

YMCA INDOOR SOCCER RULES

U-6: Ball is in play unless it goes over the wall. Players can play off of all walls.

The goal box is marked, and a goalie with any foot or body part in the box can touch a ball with their hands.

Play begins at mid field.

Play stops on any ref whistle.

Games are 20 minutes long.

No pushing/No handballs/No headers/No slide tackling

U8 and above: Ball can be played off the walls behind the goals, up to the color change.

Sidelines are marked by the basketball court end lines, and those are out of bounds.

No throw ins. All balls are kicked in, just as on fouls. Players may ask the official for space and be granted 3 steps (about 3 yards).

Play stops on any ref whistle.

Play begins at mid field.

Goalies may not punt. Goalies can drop kick the ball or throw or roll it. On a throw, the ball cannot be airborne past mid court. If that happens, the opposing team gains possession at mid field.

No player other than the goalie may go to the ground. Any sliding is considered a foul, unless it is accidental. A goal scored by a player who purposely slides when they kick will be disallowed and that player is called for a foul.

No pushing/No handballs/No headers under U-14/No slide tackling

No yelling at officials. Any coach or player who disrespects the official will receive a yellow card. 2 yellow cards in a season by a coach will result in expulsion from the league. Players who receive a red or 2 yellow cards in a season are suspended for a minimum of one week and a maximum of the entire season.

Substitutions are done on a dead ball only, and one player must leave the field for another to enter. Ask the ref to hold play for a substitution.

Games are 25 minutes long. U-8 plays on a 2/3 court, U-10 and above play full court.