other reason deemed by the referee.

### **The Start of Play**

1. The designated visiting team shall kick off the game by kicking towards the scoreboard. Every player of the opposing team shall be at least 5 yards from the ball. Players from both teams shall be in their own halves of the field until the ball is in play. The ball shall be deemed in play when it has been played (touched) in any direction. The kicker shall not play the ball a second time until another player has touched it. A goal may be scored directly from a kick-off.
2. For any infringement during a kick off, the kick off shall be retaken, except in the case of the kicker playing the ball again before it has been touched by another player. For this offense, the restart shall be a free kick for the opposing team from the spot of the infraction.
3. After a goal has been scored, the game shall be restarted in a like manner by the opposing team.
4. The home team shall kick off the second half.

## **Restarts**

1. A restart is a manner of resuming play after a stoppage. Goal kicks, corner kicks, free kicks given as a result of fouls (including penalty kicks), or free kicks given as a result of a superstructure violation shall be direct (a goal can be scored directly from the restart).
2. All restart kicks are direct.
3. A goal cannot be scored directly from a throw-in.
4. A whistle is required to restart play only for kick-offs, penalty kicks, after a substitution has been made, or as deemed necessary by the referee.
5. The referee shall allow a free kick to be taken from a point within a three (3) foot radius of the point of infraction, unless in the opinion of the referee, a team gains an unfair advantage. Before any free kick is taken, the ball must be stationary and the kicker shall have five (5) seconds to put the ball in play after receiving a signal or whistle from the referee.
6. When the ball passes over the goal line, outside of the goal posts, last played by a member of the attacking team, the restart shall be a goal kick. Opposing players must remain outside the penalty area until the ball exits the penalty area. The ball is not in play until it completely exits the penalty area and once in play, the kicker may not touch it a second time until it is touched by another player. A second touch violation in this instance results in a free kick to the opposing team from the spot of the infraction. There is no restriction on the distance a goal kick can travel in the air. A goal can be scored directly from a goal kick.
7. When the ball passes over the goal line, outside of the goal posts, last played by a member of the defending team, the restart shall be a corner kick. The ball shall be placed within three (3) feet of the corner and is in play when it has been kicked and moves. The kicker may not touch it a second time until it is touched by another player. A second touch violation in this instance results in a free kick to the opposing team from the spot of the infraction. A goal can be scored directly from a corner kick.
8. When the ball passes over the touch line, the restart shall be throw-in for the opposing team to be taken within three (3) feet from the spot where the ball crossed the touch line. The throw-in must be taken within 5 seconds; if it is not, the throw-in is given to the opposing team. The thrower cannot play the ball a second time until it has been played (touched) by another player. A second touch violation in this instance results in a free kick to the opposing team from the spot of the infraction. A throw-in taken improperly will result in the throw-in being given to the opposing team. If a throw-in does not enter the field of play prior to touching the ground, then the throw-in will be re-taken. Players on opposing team must be at least 5 yards away from the spot of the throw-in. A goal cannot be scored directly from a throw-in. Neither team may score a goal directly from a throw-in. If the ball is thrown directly into a team's own goal (no intervening touch or play), the correct restart is a corner kick. If the ball is thrown directly into the opposing team's goal, play is restarted with a goal kick.
9. During the taking of any free kick on the field of play, all of the opposing players must be at least 5 yards from the ball until it is in play.
10. Failure to put the ball into play within five (5) seconds of the referee's signal will result in a free kick to the opposing team from the spot of the infraction.
11. Penal fouls punishable by a direct free kick committed by a defender within his own penalty area shall result in a penalty kick.
12. If a defending player within 5 yards intentionally interferes with the taking of a free kick, he shall be considered guilty of encroachment. The kick shall be retaken and, at the referee's discretion, a two (2) minute time penalty may be assessed.
13. A defending player who, in the opinion of the referee, delays the restart of play or prevents the attacking team from taking a quick restart by any method may, at the referee's discretion, be assessed a two (2) minute time penalty.
14. In any situation where a team has clear possession of the ball when play was stopped (i.e. injury, power failure, etc.) by the referee for any cause not mentioned in the rules, the team with possession shall be awarded a free kick. When restarting the game after a stoppage of play for any cause not mentioned elsewhere in the rules and neither team was in possession, the referee shall restart the game with a dropped ball at the place where the ball was when play was stopped. It shall be deemed in play when it has touched the ground. A player shall not play the ball until it has touched the ground. When restarting the game after a stoppage of play for any cause not mentioned elsewhere in the rules, which occurred while the ball was inside the penalty area, the referee shall drop the ball at the designated penalty kick spot. Once the ball has touched the ground, a player may play the ball twice, or more times in succession.

## **Ball In and Out of Play**

1. The ball is in play at all times from the start of the game to the finish, including, if it rebounds from a goalpost, crossbar, or off of the referee if he is on the field of play.
2. The ball is out of play:
  - a. When it has wholly crossed either the goal line or the touch line either in the air or on the ground.
  - b. When it has made contact with any part of the building superstructure above the field of play. For such contact, a free kick shall be awarded to the opposing team at a point directly below where the ball

- contacted the superstructure (if the ball strikes the superstructure anywhere above the penalty area, the restart shall occur at the designated penalty kick spot).
- c. At any other time when the referee has stopped play.

### **Method of Scoring**

1. A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the crossbar, either on the ground or in the air, provided it has not been thrown, carried, or intentionally propelled by hand or arm by a player of the attacking team, except in the case of a goalkeeper who was within his own penalty area when he legally propelled the ball.
2. All goals shall be of equal value.
3. A goal cannot, in any case, be allowed if the ball has been touched and/or prevented by some outside agent from passing over the goal line. If this happens in the normal course of play, the game shall be restarted with a dropped ball.

### **Fouls and Misconduct**

1. A player who, in the opinion of the referee, carelessly, recklessly, or with excessive force commits any of the following penal fouls while the ball is in play shall be penalized by the referee awarding a free kick to the opposing team, to be taken at the point of the infraction. Any of the below penal fouls committed by a player within his own penalty area shall result in a penalty kick...i.e, if an infraction would result in a penalty kick outdoors, it will be a penalty kick here (exception: slide tackle. See number 2 under points of emphasis).
2. Kicks or attempts to kick an opponent
3. Trips or attempts to trip an opponent
4. Jumps at an opponent
5. Charges an opponent in a violent or dangerous manner
6. Strikes or attempts to strike an opponent
7. Spits at an opponent (mandatory ejection)
8. Pushes an opponent
9. Holds an opponent
10. Deliberately handles the ball (except by the goalkeeper within his own penalty area)
11. Slide tackles an opponent in possession of the ball (this shall be differentiated from sliding in an attempt to reach a ball when no opponent is nearby or sliding in an attempt to keep a ball in play...in these instances there is no infraction)
12. A player who, in the opinion of the referee, commits any of the following offenses while the ball is in play shall be penalized by the referee awarding a free kick to the opposing team, to be taken at the point of the infraction (exception...any of the below infractions committed by a player within his own penalty area shall result in the ball being placed at the designated penalty kick spot):
  - a. Plays in a dangerous manner
  - b. When not playing the ball, intentionally impedes an opponent, i.e. running between the opponent and the ball so as to form an obstacle to an opponent
  - c. Charges the goalkeeper when he is within his own penalty area
13. Goalkeeper restrictions:
  - a. The goalkeeper is not permitted to play the ball with his hands within his own penalty area if the ball has been deliberately kicked to him by a teammate. The re-start for this infraction will be a free kick to the opposing team to be taken from the designated penalty kick spot.
  - b. The goalkeeper is not permitted to play the ball with his hands within his own penalty area if it is thrown directly to him by a teammate. The re-start for this infraction will be a free kick to the opposing team to be taken from the designated penalty kick spot.
  - c. Intentional handling infractions committed by the goalkeeper outside the penalty area shall be interpreted to be severe in nature and a two (2) minute time penalty must be assessed against the goalkeeper who, in the opinion of the referee, deliberately handles the ball to break up a play or save a shot at the goal outside of the penalty area. Situations whereby the goalkeeper first handles the ball inside the penalty area but his momentum carries him outside the penalty area while handling the ball shall not be deemed severe and no time penalty shall be assessed.
  - d. If during play, the goalkeeper either intentionally strikes an opponent by throwing the ball at him, the goalkeeper shall be ejected (Red Card) and a five (5) minute Power Play time penalty shall be assessed. A penalty kick shall be awarded if the contact occurs within the penalty area.
  - e. The goalkeeper in possession of the ball with his hands must release the ball from his hands within six (6) seconds after gaining possession. The restart for this infraction will be a free kick to the opposing team to be taken from the designated penalty kick spot.
14. Time penalties: A time penalty may be assessed against players for committing any of the offenses outlined above, while the ball is in play, if in the opinion of the referee the offense was deemed severe, or blatantly tactical in nature.
  - a. These penalties shall be administered by the showing of a Yellow Card by the referee and shall be two (2) minutes in duration. The player who is shown the Yellow Card must be the one to serve the penalty (this includes the goalkeeper; the goalkeeper may be substituted for, but a field player must be removed to serve

the time penalty. For each time penalty being served by a player, his team plays with one fewer field player until the time penalty's expiration or until his team is scored upon (exception: time penalties imposed for dissent are non-releasable).

- b. If the offense in such cases occurred in the offender's penalty area, a penalty kick shall be awarded.
  - c. Players serving time penalties shall remain seated until the time penalty has expired and the referee beckons them onto the field.
  - d. Any player, non-player or bench personnel shown a Yellow Card for dissent shall serve a two (2) minute, non-releasable (i.e, the team shall play short-handed for the entire 2 minutes, regardless of the number of goals scored against it) penalty and his team shall play short-handed.
15. Expiration of time penalties:
- a. If a team is reduced to a lesser number of players on the field of play due to a time penalty, and such team is scored upon by its opponent, then the player serving the penalty may return and the remaining penalty time is cancelled.
  - b. If a team is reduced to a lesser number of players on the field of play due to a time penalty, and the penalty time expires without a goal being scored by the opposing team, then any player on the bench may enter the field on the fly, after being beckoned by the referee.
  - c. In situations where an equal number of players from each team are serving concurrent time penalties, the teams will still play short-handed.
  - d. Multiple penalties (team): There must always be a minimum of four (4) players on the field for each team. If a team has two (2) players serving penal time penalties and a third player receives another penalty, the third player must sit out for two (2) minutes but may be replaced by a substitute since four (4) players must be on the field. The penalty time for the third player will not commence until that of the first player has elapsed.
  - e. Should a player re-enter the field prior to the expiration of his time penalty to participate in dissent or an altercation, he shall be immediately ejected.
16. Any player who, in the opinion of the referee, deliberately commits a delay of game infraction or encroaches on a free kick may be shown the Yellow Card and assessed a two (2) minute time penalty.
17. Red Card Offenses
- a. Any player who receives a second Yellow Card in the same game shall be shown the Red Card and ejected from the match, resulting in a five (5) minute, non-releasable time penalty (i.e, the team shall play short-handed for the entire 5 minutes, regardless of the number of goals scored against it).
  - b. Ejections: A player or non-player shall be shown the Red Card and ejected from the match, resulting in a five (5) minute, non-releasable time penalty (i.e, the team shall play short-handed for the entire 5 minutes, regardless of the number of goals scored against it) for incidents of:
    - i. Violent conduct
    - ii. Serious foul play Foul or abusive language and or gestures
    - iii. Spitting
    - iv. Fighting

### **Cards/Suspensions**

1. Any player, coach or spectator that is ejected from a game will automatically be suspended for at least one additional game.
2. Suspension time will be decided by league administrators and The Sports Factory management.

### **Penalty Kick**

1. A penalty kick is a free kick from the designated penalty kick spot taken by a properly identified opponent against the goalkeeper without interference by other players. A penalty kick is awarded against a team, which while the ball is in play, commits within its own penalty area. A penalty kick can be awarded irrespective of the position of the ball at the time an offense is committed.
2. The referee will not whistle for the taking of a penalty kick until the players are positioned in accordance with the following:
  - a. If the infraction resulted in the issuance of a Yellow Card, the player who incurred the time penalty must leave the field of play prior to the taking of the penalty kick.
  - b. All players, except for the properly identified player taking the penalty kick and the opposing goalkeeper, shall be on the field but behind the midfield line.
  - c. The defending goalkeeper must have both feet on the goal line, facing the kicker, and may not move forward until the ball is kicked. The goalkeeper may move laterally on the goal line prior to the ball being kicked.
  - d. A penalty kick is in play when it has been kicked forward. The kicker may not play the ball a second time until it has touched another player. A violation of this offense will result in a free kick for the opposing team from the spot of the infraction.
  - e. A penalty kick is a live ball situation, i.e if a goal is not scored directly, and the ball remains in play, it is a free ball and may be played by any player, subject to the restriction of (d) above. If the penalty kick does not result in a goal being scored, then the remainder of the time penalty must be served, unless a goal is scored by the team with the extra player prior to the expiration of the time penalty.

- f. If a penalty kick results in a goal being scored, then the time penalty is cancelled and the team that committed the foul does not have to play short-handed.
  - g. If an injured player is removed prior to the taking of a penalty kick, then the substitute for that player may not take the penalty kick.
3. Play shall be extended at the end of any period to allow a penalty kick to be taken. The extended time shall last until the referee has decided whether or not a goal has been scored.

### **Standings**

1. Win – three points
2. Tie – one point
3. Loss – zero points
4. Tie breaker sequence
  - a. head-to-head (if only two teams are tied)
  - b. most wins
  - c. fewest goals allowed
  - d. goal differential (maximum 3 per game)
  - e. most goals scored

### **Play-offs**

Play-off games that are tied at the end of regulation time will proceed directly to a penalty kick shoot-out. Only the players on the field at the end of regulation will be eligible to participate in the penalty kick shootout. The referee will conduct a coin toss to determine which team shoots first. The team winning the coin toss has the option of shooting first or second. The shootout will be a best of 5 in accordance with established FIFA procedures.

### **Conduct**

1. Game referees, league administrators and Sports Factory employees reserve the right to suspend or remove a player, coach or spectator from a league at any time for disorderly conduct.
2. Harassment of officials will not be tolerated.
3. Officials can end a game at any time if they feel the game is out of control and may cause harm to players, coaches or spectators.
4. Officials can penalize teams if the players' benches or spectator areas are abusing any of the rules in the codes of conduct.

### **Sports Factory House Rules**

1. Individuals utilizing the facility do so at their own risk. The property owners, league administrators and the staff of Harford Health & Fitness, Inc. and The Sports Factory assume no liability for any injuries or accidents.
2. No tobacco products or alcoholic beverages are permitted inside/outside the facility.
3. No foul or abusive language at any time.
4. No chewing gum, spitting, food or drinks are allowed on the field.
5. Warm-up time before your match is not guaranteed due to extenuating circumstances.
6. No one is allowed to climb on any equipment in the arena.
7. There is NO running in the arena outside of the field.
8. There is NO ball playing in the arena outside of the field.
9. Spectators MAY NOT sit along the sidelines and are required to observe from the observation deck mezzanine.
10. Coaches are responsible for cleaning up their players bench before leaving the game (please do not leave bottles/trash behind for other teams to clean up).
11. **ZERO TOLERANCE POLICY:** The Arena Club and Arena Sports Factory have a responsibility to our youth and athletic community to preserve a Safe and Positive environment for our youth athletes who participate in youth sports on our property. Threatening or aggressive treatment towards coaches, spectators, players, referees and staff will not be tolerated under any circumstances. This includes foul and inappropriate language, aggressive or abusive gestures and body language, antagonizing behaviors or any other behavior deemed unfit by our staff. The offender will be asked to leave the premise and escorted off the property by law enforcement if the situation requires their assistance.
12. Anyone who would like to discuss conduct, calls, or issues on or off the field are asked to consider a period of 24- hours to allow emotions to settle. Please e-mail [jtolson@thearenaclub.com](mailto:jtolson@thearenaclub.com) which will be received by:
  - a. League Commissioner Jeff Tolson
  - b. A response from our team will be received within 24 hours.

# COACHING STAFF ACKNOWLEDGEMENT OF RULES AND REGULATIONS

This signed page is required to be signed by all coaches who intend to coach at any time at our facility. This is due at the time of enrollment in order to process a team in our league

COMPLIANCE: The undersigned acknowledges having read, understood, and voluntarily understands this agreement and the rules of the facility and agrees to abide by the current rules and regulations of The Arena Club & Arena Sports Factory now published and hereinafter modified. In consideration of the acceptance of this agreement, the undersigned recognizes his/her acceptance to all facility official's decisions, penalties, and suspensions with the possibility of the participation being revoked at any time when this agreement has been breached.

I HAVE READ AND FULLY UNDERSTAND THIS AGREEMENT. I AGREE TO ABIDE BY ALL TERMS OF THIS AGREEMENT AND THE REQUIREMENTS OF ALL RULES SET FORTH BY THE ARENA CLUB AND ARENA SPORTS FACTORY.

I also understand that the Arena Club and Arena Sports Factory reserves the right to adjust and amend the rules with adequate notice to participants as deemed necessary for the league.

\_\_\_\_\_  
Head Coach PRINT

\_\_\_\_\_  
Head Coach SIGNATURE

\_\_\_\_\_  
Date

\_\_\_\_\_  
Assistant Coach PRINT

\_\_\_\_\_  
Assistant Coach SIGNATURE

\_\_\_\_\_  
Date

\_\_\_\_\_  
Assistant Coach PRINT

\_\_\_\_\_  
Assistant Coach SIGNATURE

\_\_\_\_\_  
Date

\_\_\_\_\_  
TEAM NAME & YEAR

\_\_\_\_\_  
CLUB NAME

\_\_\_\_\_  
Date

.