



INDOOR SOCCER RULES

1. **PAYSA** expects that all members/participants conduct themselves in a manner that is respectful and demonstrates their commitment to the principles and the intent of the Rules and Regulations of the game and the PAYSA By-Laws. Each member group (players, coaches, referees/officials, parents and spectators) is expected to conduct themselves with dignity, both on and off the field of play
2. **FAIR PLAY AND CODES OF CONDUCT** for Coaches, Players, Parents (or Spectators), should be discussed (See Coaches package). The focus is on abiding by the rules and regulations of the game, demonstrating a positive and healthy attitude about participation in the game and upholding the ideals of “Fair Play” and sportsmanship. Players should be presented with a clear picture of what constitutes fair play practices. Players should also be advised what actions would constitute a foul and be encouraged to exhibit fair and appropriate behavior before, during and after the game.
3. The principles of “Fair Play” are exemplified through integrity, fairness and respect for all. As such, a commitment is required from members/participants (players/teams, coaches, referees/officials, parents and spectators) to ensure these principles are followed. Principles include:
 1. Respect the rules.
 2. Respect your opponent.
 3. Respect the officials and their decisions.
 4. Everyone has an equal chance to participate.
 5. Always maintain your self-control.
4. **SAFETY is of primary importance.** Coaches are expected to stop reckless or dangerous play. Coaches should discuss fair play practices and what player actions would constitute a foul and encourage appropriate behavior.
5. **ABUSE OF THE REFEREES WILL NOT BE TOLERATED.** Cautions and dismissals will be given to bench players and staff for misconduct. Spectators may be dismissed from the sidelines.
6. **ABUSIVE OR OFFENSIVE LANGUAGE** or behavior is prohibited in all venues and in all activities under the jurisdiction of PAYSA. In the case of breach of this rule, the appropriate official may order the offending person from the activity or competition. Coaches or parents should report any additional violations to the PAYSA Technical Director by email or letter.
7. **GOVERNING RULES.** IFAB LAWS OF THE GAME (unless otherwise specified)
8. **GAME OFFICIALS (Coaches and Referees).**
 - a) **Coaches and Assistant Coaches must be CPIC approved.** In U5 to U9 age groups, coaches are expected to monitor/guide the game and will need to be on the field to coach. Coaches in U11 to U17/19 age groups will remain on the bench.
 - b) **Referees.** Fully trained, certified and registered Youth and District level referees are provided for U11–U17/19 age groups. Newly trained referees will be mentored in U11 games for development.

9. GAME PROCEDURES.

Age Group	Ball size	Format	Minimum No. of players by 15 min. of scheduled kick off*	Game Duration	Official
U5	3	3 v 3 no goalkeeper		45 min.	coach
U7	3	4 v 4 no goalkeeper		45 min.	coach
U9	4	5 v 5 includes Goalkeeper	4 players	2 x 20-min. halves	coach
U11 B & G	4	6 v 6 includes Goalkeeper	4 players	2 x 20 min. halves	Referee
U13- U19	5	7 v 7 includes Goalkeeper	4 players	2 x 25 min. halves	Referee

If minimum number of players are not on the field by 15 minutes of scheduled kick off, the game defaulted.

- 10. DEFAULTED GAMES.** If one of the teams does not have the minimum number of players (see Game procedures table), in total, to begin the game after 15 minutes of scheduled kick off time the game is defaulted and the referee will abort (per FIFA LAW #3). In the event of a defaulted game, a new game involving registered players only, as instructed by the Technical Director, will be permitted if there are the minimum players there for that game. In that case, then referees are required to stay. **Any team that defaults three games in a row shall be suspended from further PAYSА league play, no refunds will be issued.**
- 11. EQUIPMENT.** Goalkeeper jersey must be different color to team jersey. Proper soccer clothing (Soccer Jersey, shorts, socks) is provided and must be worn at all games. Shin guards must be worn and **socks must cover shin guards**. No watches, jewelry, rings, hard hair bands, etc. allowed, except for medic alert bracelets/tags. **Only water in plastic or metal containers (no glass) is permitted on the turf field. No hot drinks, Juices, Gatorade (or similar product).**
- 12. START OF GAME.** Choice of half or kick-off shall be decided by the toss of a coin – IFAB Laws apply.
- 13. DURATION.** For U5 to U9 Length of practice combined with game must NOT exceed 45 minutes in total. U11 boys and girls will be 2 x 20-minute halves; U13-U17/19 will be 2 x 25 minute halves. **GAMES MUST REMAIN ON TIME. (See Table in Clause 9)**
- 14. SUBSTITUTIONS.** Substitutions are permitted “on the fly”, at a place within 2 yards of the halfway line and players should be fully off the field before the substitute is allowed to enter. The exception is the goal keeper who can only be substituted at any stoppage of play with the permission of the referee
- 15. NOTE: U13 and older must have two female players on the field at all times.** If a team does not have at least TWO female players on the field, they MUST play one player short for each missing female (to minimum 7) for the duration of the game.
- 16. BALL “IN AND OUT OF PLAY”.** The ball is “out of play” when:
- when the whole of the ball has crossed the goal-line, or side-line, whether on the ground or in the air.
 - when the ball goes out of the “field of play”(e.g. crosses the side-line or end-line (goal line).
 - when the ball touches ceiling structures.
 - when the game has been stopped by the referee.
- NOTE: The ball is “in play” at all other times.
- 17. RESTARTS.** When the ball goes out of play, the game is re-started by one of the following methods:
- Over the sidelines, with a throw in.
 - Over the goal line or end line, with a **goal kick** if the attacking team last touched the ball; or a **corner kick** if the defending team last touched the ball. Goal kicks can be taken from anywhere inside the goal area. Corner kicks are taken from the corner arc. Goal kicks (and free kicks in the penalty area) no longer needs to leave the penalty area to be in play.
 - Hitting ceiling structures, with an **indirect free kick** to the team that did not touch the ball last at a place below where the ball touched the ceiling.*

d) An opponent must be a minimum of **5 yards** from the place where indirect and direct free kicks take place. *Note: An indirect free kick awarded to the attacking team in its opponents' goal area is taken from the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

18. AFTER THE GOAL IS SCORED, re-start the game with a kick-off at centre mark. **GOALS SCORED DIRECTLY FROM THE KICK-OFF SHALL NOT BE COUNTED**. The restart will be a goal kick to the defending team.

19. Slide tackling is not allowed for U11 and younger age groups – Restart will be a direct free kick for the opposing team from the place where the infringement occurred except in the offending team's penalty area (Penalty Kick Marking). In the older age groups the regular IFAB rules regarding ball challenges and player safety apply.