

**Westminster Indoor Soccer**  
**Small field U9/U10**  
**5v5 Rules**



**2 x 20 minute running clock** (maximum 5 minute half time)

All games will use a size 4 soccer ball

All games must begin on time. The clock will start regardless if teams are not ready. There is enough time for a 5-10 min warm up.

Referee will start clock at designated start time

Coaches will help facilitate substitutions from the sideline which will be done on the “fly”, there is no time stoppage.

4 players plus a goalie - both teams must have a minimum of 3 players on the field at all times.

**Home** team will **wear dark** colored shirts and **away** team will **wear white**. Please bring both dark and white uniforms to every game. Home team provides game ball.

Players must wear shin guards and appropriate soccer attire. Soccer cleats are allowed. No metal cleats.

Goalkeepers can use their hands within the designated box – please have a different color for your goalie to wear

Goalies are NOT allowed to drop kick or punt.

**No slide tackling** – players are to remain on their feet at all times. Slide tackling will result in a free kick from the spot of the foul.

**No heading** – no heading will be allowed during play. Any deliberate header will result in a free kick from the spot of the foul.

Any ball hitting the net results in a direct free kick straight down from where the ball hit the net.

An opposing player may stand no closer than 5 yards to the spot of the free kick.

Any penalty kick will be taken on top of the box.

Walls are in play.

Goals cannot be scored from a direct kick on a kick off.

Yellow/Red Card’s can be administered by referee’s discretion

No build-out line will be played

***Remember: this is for fun!***