



## **M.O.T. Indoor Soccer League Rules & Procedures 2006 – 2007 Season**

### **Goal**

The goal of the league is to provide the opportunity for every player to have fun playing soccer during the winter season. Formal standings will not be tracked. Coaches and players are expected to display the highest standards of good sportsmanship at all times.

### **General**

#### **Number of Players**

- U10, U12, U16, & GU16: 6 vs. 6 (includes goalie)
- U8: 4 vs. 4 (no goalie)
- U5 & U6: 3 vs. 3 (no goalie)
- For U5, U6 and U8- coaches are discouraged from allowing their players to continually stand back by their own goal to act like a goalie.

In the event that a team does not have enough players to field a full squad, both teams may agree to either [1] play a player down or [2] allow the use of a guest player (should be a player from the team with more players) so that the teams have the same number of players on the court.

#### **Jerseys**

Each player will be provided with one colored M.O.T. shirt which will be used as their indoor jersey. There are several reasons for this approach (i.e. outdoor divisions use different jersey types, players may be playing on different indoor teams than they play with for outdoor teams, shirt approach allows for common and consistent jersey usage in indoor league, etc.) Additional shirts may be purchased for \$10/shirt assuming there is available inventory. In addition to the jersey, all players will be required to wear shin guards (covered by socks) and either sneakers or indoor soccer shoes (shoes may not be black-soled).

#### **Size of Ball**

- U16 & GU16: Size 5 indoor ball (alternate: Size 3 futsal ball)
- U10 & U12: Size 4 indoor ball (alternate: Size 3 futsal ball)
- U5, U6 & U8: Size 3 futsal ball (alternate: Size 3 outdoor ball)

For several weeks this season, we may experiment in some games with the alternate ball designated for each division.

#### **Duration of Game**

- U10, U12, U16 & GU16: Two 20 minute halves (3 minute half-time break)

- U8: Four 10 minute quarters (1 minute break between 1<sup>st</sup> and 2<sup>nd</sup> quarters, 3 minute half-time break, 1 minute break between 3<sup>rd</sup> and 4<sup>th</sup> quarters)
- U5 & U6: Four 9 minute quarters (1 minute break between 1<sup>st</sup> and 2<sup>nd</sup> quarters, 3 minute half-time break, 1 minute break between 3<sup>rd</sup> and 4<sup>th</sup> quarters). An assistant coach or parent should act as timekeeper for the game.

Games need to promptly start and end at their scheduled times – no grace periods. Games should end approximately 5 minutes prior to the next game’s kick-off to ensure that all games will be played in the amount of time for which the gyms are rented.

### Participation

Barring the rare situations when a team’s roster has more substitute players than starting players, all players must play a minimum of 50% of each game.

### Referees

- U8, U10, U12, U16 & GU16: A referee will be appointed for each game. The referee’s authority commences as soon as he/she enters the playing area and their decision made on plays are final.
- U5& U6: There are no referees for these divisions. Each head coach will oversee and manage the game’s activity similar to our outdoor leagues.

### Home/Away Team

In the first half, the home team defends the goal nearest to the gym entrance doors. In the second half, the away team defends the goal nearest to the gym entrance doors.

### Playing Area

#### Sidelines & ”Live Walls”

“Live Walls” – walls behind each goal as well as a side wall (in some gyms) will be “live” meaning that a ball may hit the wall and the ball remains “in bounds”. Balls hitting these walls will be deemed too high if they hit a wall at a height of 5 feet above the crossbar of a goal. Such a kick will result in a free kick for the opposing team at the spot where the kick was made.

Sidelines/Touchlines – Each gym will have 1-2 sidelines which will not have “live” walls. These sidelines will utilize basketball court lines or tape to designate inbound areas. In some instances (i.e. U5, U6), the fans may knock the ball back in-bounds to keep the flow of the game going.

Goal Areas – The sizes will vary by division, but they will all be marked by tape or existing basketball court lines. For the U8 division, the goal area will represent the goal arc used for the outdoor division (i.e. offensive player can not score a goal from inside the arc but can get the ball from inside the arc to continue play). Infractions of the arc rule will result in an indirect free kick.

Basketball backboards - A ball which hits a backboard will result in an indirect free kick from the goal area (in the event that the offensive team last touched the ball prior to hitting the

backboard) or from the spot where the last defender touched the ball (in the event that the defensive team last touched the ball prior to hitting the backboard).

Ceiling and Related Light Fixtures – When a ball which hits the ceiling or its light fixtures, it will result in a free kick for the opposing team at the spot, where the ball was last touched prior to hitting these items.

Trapped Ball on Playing Area – In the event that the referee deems that the ball is trapped (i.e. against the side of a goal, against a wall, etc.), a drop ball will be conducted.

Ball on Back or Top of Goal – If a ball becomes trapped on a part of a goal, the referee will award a goal kick (if the attacking team last touched the ball), a corner kick (if the defending team last touched the ball), or a drop ball (if the referee can not determine which team last touched the ball).

Bottom line – we are liable to damages to the gym – players should not be kicking the ball too high.

## **Rules**

### **Kick-Off**

To start a half or to restart the game after a goal is scored, the ball may either played forward, sideways, or backward from the middle of the playing area. Kick-off is an indirect kick. The defending team must stand 10 or more feet away from the kick-off. The home team takes the 1<sup>st</sup> half opening kick-off – the visiting team takes the 2<sup>nd</sup> half opening kick-off.

### **Method of Scoring**

A goal is scored when the entire ball passes over the goal line within the confines of the goal posts and cross bar unless the ball entered the goal via illegal means

### **Player Substitution**

- U10, U12, U16 & GU16: “on the fly” substitution allowed
- U5, U6, & U8: substitutions can be made on any dead ball situation for either team

The player leaving game must leave the playing area before substitute may enter the game from or near the mid-court sideline position. An infraction of having too many players on the field is an indirect free kick at midfield.

### **Kick-Ins**

Balls which go out of bounds over a touch line are put back into play via a kick-in (as opposed to a throw-in) from the spot at which the ball left the playing area. The team which last touched the ball before going out of bounds defends the kick-in and must stand 10 feet from the kick-in spot. There are height restrictions on a kick-in – a kick-in is not allowed to go above the kicker’s waist before the ball comes into contact with a player in the playing area, a wall, or a goal. The team taking a kick-in has five seconds to take the kick-in – failure to do so will result in a kick-in for the opposing team. A kick-in is an indirect kick.

For U5 and U6 divisions, there are no kick-ins. When a ball goes out of bounds, one of the head coaches should roll a ball to an opposing player of the team who last touched the ball before it went out of bounds.

#### Free Kicks

All free kicks are indirect. There is no height restriction on free kicks. Opposing players must stand 10 feet or more away from the spot of the free kick unless the free kick is closer than 10 feet to the opponent's goal.

#### Penalty Kicks

Fouls committed by the defensive team in their own goal area will result in a penalty kick. For a penalty kick, the ball will be placed at the top of the goal area. Goalies may move along their goal line before the kick; however, they can not move forwards until the shooter kicks the ball. No other player is allowed in the goal area until after the penalty kick has been taken.

There are no penalty kicks for the U5 – U8 divisions.

#### Goal Kicks

Goal kicks must be taken from anywhere in the goal area. There is no height restriction on a goal kick.

#### Corner Kicks

A corner kick will result when a ball which is played out of bounds by the defending team over its own endline. Corner kicks are to be taken within 3 feet of the corner wall. Defending teams must stand 10 or more feet away from the spot of the corner kick. There is no height restriction on a corner kick.

#### Goalie

Goalies are only allowed to use their hands inside the goal area. Outside the goal area, a goalie is just like any other field player. Goalies can not pick up a ball (with their hands) that is directly played to the goalie via a pass from a team-mates' foot. The result of such an infraction is a free kick for the opposing team at the spot where the pass to the goalie was made.

#### Goalie Distribution

Goalies are not allowed to punt or drop kick a ball after they gain possession of a ball in their hands. In their goal area, goalies are allowed to throw or kick the ball from the ground after they gain possession of a ball in their hands. In either instance, the ball must either touch the ground, a "live" sidewall (if available), or another player before going over the midfield line. An infraction of this rule will result in a free kick for the opposing team from the midfield line. A goalie may roll the ball outside his/her goal area and then kick the ball anywhere on the playing area just like a field player can do. Goalies must distribute the ball within 5 seconds upon gaining possession of the ball – an infraction of this rule will result in a free kick for the opposing team at midfield.

#### Offsides

There are no traditional offsides in the offensive half of the field. The only exception is that an offensive player can not receive a pass in the opponent's goal area box on a teammate's pass made from his/her team's defensive half of the field.

### Slide Tackling and Boarding

Slide tackling is not allowed- the penalty is an indirect free kick at the point of the infraction. Slide saves by goalies are allowed. Boarding is not allowed - the penalty is an indirect free kick at the point of the infraction.

### Yellow and Red Cards

Any player receiving a red card will be ejected from the game and the gym and the player's team will play short-handed for the remainder of the game.

Any player receiving two yellow cards in the same game will receive a red card and be ejected from the game.

### Administrative

#### Gyms

- Brick Mill (U5 & U6) – fans can stand along the near sideline
- Brick Mill Cafeteria (U8) - fans can stand along the near sideline
- Redding (U10 & GU16) – fans can sit in the bleachers on the near sideline
- St Anne's (U12 & U16) – fans can sit in the bleachers on the near sideline (for games using 2 “live walls”) or stand along the far sideline (for games using 3 “live walls”)

#### Gym Usage Procedures

The schools have strict policies regarding the usage of their facilities. All players and their family, friends, and associates are only allowed to go to authorized area (i.e. gym, closest rest room, etc.). Wandering into unauthorized areas will not be tolerated. Common sense procedures should also be followed (i.e. do not leave trash, no horseplay, safety first, etc.). We are using the gyms to play and watch soccer – not to wander throughout the schools. Failure to obey the gym usage procedures could result in expulsion from the league without refund of registration fees.

#### Equipment

Equipment (goals, balls) will need to be brought to and taken from each gym each week. The commissioners will coordinate these activities. Teams playing the first (Redding – 9:00 am games, Brick Mill – 9:00 am games, St. Annes – done by rep team) and last games (Redding – done by rep team, Brick Mill U8 – 1:00 pm games, Brick Mill U6 – 2:00 pm games, St. Annes – 3:00 pm games) at each school are expected to assist with equipment set-up and take-down.

#### Game Cancellations

Game cancellation information will be posted on the Club's website ([www.motsoccer.com](http://www.motsoccer.com)) and a message will be left on the Club's voice mail (302-376-8097). A mass e-mail will also be sent, if possible. There is one Saturday tagged on to the end of the season for potential make-up games.

**Final Word**

Our first season playing indoor soccer went extremely well last year; however, we can always improve the program. If there are things which do not seem to be working or rules which do not seem to make sense, please provide feedback to us at [motindoorsoccer@aol.com](mailto:motindoorsoccer@aol.com) or 302-376-8097.