



YOUTH INDOOR SOCCER RULES

Revised 12/11/2025



Winfield Recreation Commission

Youth Indoor Soccer Rules

GENERAL RULES

- a. **Philosophy:** The goal of this program is to introduce youth to the game of indoor soccer. The focus should be on the individual development, fundamentals, and having fun. Good sportsmanship is always expected from players, coaches, and parents.
- b. **Practices:** Once teams have been formed, teams will meet for only 2 weeks before games begin. Once games begin, teams will no longer practice.
- c. **Inclement Weather:** For postponements due to inclement weather, look for us on Facebook for updates or by text from Textcaster. Make-up games will be scheduled as soon as possible with a memo passed out to the head coach. Games could include playing during another day of the week and not necessarily on the regular game day.
- d. **Assigned Players:** Once a team is established, each player assigned will remain on that team. No player may switch teams under any circumstances except when approved by the Sports Director.

1. OFFICIALS

The decision of the referee regarding facts connected with play and interpretations of the rules are final.

- a. **Safety:** The officials have "Safety of the players" as the main concern. The referee may warn, caution, and eject players. They may stop the game for injuries. Their purpose is to help enforce the rules of the game. All official calls made are final, unless overturned by Sports Director/Supervisor.

2. THE BALL

- a. 3-year-old, 4 year old-K, 1st-2nd Grade – Size 3 futsal
- b. 3rd-5th Grade & 6th-8th Grade - Size 4 futsal

3. THE PLAYERS AND SUBSTITUTIONS

- a. 3-year-olds: 6 players (NO GOALIES) Teams need a minimum of 4 players to play.
- b. 4-year-olds-K, 1st-2nd Grade, 3rd-5th Grade: 6 players (Including Goalie) Teams need a minimum of 4 plus a goalie to play.
- c. 6th-8th Grade: 5 players (Including Goalie) Teams need a minimum of 3 plus a goalie to play.
- d. **Substitutions:** Each team may substitute players freely provided that players must substitute off the field of play or within the touch line in the area of their team bench.

4. COACHES

- a. **Limit:** Each team will be limited to one head coach and one assistant coach on the bench.
- b. **Background Check:** All coaches must pass a background check and be approved through the Winfield Recreation Commission.
- c. **Designated Area:** should remain in the designated area while coaching during the game.
 1. 3-year-old – 2nd grade coaches: 1 coach allowed on court with players.
- d. **Rule Clarification:** Only the head coach may ask the referee questions about rule clarification and interpretations. Assistant coaches and players may not question calls.

5. PLAYER EQUIPMENT

- a. **Jewelry:** No jewelry such as watches, rings, earrings, neck chains, bracelets or anything that might be dangerous to another player are allowed. Metal medical alert bracelets and new studded earrings will be allowed if taped.
- b. **Shoes:** No boots, hard soled shoes, dress shoes, cleated or turf shoes can be worn on the gym floor. Any shoes that damage or mark up the floor will not be allowed. Indoor Soccer and/or athletic shoes only.
- c. **Uniforms:** Winfield Recreation provided t-shirts shall be worn. Out-of-town team uniforms shall be the same color.
- d. **Shin Guards:** Shin Guards are required. May be borrowed from WRC.
- e. **Mouth pieces:** Mouth Pieces are encouraged for all players, especially those with braces.
- f. **Goalkeeper:** wearing a jersey color distinguished from own team & opposing team.

6. DURATION OF THE GAME/OVERTIME

- a. **Game Length:**
 - 1. 3-year-old – 4-year-old-K: (4) six-minute quarters. (1) minute between quarters.
 - 2. 1st-8th Grade: (4) 8-minute quarters. (1) minute between quarters.
 - 3. Halftime: 3-year-old – 2nd Grade: 3-minute halftime, 3rd-8th Grade: 5-minute halftime.
- b. **Continuous Clock:** The clock will be kept running with the following exceptions:
 - 1. **Official time-outs**
 - 2. **Injury time-outs**
 - 3. **All whistles during the last 2 minutes of the 4th quarter.**
- c. **Shoot Out:** (1st-8th Grades) Teams will have 4 shooters. The ball will be placed at the Penalty Kick spot. After the whistle has been blown, each shooter will have five seconds to shoot one shot from the PK line. The official must wait until the goalie is ready before blowing the whistle. The ball may be touched only once by the shooter. No dribbling will be allowed. The goalie may participate as a shooter.
 - 1. Home team shall determine whether the team will shoot first or defend first.
 - 2. Teams alternate with a chance at a goal.
 - 3. The team that scores most goals out of 4 chances wins the game.
 - 4. If score is still tied, a sudden victory follows. Teams must pick shooters who have not participated in original shootout. Each team gets one chance to score until one team scores, and the other team does not.

7. START OF PLAY

- a. A kickoff from the center mark starts play at the beginning of each quarter and after every goal. A player who starts play may not play again until the ball touches another player. This is an indirect kick, and a goal cannot be scored from a kickoff. The home team takes the kickoff for the odd number quarters (1st & 3rd) and the visiting team takes the kickoff for the even numbered quarters. (2nd & 4th)

8. BALL IN AND OUT OF PLAY

- a. **Ball in play:**
 - 1. Bounces off a goal post, crossbar, or wall and remains in play.
 - 2. Bounces off of a referee on the court
- b. **Ball out of play:**
 - 1. The entire ball is completely outside of the wall
 - 2. Referee stops the play
 - 3. When the ball contacts any part of the building outside of playing area.

- c. Halfcourt: The goalie cannot throw, punt, or kick the ball past half court without the ball first touching his/her side of the court. The goalie is not allowed to drop the ball outside of his/her box and kick the ball down court. The goalie must dribble the ball (minimum 3 touches with the feet) before kicking the ball in the air past the half court line. Penalty: Free kick from midcourt line.

9. SCORING

- a. A team scores a goal when the entire ball goes completely over the goal line, between the goal posts, and under the crossbar. A goal may NOT be scored directly from a kickoff of restart unless touched by another player.
- b. Score will not be kept in the 3-year-old division or the 4-year-old – kindergarten division.
- c. Blowout rule: if a team is leading by 10 goals or larger, the score will no longer be kept on scoreboard, and only at the score table.
- d. **(Coaches in younger age groups should be sure to teach their goalkeepers not to back into the goal after stopping a ball.)**

10. FOULS/VIOLATIONS

- a. Holding an opponent.
- b. Handles the ball (except by goalkeeper within Penalty Arch)
- c. Plays in dangerous manner
- d. Slide tackles
- e. Impedes progress of an opponent
- f. Prevents goalkeeper from releasing the ball from his/her hands
- g. Deliberately heads the ball

And when a player commits the following in a manner that the referee considers careless, serious, reckless, or involving excessive force;

- a. Kicks, trips, pushes an opponent
- b. Jumps at an opponent
- c. Charges an opponent
- d. Strikes or elbows an opponent
- e. Unsportsmanlike behavior

1. **Restarting play after foul has occurred:** all indirect kicks that are a result of a foul will be taken at the spot of the foul. If a foul or a handball occurs in the penalty arch, the offended team will take the ball at the nearest corner kick location.
2. **Goalkeeper Violations:** The opposing team receives a Free Kick for the following violations by a goalkeeper:
 - a. Illegal Handling: picking the ball up after an intentional pass from a teammate. Kicks will be taken at the nearest corner kick location.
 - b. Illegal punting, or drop-kicking: goalies are not allowed to punt or drop kick. The ball must be rolled, thrown, or kicked while on the floor.
 - c. Delay of game: the goalie shall have 5 seconds to release the ball once gaining possession with hands or feet and the opposing team has left the penalty area.
3. **Advantage:** The Referee may let play continue and not call a foul if, in his/her opinion, thinks it is to the advantage of the fouled team to let play continue. Example: If a handball on a defensive player results in an immediate play and goal, the goal shall count.
4. **Flagrant Foul:** A penalty kick is awarded by the referee if he/she considers the foul to be unsportsmanlike or unnecessarily rough.
5. **Misconduct – Yellow Cards**
 - a. Continually breaking the rules or persistently infringing upon any of the rules of the game
 - b. Arguing with referee (dissent), objecting by word of mouth or action to the decisions given by an official
 - c. Interrupting the flow of the game with unsportsmanlike behavior.
 - d. Intentionally/recklessly kicking the ball.

6. Misconduct – Red Cards

- a. 2nd-Time Yellow Card
- b. Elbowing: Intentionally elbowing an opponent above the shoulder
- c. Vicious Slide Tackling: A tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him
- d. Fighting
- e. Leaving Team Bench or Penalty Area to engage in a fracas or confrontation with the opposition or a Game Official
- f. Extreme Unsporting Behavior: Committing particularly despicable behavior, including: Spitting at an opponent or any other person
- g. Persistent use of extremely abusive language or behavior toward a game official
- h. Bodily contact with a game official in dissent

11. TIME PENALTIES

- a. Yellow Card: 2 minutes
- b. Red Card: (2 yellows) Ejection. No substitution for the ejected player is allowed. Team will play short handed.
- c. Players who receive the foul must serve the whole time penalty and the team plays shorthanded until the time penalty has been served.
- d. Exception: a time penalty is wiped out if the other team scores while time penalty is being served.

12. UNSPORTSMANLIKE CONDUCT

- a. Winfield Recreation Commission sponsored leagues are designed solely for the recreational values derived by the players, managers, coaches and spectators from the sport in which they participate. Any player, team, manager, coach or spectator who displays any form of unsportsmanlike conduct such as flagrant rule violation, vulgar language, engaging in fighting or obviously attempting to injure anyone, threatening or purposely touching a league official before, during or after a game may be suspended from the league and/or all leagues sponsored by the Recreation Commission. In addition, the team may be placed on probation. FEES WILL NOT BE REFUNDED.
- b. Any person(s) ejected from the game shall leave the facility immediately, NO SIGHT/NO SOUND. Failure to do so will warrant a forfeiture of the game by the offending team. The coach or manager shall be responsible for actions by his/her players and spectators and for informing them of all rules. Badgering or taunting the opponents, officials or spectators is strictly prohibited and is grounds for suspension. When a player, manager or coach is ejected he/she is automatically suspended for the next game. A second ejection within the same season will result in removal from the rest of the current season.
- c. SPECIAL EMPHASIS WILL BE PLACED ON MISCONDUCT AND PROFANE LANGUAGE. OFFICIALS WILL BE INSTRUCTED TO ENFORCE THIS RULE AND ANY VIOLATIONS BY PLAYERS OR COACHES WILL RESULT IN AN AUTOMATIC EJECTION AND ONE GAME SUSPENSION.

13. CONCUSSION POLICY

If any player is showing any signs of head trauma or symptoms of concussion, that player must set out the remainder of the game and be checked out and cleared by a medical professional before returning to games or practices. A formal release from a medical professional must be turned into the WRC office before player is allowed to participate. Signs may be but not limited to: Drowsiness, nausea and vomiting, convulsions or seizures, increased confusion, restlessness or agitation, one pupil larger than the other, loss of consciousness, slurred speech, worsening headache or unusual behavior.