

**Westminster Sports Center  
Modified Indoor Soccer Rules  
High School**

**All teams must have an adult at least 21 years of age on the bench**

**Rule 1 – The Field of Play**

**Dimensions**

- Turf Field – 172' x 86'

**Goals**

- 12' wide & 6.5' height

**Rule 2 – The Ball**

Size 5

**Rule 3 – The Number of Players**

**Players**

- A game is played by two teams of 6 players including the goalkeeper and with no less than 4 players
- If multiple penalties are being served, there shall be a minimum of four players per team on the field including the goalkeeper
- Goalkeepers are not allowed to cross the mid field line during play. Blue Card offense.

**Substitution Procedure**

- Substitutions are unlimited and may be made at any time including goalkeepers.
- Substituted player must be within one yard of the player's team bench provided the substituted player is not involved in play (referees judgment).
- Climbing/Jumping over the bench wall will result in an automatic 2 minute penalty.

**Competitive Advantage**

- When a team is ahead by 7 goals, the opposing team may add one field player. When a team is ahead by 10 goals after a minimum of 35 minutes of play, the game shall be considered final and the teams will be allowed to continue to play the allotted remaining time if they so choose.

**Rule 4 – The Players' Equipment**

**Equipment**

- Shin guards are REQUIRED
- Socks must completely cover the shin guards
- Large Field - Cleats, turf shoes, tennis shoes are allowed.
- Small Court - Indoor flats or tennis shoes ONLY – NO cleats or turf shoes
- Jewelry is not allowed unless taped to body

**Safety**

A player must not use equipment or wear anything that is dangerous to himself or another player

**Uniforms**

- Home team on the schedule will wear a dark shirt
- Away team on the schedule will wear a light shirt

**Goalkeepers**

- Each goalkeeper wears colors that distinguish the goalkeeper from players on each team

**Rule 5 – The Referee**

Every attempt will be made to provide 2 referees for every game. In the event of a game with only one referee, the same expectation of fair play, sportsmanship and respect from both teams is understood. The result of the game will count towards the league standings.

**The Authority of the Referee**

- The referee's job is to oversee the play of the two teams, making unbiased judgments as to the team's play in reference to the rules of the game, and to administer a safe arena of play.

**Powers and Duties**

- Enforces the Rules of the Game, Westminster modifications and policies included and controls the match.
- Ensures that the players' equipment meets the requirements of Law 4.
- Acts as timekeeper and keeps a record of the match.
- Stops the match if, in his opinion, a player is seriously injured and ensures that he is removed from the field of play.

- Allows play to continue until the ball is out of play if a player is, in his opinion, only slightly injured.
- Ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee, who must be satisfied that the bleeding has stopped or been covered and wiped away.
- Explains the infraction to the offending player before restarting play.
- Allows play to continue when the team against which an offence has been committed will benefit from such an advantage and penalizes the original offence if the anticipated advantage does not ensue at that time.
- Punishes the more serious offence when a player commits more than one offence at the same time.
- Takes disciplinary action against players guilty of cautionable and sending-off offences. He is not obliged to take this action immediately but must do so when the ball next goes out of play.
- Takes action against team officials who fail to conduct themselves in a responsible manner and may at his discretion, expel them from the field of play and its immediate surrounds.
- Restarts the match after it has been stopped.

**The decisions of the referee regarding facts connected with play are final.**

#### **Rule 6 – Other Officials/Sports Center Staff**

- If needed, other officials/Sports Center staff may be assigned to a game in various capacities with the same authority to uphold the Rules of the Game and Sports Center policies.

#### **Rule 7 – The Duration of the Game**

- **50 minute running clock.**
- Teams will not change ends and will always defend the goal nearest their team bench
- The clock shall only be stopped for serious injuries as determined by the game officials.

#### **Rule 8 – The Start and Restart of Play**

- The home team will take the kickoff to start the game
- The visiting team takes the kick-off to start the 2<sup>nd</sup> half

#### **Kick-off**

- At the start of the game
- After a goal has been scored
- At the start of the second half of the game
- A goal may be scored directly from the kick-off
- All players are in their own half of the field
- The opponents of the team taking the kick-off are at least 15' from the ball until it is in play
- The ball is stationary on the center mark
- The referee gives a signal
- The ball is in play when it is legally moved in any direction.
- The kicker does not touch the ball a second time until it has touched another player
- After a team scores a goal, the kick-off is taken by the other team
- If the kicker touches the ball a second time before it has touched another player, an indirect free kick is awarded to the opposing team to be taken from the place where the infringement occurred
- For any other infringement of the kick-off procedure the kick-off is retaken

#### **Dropped Ball**

- A dropped ball is a way of restarting the match after a temporary stoppage becomes necessary while the ball is in play
- For any reason not mentioned elsewhere in the Rules of the Game
- The referee drops the ball at the place where it was located when play was stopped. Play restarts when the ball touches the ground.
- The ball is dropped again:
- If it is touched by a player before it makes contact with the ground
- If the ball leaves the field of play after it makes contact with the ground, without a player touching it

#### **Rule 9 – The Ball In and Out of Play**

- The ball is out of play when:
- It touches any part of the protective netting, or leaves the field of play. The game is restarted by a free kick from the point the ball went out of play
- Balls that hit the ceiling net will be placed directly below where the ball hit the net
- Play has been stopped by the referee
- The ball is in play at all other times including when:
- It rebounds from a goalpost or crossbar and remains in the field of play
- It rebounds from the referee when they are on the field of play

## **Rule 10 – The Method of Scoring**

### **Goal Scored**

- A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Rules of the Game has been committed previously by the team scoring the goal.

### **Rule 11 – Delay of Game (Three Line Violation)**

- If the goalkeeper within the goal area sends the ball in the air, crossing all 3 dividing lines towards the opponent's goal without touching another player or perimeter wall, delay of game shall be called
- The ball will be placed on the first line for the opponent to restart play with a free kick.

### **Rule 12 – Fouls and Misconduct**

- 13 FOUL RULE – if a team is whistled for 13 fouls during a game, the game will end and the team with 13 fouls will receive a forfeit.
- **NO SLIDING or SLIDE TACKLING** (exception: goalkeepers within their goal area)
- No Punting allowed
- Any player who commits one of the following offences shall be penalized and the opposing team awarded a direct free kick:
  - Kicks or attempts to kick an opponent
  - Trips or attempts to trip an opponent
  - Jumps at an opponent or charges an opponent
  - Strikes or attempts to strike an opponent
  - Pushes an opponent or holds an opponent or spits at an opponent
  - Boarding an opponent
  - Handles the ball deliberately (except for the goalkeeper within his own goal area) It is not considered a “hand ball” when the ball hits the players hand and no advantage is gained. A player must deliberately try to handle the ball for a foul to occur.
  - Dangerous play
  - Charging shoulder to shoulder while away from the ball
  - Charging the goalkeeper when not in possession of the ball

The 3 infractions listed below will not count as team fouls

- The goalkeeper takes more than 6 seconds to release the ball into play
- The goalkeeper picks up a ball that was intentionally played back by a teammate with feet. The goalkeeper may handle the ball while inside the goal area unless the ball is intentionally played with the feet back to the goalkeeper by a teammate
- Opponents must be 15' away before kick is allowed.

### **Blue Card Offences – 2 minute penalty**

- Illegal substitution
- Too many players on the field
- Unsportsmanlike behavior including:
  - Foul or abusive language
  - Persistent misconduct
  - Any conduct deemed unsportsmanlike by the referee or any Sports Center official

### **Yellow Card Offences – Hard 4 minute penalty**

- Issued for any flagrant violations of Rule 12
- Any violations the referee consider to be reckless or unsportsmanlike
- Deliberate handling of the ball
- Player using two hands against the boards to push an opponent with his own body
- Jumping over the boards to enter or exit the field of play
- Second Blue Card

### **Red Card Offences – Hard 5 minute penalty and Automatic Ejection**

- Issued for any violations of Rule 12 that the referee considers violent or excessive use of force
- Second Yellow Card
- Elbowing an opponent above the shoulder
- Extreme unsportsmanlike behavior
- Persistent use of abusive language or behavior toward any player, referee, spectator or other officials and staff
- Spitting on the playing surface, walls, glass etc...

- Any player leaving the bench to join in any altercation will automatically be ejected from the game and suspended for the remainder of the season
- Any player and/or coach receiving a Red Card will be ejected and must leave the facility immediately and will serve an automatic two game suspension

No cautions or ejections shall be issued to players except by the referee or any designated Sports Center staff.

### **Administration of Timed Penalties**

#### **Blue Card**

- Player receiving a Blue Card will serve a 2 minute penalty and remain in the penalty box for the full 2 minutes or until the opposing team scores.

#### **Yellow Card**

- Player receiving a Yellow Card will serve a hard 4 minute penalty and remain in the penalty box for the full 4 minutes

#### **Red Card**

- Player receiving a Red Card will automatically be ejected and another player from the team must serve the full 5 minutes in the penalty box

If 2 players are serving penalties that are not considered hard fouls and the opponent scores, then the player with the least amount of penalty time remaining may return to the playing field.

A maximum of 2 timed penalties will be allowed to time down simultaneously. If a third penalty is assessed while 2 players from the same team are already serving penalties, the game will be terminated based on the team penalized not able to field the minimum number of players stated in Rule 3.

The referee may issue a delayed penalty if in the referee's judgment; the offended team has an "advantage" that would be taken away with play stoppage. If the offended team scores with the advantage, the penalty will not be served with the exception of a foul that results in a Yellow or Red Card.

It is the responsibility of each player and team captain/representative to be aware of their player's status with regard to infractions. All players must be registered properly on the team roster. Use of non-roster players will result in forfeiting the game in question. Failure to comply with Sports Center rules, policies and procedures may result in disciplinary action against individual players or teams.

**Sports Center management shall have the authority to eject, from any park or community building, any person acting in violation of these rules and regulations.**

### **Rule 13 – Free Kicks**

All free kicks are direct and the ball must be stationary before kicked

- Balls that hit the side netting or enter the player bench area shall be placed at the spot where the ball went out of play, no more than one yard from the boards/glass
- The player taking the free kick shall have 5 seconds to put the ball in play
- Failure to put ball into play with 5 seconds will result in awarding the opposing team the free kick
- Opposing players must be at least 10' away from the spot of the free kick
- Players not complying with the 10' protected area may be issued a Blue Card for unsportsmanlike behavior
- If the free kick occurs in the goal area, the spot of the kick is at the top of the goal area
- The kicker may not touch the ball a second time until another player has touched the ball
- A drop ball shall occur if in the judgment of the referee, neither team was in clear possession of the ball at the time of stoppage

### **Rule 14 – The Penalty Kick**

- A penalty kick is taken from the top of the goal area
- It is awarded when any of the foul occurs inside the goal area
- Only the goalkeeper and the kicker are allowed inside the defending team's 50' line
- All other players must be behind the defending team's 50' line before the kick is allowed
- The goalkeeper may move along the goal line but not off the goal line
- The kicker cannot touch the ball twice until it has been touched by another player

### **Rule 15 – The Shoot-out or 6 Foul Rule**

- 6 fouls by a team will result in the opposing team taking a shoot-out and a player from the fouling team going to the penalty box.
- The ball is placed on the opponent's 50' line for the shooter to restart play when signaled
- The defensive team must be behind the center line
- The offensive team must be behind the center line and outside the center circle
- When the referee blows the whistle play is restarted as soon as the shooter touches the ball
- If a goal is scored, the 2 minute penalty is waived and the foul count starts over

- If a goal is not scored, the player will serve the 2 minute penalty
- Fouls will carry over into the 2<sup>nd</sup> half
- If time expires before the taking the shoot-out, 5 seconds will be put on the clock for the shoot-out to be taken
- No substitution is allowed during 6<sup>th</sup> foul shoot-outs – only players on the field at the time may participate

#### **Rule 16 – Goalkeeper Distribution & Corner Kick**

- If the ball leaves the field of play having been played by the offensive team between the 2 corner spots, the ball will be put back into play by the goalkeeper in the goal area
- If the ball leaves the field of play having been played by the defending team between the 2 corner posts, the ball will be placed on the corner spot of the side the ball left the field and put into play with a free kick by the offensive team

### **Westminster Sports Center Facility Rules and Policies**

The Westminster Sports Center is a community facility offering a variety of recreational sporting activities. The following rules and procedures must be adhered to at all times. Failure to do so will result in individuals being prohibited from using the facility.

#### **BEHAVIOR POLICY & ENFORCEMENT**

The following is from the City of Westminster Municipal Code and is in effect at all Westminster Parks.

13-1-1: **PURPOSE AND INTENT:** The purpose of this Chapter is to regulate the use to the Parks and community Buildings of the City in order that all persons may enjoy and make use of such parks and buildings and to protect the rights of those in the surrounding areas.

13-1-3: **USE REGULATIONS:** (796 847 1889 2811) It shall be unlawful for any person to fail to comply with the following:

(A) **Compliance Required.** Enter, be or remain in any park or building of the City unless he complies with this Chapter and regulations promulgated hereunder.

(Q) **Disturbance.** Engage in boisterous, threatening, abusive, insulting or indecent language, or engage in any disorderly conduct or behavior tending to a breach of the public peace and enjoyment of the facility.

13-1-4: **ENFORCEMENT OF RULES:** The Director, his duly authorized agents and employees, and any law enforcement officers acting in the line of duty shall diligently enforce the provisions herein and shall have the authority to eject, from any park or community building, any person acting in violation of these rules and regulations. Further, the Director shall have the authority to deny use of parks or community buildings to individuals or groups who refuse to comply with the provisions of this Chapter and regulations promulgated hereunder.

**It is the responsibility of each player and team captain/representative to be aware of their player's status with regard to infractions and suspensions for Red Cards. All players must be registered properly on the team roster. Use of non-roster players will result in forfeiting the game in question. Failure to comply with Sports Center rules, policies and procedures may result in disciplinary action against individual players and/or teams.**

- Video surveillance cameras are in use in the facility
- League fees must be paid in full prior to the start of the season
- Alcohol, tobacco, and any illegal drugs are prohibited
- Any individuals engaging in physical violence or verbal abuse will be ejected from the facility
- No food, drink, gum allowed on the playing surface
- No glass containers allowed
- Spitting on the playing surfaces will result in automatic ejection
- Balls may only be played inside the arenas
- No bouncing, kicking or throwing balls unless inside the arenas
- We reserve the right to honor other organizations sanctions against players, teams and officials
- Only players and coaches/team representatives allowed in the player bench area
- Children must have adult supervision at all times
- The decisions of the referee regarding facts connected with play are final.
- No animals permitted in the facility. (Service animals excused)