

KICKS INDOOR SOCCER

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INDOOR SOCCER RULEBOOK

INTRODUCTION AND DEFINITIONS

Welcome to KICKS INDOOR SOCCER facility. We have written this rulebook to provide a basis for good competition and a safe, enjoyable experience for all players. We appreciate your input; if you have comments, additions or corrections, please tell or e-mail the facility manager. Please feel free to look us up on the web at <http://www.kicksindoor.com> for more information.

The following explanations of some common terms are general, not technical; they are intended to be helpful to players and coaches.

Bench Penalty is a time penalty given to a team where no specific player is recorded as serving the penalty. A team, coach, or spectator may cause a bench penalty and the team must play short for an amount of time as determined by the referee.

Boarding is pushing, charging, or crowding an opponent into the perimeter wall. What might be a legal shoulder charge in the middle of the field may be boarding if it runs an opponent into the wall.

Dead Ball refers to the situation when the ball is out of bounds or out of play due to a stoppage of any kind.

Delay of Game is called when a player or team is deliberately trying to slow down the progress of the game. Holding the ball after a goal and kicking away the ball after a foul are examples of delay of game. Other "Delay of Game" calls may be determined as necessary by the referee.

Double Touch is the violation that occurs when a player taking a kickoff or other restart plays the ball a second time before it is touched by another player (teammate or opponent). You cannot double touch the ball on a kickoff or restart (including goalkeeper throw in) even if it hits the wall or referee before it comes back to you.

Goalkeeper on the Ground the goalkeeper is the only player allowed to play the ball while on the ground as long as, in doing so, he is not creating a dangerous play and remains within the arch.

Hand Ball is a foul that is called when a player intentionally hits the ball with his hand or arm or when it is unintentional but causes a direct advantage for said player. A player may not deliberately carry, strike, or propel the ball with his hand or arm (except the goalkeeper inside his own arch). A player who prevents a goal being scored by intentionally handling the ball is given a time penalty, and a shootout is awarded. A handball is added to a team's "six foul" count, provided no card is given.

House Team is a team put together by the facility. The team is usually made up of individuals looking for a team to play on. A parent for the youth teams or a player for the adult teams usually helps with the coaching and team contact duties.

Misconduct is any inappropriate behavior by a player, coach, or spectator (on or off the field) as determined by the referee, timekeeper, or facility staff. Examples of misconduct include but are not limited to: door-slamming, board-kicking on the bench, or inappropriate remarks toward any player, coach, spectator, referee, timekeeper, facility staff, or even a teammate.

Obstruction is impeding the progress of an opponent when not being able to play the ball yourself. You are obstructing if you run between your opponent and the ball or use your body as an obstacle but cannot play the ball yourself. The male three touch rule for COED and the double touch rule after a kickoff or restart are examples of where you can be within playing distance of the ball, but not legally be able to play the ball.

Off sides is crossing the mid line early on a kickoff or shootout. Players may not cross the line on a kickoff until the ball has been played or on a shootout until the referee's whistle.

Shadowing the Goalkeeper is a foul that occurs when a player follows the opposing goalkeeper around inside his arch and obstructs the goalkeeper from the play. There is usually, but does not need to be, physical contact towards the goalkeeper.

Shielding is a legal play where a player protects the ball from an opponent using his body. Shielding is not a foul and is not obstruction. To be legally shielding, a player must be within playing distance of the ball and be eligible to play the ball. A player who is not eligible or moves out of playing distance of the ball is guilty of obstruction.

Slide is any intentional movement of leaving one or both feet while going down to the carpet. In the interest of safety, if a knee touches the ground, a "slide" may be called based on referee discretion.

Violent Conduct is physical force that injures or abuses any individual or arena property. Violent Conduct is also any verbally or physically threatening action towards any individual. Violent conduct rulings are determined solely by the referee discretion.

PART A: PROCEDURES

A1. FORFEITS

A team will forfeit if there are not at least four players ready to play within 5 minutes of a game's scheduled start time (typically at the 16:59 mark). A team will forfeit if they lose enough players in the course of a game that they are unable to field four eligible players.

A team will forfeit if a player on the team has deliberately broken any rules regarding eligibility, or a team causes a game to be terminated.

A team may forfeit the game at any time, even if they have enough players to field a team (four) and continue to scrimmage the game in process.

No player shall play for more than one team in one division.

A team will forfeit if they are not paid up to the amount due by that game.

Forfeits are recorded in the standings as a 5-0 loss for the forfeiting team. Double forfeits are recorded as 0 points for each team.

If your team is in danger of forfeiting due to a lack of players, please tell the facility manager and he will attempt to find more players.

A2. RULEBOOKS

One rulebook per team is free. Additional rulebooks may be downloaded from the following link:

<http://www.kicksindoor.com/downloads/>

A3. DISCIPLINE

A3a. Red Card Suspension

The referee or management has the right to eject a player, coach or spectator before, during or after a game. That person must leave the property immediately if deemed necessary. If an ejected player(s) fails to leave the premises, the game will be terminated and the victory awarded to the opposing team. If, after receiving a Red Card, misconduct continues, additional Red Cards may be issued. The ejected player's team will play short for 5 minutes, regardless if the other team scores. The length of the Red Card suspension will be determined by the referee, but may be extended (and in extreme cases), overruled by the facility manager.

A3b. Mandatory Red Cards

- 1) Foul and abusive language is a mandatory Red Card; the offending player, coach, or spectator must be ejected. Some referees may allow a certain level of foul and abusive language, while some may not. This violation is completely up to referee discretion, but may be imposed by *any* KICKS' employee.
- 2) Leaving the bench, or coming in to the bench or field from the stands to join an altercation is an automatic Red Card.
- 3) Fighting is an automatic Red Card, and any player, coach, or spectator given a Red Card for fighting shall be guilty of violent conduct and will be ejected from the facility. **TO BE 100% CLEAR: ONE PUNCH WILL GET YOU SUSPENDED FROM THE FACILITY FOR AT LEAST ONE YEAR, IF NOT PERMANENTLY.**
- 4) Any player, coach, or spectator who touches, bumps, physically contacts or verbally abuses a game official or facility staff shall be guilty of violent conduct and ejected from the facility. This is subject to referee discretion.
- 5) Elbowing, tackling from behind, and striking are typical Red Card offenses.

A3c. Terminated or Abandoned Games

If the referee terminates a game, the score of the game and any disciplinary action will be decided by the referee, with possible input from the facility manager. For more information on this subject, refer to: **Referee Powers, section B6a.**

If any player, coach, or spectator involved with a particular team gives the referee cause to terminate a game, the victory will be awarded to the opposing team.

PART B: GAMEPLAY RULES

B1. NUMBER OF PLAYERS

Each team plays with a maximum of five field players and a designated goalkeeper on the field. A team can play with a minimum of three players and a goalkeeper but will forfeit if it then loses a player; for example, to a penalty (Blue, Yellow, or Red Card) or an injury.

B1a. COED Leagues Number of Players

Teams play with a maximum of five field players and a designated goalkeeper of which each team may have a maximum of four male players on the field at one time, including the goalkeeper.

The minimum number of players on the field is four, one of which must be female. Another way to interpret this rule is that, not including the goalkeeper, there can only be one more male player than the number of female players on the field. For example: If a team only has one female player, and she is playing as a field player, there may only be an additional TWO male players on the field (once again, not counting the goal keeper). The ONLY exception to this rule is, in the above situation, a team chooses to use their only available female player as the goalkeeper, and then there may be THREE male players on the field, for a total of 4 players. A coed team may also play with all female players if they so choose. For more information on this subject, refer to: **COED LEAGUES, section B8.**

B2. GOALKEEPER

A team must have a designated goalkeeper on the field at all times. The goalkeeper must wear a jersey color that distinguishes him from all other field players on both teams. A team may never have more than one goalkeeper on the field at one time. For more information on this subject, refer to: **Goalkeeper Substitutions, section B3d.**

The goalkeeper may play the ball with his hands, if the ball is not intentionally passed to him by a teammate's foot pass. Except for a throw-in or free kick restart, the goalkeeper may distribute the ball by rolling, throwing, or drop kicking. Punting the ball is NOT allowed. He may drop the ball to his own feet and kick or dribble the ball. If he chooses to dribble the ball, the goalkeeper must advance the ball past his own box & arch within 5 seconds. The same 5 second rule applies to throwing or drop kicking the ball into play. A violation will result in a free kick awarded to the opposing team at the top of the arch. For more information on this subject, refer to: **Goalkeeper Restarts, section B13d and Goalkeeper Violations, section B15b.** A goalkeeper may have only one possession with his hands per team possession. A player on the opposing team must touch the ball before the goalkeeper can use his hands again. The goalkeeper cannot bounce the ball or throw it in the air and catch it again once he has "control" of the ball. A goalkeeper's "control" of the ball is determined by the referee.

B3. SUBSTITUTIONS

B3a. Substitutions During Play

During the game, unlimited substitutions of players may be made, provided that the player substituted for is within the touch line in front of his team's

bench or off the field before the replacement steps onto the field. Neither the substitute entering the field nor the player leaving may play the ball while the other is on the field.

B3b. Guaranteed Substitutions

A team is guaranteed the right to take up to 15 seconds to substitute eligible players at the following times:

- 1) After a goal is scored,
- 2) During an injury or official's time-out.

Guaranteed substitutions can take place anywhere on the field. If play is inadvertently started with too many players on the field after any guaranteed substitution, no penalty shall be assessed.

B3c. Shootout Substitutions

No substitutions are allowed on a shootout until the referee's whistle starts the shootout. Then either team can make substitutions.

B3d. Goalkeeper Substitutions

- 1) On a guaranteed substitution, a goalkeeper can substitute for any player on his team, including players on the field, within the 15 second limitation. The departing goalkeeper must receive acknowledgment from the referee when a goalkeeper change is made during a guaranteed substitution.
- 2) On any other substitution, the goalkeeper must be replaced by a player from his team's bench, who cannot leave the bench until the goalkeeper is within the touch line in front of his bench or off the field. The goalkeeper must enter the bench to remove his goalkeeper jersey.
- 3) When a goalkeeper receives a time penalty, the offending team may substitute another field player to serve the goalkeeper's penalty. This applies to both Blue and Yellow Cards only. A Red Card will result in the goalkeeper's ejection from the field and possibly the facility.
- 4) During the game, if a team wishes to change goalies using a field player, the goalie swap must be announced to the referee and approval must be obtained prior to the actual substitution. The actual substitution will then take place on the next dead ball where the team making the substitution has ball possession.

B3e. Illegal Methods of Entering the Field

- 1) Players may not jump over the player bench wall.
- 2) Use a door on the opponent's bench or field entry doors (without first obtaining permission from the referee).
- 3) Substitute out the back of the goal.

B3f. Substitution Violations

Violations of any of the above substitution rules will result in a two minute penalty. Play is restarted with a free kick where the ball was when the whistle (or horn) sounded.

B4. INJURIES

The referee shall send any player off, who requires treatment for injury or blood (regardless of whether the blood is his own or another's or is on his body or uniform). For treatments of blood, the player must obtain the referee's approval before he may re- enter the field. Play shall stop when the referee decides one of the following:

- 1) An injury is critical.
- 2) The injured player's location is likely to interfere with play.
- 3) The injured player's team has control of the ball.

When play is stopped for an injury, the injured player must leave the field, except the goalkeeper. The second time play is stopped because of an injury to the same goalkeeper, he must leave the field. An injured player may re-enter the field after play is restarted. If play is stopped for an injury, anyone entering the field to assist the injured player must wait for the referee's signal. During any stoppage in play, it is the referee's discretion as to whether the clock will be stopped.

B5. PLAYERS' EQUIPMENT

B5a Uniforms and Equipment

- 1) All the field players of a team must wear the same color jersey, or everyone must wear a bib.
- 2) The goalkeeper will wear a jersey color that distinguishes him from all other field players on both teams.
- 3) **The home team changes in case of a color conflict.**

- 4) Shin guards are mandatory. Shin guards must be an appropriate size for the player.

B5b. Jewelry, Footwear, and Headwear

- 1) No jewelry or watches are allowed.
- 2) Players must wear flat-soled shoes or other shoes designed for the indoor playing surface. Any shoes in question will be allowed based on the discretion of the referee.
- 3) **NO CLEATS OF ANY TYPE ARE ALLOWED AT ALL KICKS' FACILITIES.**
- 4) No hats are allowed.
- 5) A player who loses a shoe or shin guard during the normal course of play will receive a warning from the referee for the first offense and a two minute penalty for the second offense.

B5c. Braces and Casts

- 1) Knee braces must be inspected and approved by the referee prior to the start of the game.
- 2) Only hand or arm casts are allowed. Casts must be padded and must be inspected and approved by the referee prior to the start of the game.

B5d. Equipment Violations

The referee or timekeeper can order a player to remove any unauthorized or dangerous equipment. A two minute penalty shall be issued to the player who fails to comply with the adjustment ordered. The player is prohibited from play so long as he is not in compliance with the order.

B6. THE REFEREE

B6a. Referee's Powers

The referee's power to assess penalties and maintain control of the game includes violations committed during play, during stoppages, and as the players and others proceed to and from the field. The referee has the power to:

- 1) Warn/Penalize/Caution/Eject - From the time the referee enters the building he has the power to penalize any player, coach, or spectator for fouls or misconduct as stated in these Rules and to give warnings or time penalties, including Blue, Yellow, or Red Cards, regardless of whether the ball is in play.
- 2) Declare an Advantage - The referee allows play to continue when the team against which an offense has been committed could benefit from such an advantage.
- 3) Stop, Suspend, or Terminate the Game - The referee has the discretionary power to stop the game for any violation and to suspend or terminate the game because of the elements, interference by spectators, extreme misconduct, or any other situation which he deems unsafe or unacceptable. In the case of a terminated game, the outcome of the game and any necessary disciplinary action will be determined by the referee.
- 4) Prohibit Entry onto the Field - The referee ensures that no unauthorized persons enter the field.
- 5) 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.
- 6) Signal Restarts - The referee signals the restart of the game after all stoppages.

B6b. Referee's Decisions

The decisions of the referee regarding facts connected with play and interpretation of the rules are final. The referee may change a decision prior to restart, upon his own reconsideration.

B7. THE TIMEKEEPER

The timekeeper shall be positioned at the halfway line, outside the field. His responsibilities include:

- 1) Starting the clock at the scheduled start time and keeping the time for the duration of the game.
- 2) Record fouls, time penalties, and goals scored.
- 3) Sound the horn to indicate an illegal substitution or an offside violation.
- 4) Sound the horn or otherwise inform the referee about any fouls or misconduct on the bench, in the stands, or on the field out of the referee's field of vision.

- 5) Assist the referee by watching for and indicating:
 - a) 3 line violations.
 - b) Ball out of bounds.
 - c) Anything else as requested by the referee.
- 6) In case of an altercation on the field, make every attempt to prevent players from leaving the bench to join in; observe and record violations which happen during the altercation.

B8. COED LEAGUES

COED Leagues have the following unique rules:

- 1) The number of male players is specified as each team may have a maximum of four male players on the field at one time, including the goalkeeper.
- 2) Female goals are worth two points; male goals are worth one point (in cases where an own goal is scored by the defense, the last offensive player to have touched the ball is credited with the goal. In coed games, if this was a female player the team is awarded two points accordingly).
- 3) Male players may only touch the ball three times consecutively. If a male player touches the ball a fourth time, the opposing team will be awarded a free kick at the point of infraction. This “three touch rule” is also in effect for shoot outs.
- 4) Teams play with a maximum of five total field players and a designated goalkeeper of which each team may have a maximum of four male players on the field at one time, including the goalkeeper. The minimum number of players on the field is four, one of which must be female. Another way to interpret this rule is that, not including the goalkeeper, there can only be one more male player than the number of female players on the field. For example: If a team only has one female player, and she is playing as a field player, there may only be an additional TWO male players on the field (once again, not counting the goal keeper). The ONLY exception to this rule is, in the same above situation, a team chooses to use their only available female player as the goalkeeper, and then there may be THREE male players on the field, for a total of 4 players. A coed team may also play with all female players if they so choose.

- 5) In the COED Leagues, there is a goal differential rule in effect. In those leagues, a team behind by SEVEN goals is allowed to add a player. When the goal differential reaches TEN goals, another player may be added. Two added players are the maximum allowed. Players must be subtracted by the trailing team as the team catches up to a ten and seven goal differential, respectively.

B9. DURATION OF THE GAME

B9a. Game Length, Time Outs, Extension of Regulation Time

- 1) Games will consist of two equal halves of 22 minutes each. There are no team timeouts allowed.
- 2) The referee **may** call an official's time out for an injury or any unusual circumstance.
- 3) The only instance when regulation time will be extended is if there is insufficient time on the clock to conduct a shootout. In that case, 5 seconds is set on the clock, and the clock is started at the referee's whistle.

B9b. Suspended Games

Any game which is suspended at or after half time is final. A game which is suspended before the end of the first half because of a blackout will be rescheduled.

B9c. Terminated or Abandoned Games

- 1) If the referee terminates the game, the score of the game and any disciplinary action will be decided by the referee. For more information on this subject, refer to: **Referee Powers, section B5-1c.**
- 2) If any player, coach, or spectator involved with a particular team gives the referee cause to terminate the game, the victory will be awarded to the opposing team.
- 3) If a team abandons a game, the score of the game and any disciplinary action will be decided by the referee.

B10. START OF THE GAME

B10a. Starting the Clock

- 1) Balls must be off the field immediately after the referee or the timekeeper calls for them.

- 2) Offending team will receive a two minute penalty. If both teams are involved, the clock will start and ball removal done under a running clock.
- 3) The clock will begin running at game time. A team must have at least four players ready to play for the game to begin. If a team is not prepared to play after five minutes have elapsed, the game is forfeited and the opponent is credited with a 5-0 victory (for standings purposes).
- 4) The winning team may accept the forfeit and leave. Or, if after the forfeit has been given, more players for the losing team arrive or are recruited, the winning team may:
 - 1) Accept the 5-0 forfeit and play a scrimmage game.
 - 2) If both teams agree, play out the remaining time in the game and have the final score recorded on the standings.

B10b. The Kickoff

- 1) The HOME team kicks off the first half.
- 2) The player kicking the ball may not touch the ball a second time until it is touched by another player (a “double touch”).
- 3) Players may not cross the mid line until the ball is kicked (“offside”).
- 4) The kickoff may go forward or backward.
- 5) A goal may be scored directly from a kickoff.
- 6) If offsides is called or the kicker takes longer than 5 seconds to play the ball, the opposing team is awarded a free kick at the mid line center spot (because this restart is a free kick, the players can be anywhere on the field, if they do not encroach).
- 7) If a double touch is called, the opposing team will be awarded a free kick at the point of the infraction.
- 8) After each goal, the game is restarted with a kickoff by the team just scored upon, except when a goal is scored at the end of the half.
- 9) Prior to the second half, the teams change defensive ends.
- 10) The GUEST team kicks off the second half.

B11. THE BALL IN AND OUT OF PLAY

B11a. Ball in Play

The ball is still in play:

- 1) When it rebounds from a goalpost, crossbar or wall and remains in the field.
- 2) When it rebounds off a referee on the field.
- 3) In the event of a supposed violation, until stoppage (whistle blow) is ordered by the referee.

B11b. Ball Out of Bounds

- 1) The ball is out of bounds when it goes over the perimeter wall or touches facility structure above the playing field.
- 2) The restart will be taken at the point where the ball crossed the perimeter wall or where it hit the facility structure (offending player may be subject to a two minute penalty at the discretion of the referee).

B11c. Ball Out of Play

- 1) The ball is out of play when it is out of bounds, when it crosses the goal line, or when the game is stopped by the referee's whistle.
- 2) A ball out of play is restarted with a kick off, free kick, or a goalkeeper throw.

For more information on this subject, refer to: **Restarts, section B13.**

B12. SCORING

B12a. Scoring Goals

- 1) A goal is scored when the **ENTIRE** ball crosses the whole of the goal line, between the goalposts and under the crossbar, provided that no violation of the rules has been committed by the team scoring the goal.
- 2) A goal cannot be scored once the horn has begun to sound; **the entire ball must cross the whole line before the start of the horn.**
- 3) The team scoring the greater number of goals is the winner.

- 4) A goal may be scored directly from a kickoff or any restart, including but not limited to:
- a) Goalkeeper throw-ins (provided they do not violate the 3 line rule).
 - b) Corner kicks.
 - c) Kick-ins.
 - d) Other free kicks, except in the case of a violation of the rules recognized by the referee.

B12b. Interference

No goal is allowed if an outside agent alters the path of the ball on its way over the goal line. The restart is a free kick to the defending team.

B13. RESTARTS

B13a. Definitions and Procedures

A restart is the procedure for resuming play after a stoppage. Restarts are kick-offs, free kicks, kick-ins, corner kicks and goalkeeper throw-ins.

All restarts are “direct”; that is, a goal can be scored directly from the first kick of the ball. On a restart, the ball must be placed within 3 feet of the foul or where it went out of bounds.

Once the referee signals a restart, a player has 5 seconds to play the ball and may not touch the ball again until it has been touched by another player. For a 5 second violation, the opposing team is given a free kick at the same spot; for a double touch, the opposing team is given a free kick at the point of infraction. The ball must be stationary; if it is not, the kick is retaken. Opposing players may not encroach. For more information on this subject, refer to: **Encroachment, section B15-4d.**

The following restarts do **NOT** require the referee to signal the restart with a whistle:

- 1) A whistle is not required for a restart after a foul.
- 2) A whistle is not required for a kick-in, a corner kick, ceiling out of bounds, or a goalkeeper throw-in.

The following restarts require the referee to signal the restart with a whistle:

- a) A kickoff.
- b) A shoot out.
- c) When a player requests his 5 yards of “distance” (aka 15 feet).
- d) A restart after a time stoppage.
- e) After a time penalty has been issued by the referee.

If the player taking the kick does not wait for the whistle, the kick is retaken.

B13b. Kickoffs

The home team kicks off the first half. The player kicking the ball may not touch the ball a second time until it is touched by another player (a “double touch”). Players may not cross the mid line until the ball is kicked (“offside”). The kickoff does not have to go forward. A goal may be scored directly from a kickoff. If offside is called or the kicker takes longer than 5 seconds to play the ball, the opposing team is awarded a free kick at the mid line center spot. (Because this restart is a free kick, the players can be anywhere on the field, if they do not encroach). If a double touch is called, the opposing team will be awarded a free kick at the point of the infraction. After each goal, the game is restarted with a kickoff by the team just scored upon, except when a goal is scored at the end of the half.

Prior to the second half, the teams change defensive ends. The visiting team kicks off the second half.

Special Exceptions:

- 1) If the team just scored upon is losing the game, yet quickly grabs the ball, places it on the kick-off spot and waits for the referee’s whistle, they do not *have* to wait for the scoring team to return to their own side. This eliminates time wasting by the winning team.
- 2) If the team just scored upon is winning the game, they have 15 seconds in which to get the ball, place it on the kick-off spot and wait for the referee’s whistle. If after 15 seconds has passed, the team will be penalized for un-sportsman like conduct and/or delay of game. The referee may add a foul to the team’s foul count, or assess a time penalty as the situation warrants.

B13c. Free Kick Restarts

Specific free kick restarts include:

- 1) Whenever a player takes a free kick, all opposing players must automatically be a minimum of 5 feet from the ball to enable a quick restart.
- 2) Shootouts - The restart for a shootout is taken in accordance with section B16-2.
- 3) Three Line Pass Violation - The restart after a three line pass will be taken at the offending team's defensive white line center spot.
- 4) Pass Back to Goalkeeper Violation - The free kick awarded after an illegal pass back to the Goalkeeper. The kick is taken at the top of the offending team's arch. Catching or handling a ball following an intentional kick from a teammate constitutes a pass back violation.
- 5) Ceiling Out of Bounds - A kicked or thrown ball which hits the top of the facility's structure shall be restarted at the offending team's defensive white line center spot. If the referee determines that the ceiling violation was due to recklessness, or intentionality, a Blue Card violation resulting in a 2 minute time penalty may result. This is completely up to the referee's discretion.
- 6) Kick-ins - When the ball goes over the wall or touches the netting above the wall, a kick in is awarded to the opposing team and play is restarted on the touch line or between the line and the wall, within 3 feet from the point where the ball went out of play.
- 7) If the ball touches a player or other person on the bench who is inadvertently extending into the field, or if the ball exits through an open bench door, a kick in will be awarded to the opposing team.
- 8) Corner Kicks - When the ball is last played by a defending player and crosses over the wall or hits the netting between the corner marks, the opposing team takes a free kick from the corner mark nearest to where the ball went out.
- 9) Referee Stoppage - When the play is stopped by the referee's whistle for any unusual circumstance, play is restarted at the place it was stopped with a free kick by the team that was in possession when the whistle was blown. If possession was not clear, a "drop-ball" may be called by the referee.

B13d. Goalkeeper Restarts

If a player from the opposing team intentionally obstructs the goalkeeper or prevents or hinders him from releasing the ball into play, the offending player receives a time penalty for unsportsmanlike behavior. The severity of the time penalty is up to the referee's discretion.

B13d1. Goalkeeper Throw-ins

When the ball is last played by an attacking player and crosses over the wall or hits the netting between the corner marks, the opposing goalkeeper restarts play with a throw in.

B14. PROCEDURAL VIOLATIONS

Procedural violations do not result in two minute penalties, are not recorded as fouls and are not added to a team's foul count. A free kick is awarded to the opposing team.

B14a. Three Line Pass

A ball kicked or thrown over all three lines in the air towards the opponent's goal without touching another player, the perimeter wall, or the referee is an illegal three line pass. The ball will be brought back to the center spot of the first white line it crossed, and a free kick awarded to the other team.

B14b. Illegal Pass Back to Goalkeeper

The goalkeeper may not play the ball with his hands if the ball is intentionally (and with control) kicked to him by a teammate's foot pass. The goalkeeper may use his hands to play the ball if it is deflected off a teammate, or if the teammate plays the ball with another part of the body, e.g.; his head, chest, or knee. A violation results in a free kick to the opponent at the top of the arch. A player may not circumvent this rule by playing the ball from his foot to his head and then passing it back to the goalkeeper.

B14c. Others

Other procedural violations include:

- a) Goalkeeper brings the ball in the arch and picks it up.
- b) Player takes longer than 5 seconds to put the ball into play.
- c) Male COED player touches ball more than three times consecutively.
- d) Player double touches ball on a restart or following a free kick.

B15. FOULS AND PENALTIES

Fouls include, but are not limited to: tripping, kicking, holding, pushing, charging violently, charging away from the ball, jumping at, handling the ball, obstruction, and dangerous play. Examples of dangerous play include: high kicks, playing the ball while sitting or lying on the ground, playing the ball while placing a hand or knee on the ground, or attempting to kick the ball when held by the goalkeeper. The restart after a foul is called will be a free kick at the point of the infraction or a free kick at the top of the arch if it is a defensive foul in the arch. A whistle is not required for a restart after a foul, unless it is at the top of the arch, or the kicker asks for his/her "distance" aka, 5 yards or 15 feet.

B15a. Six Foul Accumulations

Every accumulation of six fouls by one team results in a penalty shootout awarded to the opponent (procedural violations and time penalties do not count toward the six foul totals). The foul count carries over from the first half to the second half. For a six foul accumulation, no two minute penalty is given, and the team is not shorthanded. No substitutions are allowed until the referee's whistle starts the shootout. For more information on this subject, refer to: **Conduct of a Shootout, section B16-2.**

B15b. Violations Involving the Goalkeeper

B15b1. By the Goalkeeper

- 1) The goalkeeper may only possess the ball within the arch for a maximum of 5 seconds (hands or feet). [Note: the official will count up to 4; the blown whistle will constitute the equivalent of 5 seconds]. The referee does NOT have to count out loud. In doing so, he is politely reminding the goalkeeper of his remaining time. Counting out loud is up to referee's preference/discretion. He can move anywhere in the arch in that 5 seconds. If the goalkeeper exceeds that time, the opposing team is given a free kick at the top of the arch.
- 2) The goalkeeper may not play the ball with his hands if the ball is intentionally kicked to him by a teammate's foot pass. The goalkeeper may use his hands to play the ball if it is deflected off a teammate or if the teammate plays the ball with another part of the body; e.g.: his head, chest, or knee. A teammate of the goalkeeper may not circumvent this rule by playing the ball from his foot to his head and then passing it back to the goalkeeper. A "pass back" violation of this type requires two items as determined by the referee; control AND intent. (i.e. a defensive player may make a controlled pass across his goalkeeper's arch that was intended for another player, and the goalkeeper may intercept the controlled pass with his hands. As the pass was not *intended* for the goalkeeper, no violation has occurred. Similarly, a defensive player may have been intentionally attempting to clear the ball out of his

goalkeeper's arch, or perhaps pass the ball to another of his team's players, but accidentally miss-plays the ball, which results in the goalkeeper gaining possession with his hands. For example; if a player attempting to clear the ball out of his goalkeeper's arch miss-hits the ball off of his shoe and it accidentally creates a ball that the goalkeeper can then more easily control, no violation has occurred.

- 3) The goalkeeper has only one possession with his hands per team possession. Whether or not the goalkeeper may bounce the ball once he has control of it is up to referee discretion.
- 4) The goalkeeper cannot bring the ball into the box and then pick it up. For any goalkeeper violations in the arch, the opposing team is awarded a free kick at the top of the arch.
- 5) A goalkeeper may slide within the arch, but may not play the ball outside the arch while on the ground (dangerous play). A violation is a free kick at the point of infraction. If a goalkeeper starts his slide within the arch, makes contact with the ball PRIOR to any contact with a player and PRIOR to leaving the arch, he will not be called for a "slide" or "slide-tackle" violation. This is up to referee discretion and/or interpretation.
- 6) If the goalkeeper either intentionally strikes an opponent by throwing the ball violently at him, or pushes him with the ball while holding it, he shall be cautioned or ejected, as deemed appropriate by the referee, and the opposing team awarded a shootout if the offense is initiated within the arch.
- 7) An intentional handball by the goalkeeper outside the penalty area must result in a two minute penalty. To be clear regarding goalkeeper and "handball violations", the deciding factor is the location of the ball. If the WHOLE ball is not outside the ENTIRE line of the arch (lines are inside) at the moment of contact, it is not a handball, even if any other part of the goalkeeper's body is outside the arch.
- 8) When a goalkeeper receives a Blue Card time penalty, the offending team may substitute any field player to serve the time penalty per the referee's discretion. Any Yellow or Red Card infractions by the goalkeeper MUST be served *by* the goalkeeper. The offending team has 30 seconds in which to bring a substitute goalkeeper onto the field.

B15b2. Fouls Against the Goalkeeper

- 1) If a player from the opposing team intentionally obstructs the goalkeeper or prevents or hinders him from releasing the ball into play, the offending player receives a time penalty for unsportsmanlike behavior.
- 2) During play or on a restart, if a player follows a goalkeeper around inside the arch, obstructing him from the play, he is guilty of “shadowing the goal keeper”. A foul will be called and the ball awarded to the goalkeeper’s team at the point of infraction.
- 3) Charging the goalkeeper or attempting to play the ball when he has possession of the ball is a foul. The goalkeeper is said to have possession of the ball when either the goalkeeper has at least one hand on the ball, or the goalkeeper is covering up the ball and no play can be made on the ball without striking the goalkeeper.

B15c. Time Penalties (Cards)

B15c1. Definitions and Restarts

If in the referee’s opinion, any foul is serious, a two minute personal penalty (Blue Card), a four minute personal penalty (Yellow Card), or an ejection (Red Card) may be given. A player can be given a Yellow or a Red Card without first receiving a Blue Card or warning (Blue, Yellow, and Red Card offenses are described in B15-4 and B15-5). After a time penalty is given, play is restarted at the point of the infraction with a free kick by the opposing team.

B15c2. Short Handed Play

When a player receives a time penalty, the penalty time begins when the player whom has received said penalty exits the field of play, and his team plays short until the penalty time expires or the opposing team scores, (unless the time penalty was a “straight Yellow Card”, whereas the offending team must play short for the entire 4 minute penalty, regardless if the other team scores). Similarly, a 5 minute Red Card penalty is over only when the penalty time expires. Regardless of the number of players from one team serving time penalties, a team may not have fewer than four players on the field. Consequently, should a player receive a time penalty while two or more teammates are already serving time penalties, his team will FORFEIT the game.

B15c3. Accumulation of Blue, Yellow and Red Cards - Personal Penalties

Multiple Blue Cards:

- 1) 1st Blue Card = player is penalized two minutes.
- 2) 2nd Blue Card after serving 1st Blue Card = player is penalized two minutes, and is recorded as being at Yellow Card status. This rule is up to referee discretion. For example, if a player receives two Blue Cards for offensive language directed towards the referee, the referee may (or may not) chose to have said two Blue Cards total to one Yellow Card.
- 3) 3rd Blue Card after serving 1st and 2nd Blue Cards = player is recorded at Red Card status and is ejected from the premises for the rest of the game and the team's next game. His team is penalized two minutes. This rule is also open to the same referee discretion as #2 above.

Multiple Yellow Cards:

- 1) 1st Yellow Card = player is penalized four minutes, and is recorded at Yellow Card status.
- 2) 2nd Yellow Card after serving 1st Yellow Card = player is recorded at Red Card status and is ejected from the premises for at the remainder of the game and the team's next game. His team is penalized five minutes.

Red Card:

If a player, coach, or spectator receives a Red Card, that person is ejected from the premises for at least the remainder of the game and the team's next game. His team is penalized for five minutes.

B15c4. Bench Penalties

The following violations can result in a bench penalty, which is a time penalty during which the team plays short but no player is recorded as serving the penalty:

- 1) Illegal substitutions.
- 2) Abusive language or persistent misconduct from the bench area.
- 3) Abusive language or persistent misconduct by spectators in the stands.

A team can receive an unlimited number of bench penalties with or without an initial warning. Play restarts with a free kick by the opposing team where the ball was when the whistle (or horn) sounded.

B15d. Two Minute Penalties

B15d1. Blue Card Offenses

Infractions that usually result in at least a Blue Card (two minute penalty) include: sliding, boarding, encroachment, dissent, unsporting behavior, bicycle or scissors kicks, misconduct, and illegal substitution.

Spitting anywhere but in a garbage can is an automatic Blue Card (two minute penalty).

B15d2. Delayed Blue Card

In instances where the referee would issue a Blue Card, but chooses to apply the advantage rule, he shall acknowledge the offense by holding the Blue Card above his head until either:

- 1) The team of the offending player gains control of the ball (possesses the ball for more than one second, deflects the ball into open space, or directs the ball toward a teammate or the goal).
- 2) The referee stops play for any reason.

Once play is stopped, the offense is recorded and the penalty served, unless a goal is scored against the offending team, in which case the penalty is recorded, but not served. The location of the restart after a delayed Blue Card is:

- 1) At the center spot of the mid line if a goal is scored.
- 2) At the point of the original foul if a defensive player touches the ball.
- 3) At the point of the infraction if another foul occurs before the defensive team touches the ball.

B15d3. Encroachment

For all free kick restarts:

- 1) The defender must **IMMEDIATELY** provide a minimum of 5 feet for the taking of a free kick. If a defensive player makes any movement toward the ball to block the free kick and crosses into the 5 feet minimum space, he is guilty of encroachment and will be assessed a Blue Card (two minute penalty). The defender may move from side-to-side to play the ball but not forward.

- 2) If the player taking the free kick asks the referee for his/her "distance" (15ft aka 5 yards), he/she must wait for a whistle restart. If a defensive player makes any movement toward the ball to block the free kick and crosses into the 15 feet space, he is guilty of encroachment and the free kick will be retaken. The defender may move from side-to-side to play the ball but not forward.
- 3) If the referee asks a defensive player to move 5 yards away from the ball (15ft), and the player does not immediately comply, a Blue Card (two minute penalty) delay of game penalty may be assessed as determined by the referee.
- 4) If the player taking the free kick chooses to 'quick kick' the ball and it strikes the defender attempting to provide the minimum space, then there is no encroachment.
- 5) When a team is awarded a free kick in its opponent's penalty arch, the kick takes place at the top of the arch. Defensive players must be 5 yards (15ft) away from the ball. On a kickoff, the defending team must be on their side of the mid line and outside of the center circle. Stepping into the center circle before the ball is kicked is encroachment. The kickoff is retaken.

B15d4. Dissent

Dissent is words or actions directed by a player, coach, or spectator at a referee in dissent of any call. Dissent will result in at least a two minute penalty. If the penalty is given to the coach or the bench, the team must play short, but no player is recorded as receiving the penalty. Only the authorized team captain or coach may discuss a call with the referee, at a stoppage of play, with the agreement of the referee. During discussions between the referee and the timekeeper, it is illegal to approach the referee. Such action will result in a Blue Card (two minute) penalty.

B15d5. Unsporting Behavior

The referee issues a Blue Card for the following unsportsmanlike offenses:

- 1) Yelling at or waving arms at an opponent.
- 2) Calling for the ball when an opponent has possession.
- 3) Failure to respect the encroachment rule.
- 4) Trickery when passing the ball to his own goalkeeper.
- 5) Inappropriate celebration after a goal is scored.
- 6) Illegal re-entry of a player onto the field.

- 7) Player(s) illegally entering the referee's crease.
- 8) Delay of game.
- 9) Equipment violation.
- 10) Audible obscene language (at referee's discretion).
- 11) Delay in entering the bench to serve a penalty or re-entering the field before the penalty expires.

B15e. Extreme Misconduct

B15e1. Yellow Card Offenses (Cautions)

Behavior which warrants a minimum of a Yellow Card includes, but is not limited to:

- 1) Fouls which the referee considers reckless.
- 2) Initiating physical contact short of fighting.
- 3) A tackle from behind.
- 4) Persistent infringement of the rules.

B15e2. Red Card Offenses (Ejections)

Behavior which warrants a mandatory Red Card includes, but is not limited to:

- 1) Intentionally elbowing a player above the shoulder.
- 2) A tackle from behind which endangers the safety of an opponent.
- 3) Striking or attempting to strike an opponent with the intent to injure.
- 4) Any form of fighting or violent conduct.
- 5) Spitting at or on an opponent, timekeeper, referee or facility staff.
- 6) Leaving the bench to join an altercation on the field.
- 7) Abusive language or behavior toward a referee, timekeeper or facility staff.
- 8) Touching, bumping or any physical contact with a referee, timekeeper, or facility staff.

- 9) A player refusing to give the referee or Timekeeper his name after being issued a card.

A player, coach, or spectator who is issued a Red Card is ejected for a minimum of the remainder of that game and that team's next game, or that player's next game if it is the last game of the season and the team is not returning. The length of a Red Card suspension is determined by the referee. For more information on this subject, refer to: **Red Card Suspensions, section A5-1.**

The referee or management has the right to eject a player, coach, or spectator before, during, or after the game. That person must leave the premises immediately (possible tournament or two leagues exception as determined by the referee). If an ejected player(s) fails to leave the premises, the game will be terminated, and the victory awarded to the opposing team. If after a Red Card is given misconduct continues, additional Red Cards may be awarded.

B15e3. Suspensions for Fighting or Abuse of Officials or Staff

Any player, coach, or spectator given a Red Card for fighting is guilty of violent conduct and ejected from the premises from all Kicks' facilities for not less than one year and up to permanently. Any player, coach, or spectator who touches, bumps, physically contacts or verbally abuses a game official or facility staff member shall be guilty of violent conduct and ejected from the premises from all Kicks' facilities for no less than one year and up to permanently.

B16. SHOOTOUTS

B16a. Shootout Fouls

A shootout shall be awarded for any of the following fouls committed by a defending player in his defensive half of the field:

- 1) A foul within his defensive arch or inside the goal for which a time penalty is issued.
- 2) A foul from behind against an attacking player who has control of the ball and has one or no defensive players between himself and the goal.
- 3) Any foul where he is the last player on his team between an attacking player with the ball and the goal.
- 4) A shootout is awarded when one team has accumulated six fouls.

B16b. Conduct of a Shootout

- 1) The designated shooter must set the ball on the center spot of the opponent's white line. The goalkeeper must have at least one foot on his goal line and may not move off it until the referee whistles the start of the shootout.
- 2) The defensive team must be behind the mid line inside the midfield circle, and the offensive team behind the mid line outside the circle. When the referee blows the whistle, play is restarted. The player taking the shootout can play the ball forward using any legal manner to score, including direct shot, dribble and shoot, playing the ball off the boards, passing to a teammate, etc.
- 3) For a shootout other than a six foul penalty, the penalized player must be off the field.
- 4) In COED leagues, all COED rules apply, including the three touch rule and two points awarded for women's' goals.
- 5) A player cannot circumvent the rules to gain an advantage. A violation is unsportsmanlike conduct; a warning will be issued, and a two minute penalty may be given.
- 6) If the 6th team foul occurs and time runs out prior to the taking of the shootout in the 1st half, the shootout will be taken at the start of the 2nd half. If the 6th team foul occurs during the last 25 seconds of the 2nd half, and game time expires prior to the taking of said shootout, the clock shall be reset to 5 seconds and the shootout taken.
- 7) During a shootout if a goalkeeper commits a dangerous foul, a two minute penalty will be issued, and a shootout will be awarded.
- 8) Offside on a shootout: If a player from the team taking the shootout is offside and a goal is scored, the shootout is retaken. If a player from the team taking the shootout is offside and the shootout is missed, play continues. If a player from defending team is offside and goal is scored, the play stands. If a player from the defending team is offside and the shootout is missed, the shootout is retaken. If both teams are offside, the shootout is retaken.