



CNYFSC YOUTH INDOOR SOCCER RULES



BALL SIZE

The ball shall be provided by the team listed first on the schedule and must be approved by the referee. For age groups U12 and below, the regulation ball size must be **SIZE 4**. For age U12 and above, the regulation ball size must be **SIZE 5**.

FOULS AND VIOLATIONS

The most current "FIFA laws of the game" shall govern all soccer competition, unless stated otherwise in these Indoor Soccer Rules.

FREE KICKS

All free kicks are direct, except for the kickoff. Opposing players shall be 10 feet away and shall not move towards the ball until the ball has been put in motion.

KICK-OFFS

Ball may be put into play in any direction. A goal may not be scored directly. Guest team gets the first kickoff and the Home team gets the kickoff in the beginning of the second half.

SLIDE TACKLES

There shall be no slide tackling by field players. A free kick may be awarded at the point of infraction. Players may slide to play a ball if an opposing player is not in a challenging radius. Players can slide at the referees discretion, just no slide tackling.

5 GOAL ADVANTAGE RULE

When a team is ahead by 5 or more goals, the opposing team may put an extra player on the field. The extra player may remain on the field until the losing team is down 2 goals. Once the losing team is behind 2 goals they must take their extra player off the field. The losing team may only add the extra player back if they are losing by 5 goals again.

CAUTIONS

A blue card shall be a 2 minute releasable penalty. A Yellow card shall be a 3 minute non-releasable penalty. A red card is an ejection for the player and that team plays one player short for 5 minutes non-releasable.

RED CARDS

The red carded player must sit for the remainder of the game and will be suspended for a minimum of one game. Each Red Card will be reviewed by the CNY Referee Association & CNYFSC General Manager to determine whether the penalty deems longer than a one game suspension.

UNIFORMS

Teams must all wear the same color Jersey/Shirts. If your team color is blue all members on your team must wear blue. If a player is wearing a different color than the rest of the team the whole team must wear pinnies, which can be provided by CNYFSC at the front desk if needed.

EQUIPMENT

All players **MUST** wear shin guards at all times on the field and they must be fully covered for the safety of the other players. The only shoes allowed are Turfs, flats, or molded cleats. Hard plastic or metal jewelry shall not be worn during the game under any circumstances. Players with hard casts are not permitted to play unless determined safe and granted permission by the referee.

OFFSIDES

There will be **NO OFFSIDES** for our CNYFSC youth indoor leagues.

SUBSTITUTIONS

Substitutions for field players and goalkeepers may be made at anytime during the game on an unlimited basis. The substitute player may not enter the field of play until the player being substituted for is within the dasherboard and substitution line at his or her own team bench area or off the field of play before the substitution is made.

HEADING

Players under the age of 12 are not permitted to head the ball during the game. Only age groups U12 and above are permitted to head the ball during a game. A direct free kick will be given at the location of the header.

ADMINISTRATION RULES

All teams must be paid in full before the start of the 3rd game; Referees or staff have the right to hold games until the teams are paid in full. Team managers will be held responsible if not paid. All rosters are to be turned in during the 1st game; Changes can be made up until 3rd game. Players will only be permitted to play for 1 team per division. **EVERY** player that plays must fill out the CNYFSC Release and Waiver of Liability before playing.

PLAYOFF INFORMATION

The top 4 teams in each division will progress to the playoffs. Seeding is based on the following items:

1. Best record
2. Head-to-head
3. Goals against

Playoffs will be 25-minute games with a running clock. If the score is tied at the end of regulation, we will proceed to overtime, which will be played the following way. Overtime will be 1-minute golden goal periods until it comes down to 2v2. Teams will start at full strength for the first period and take a player off after each 1-minute period. Once we get to 2v2, there will be two overtime periods where each team is allowed to possess the ball. If neither team scores in those periods, we will proceed to 3 kicks from the mark for each team until a winner is determined.

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