

Portland Indoor Soccer
OFFICIAL INDOOR SOCCER RULES

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LAW I: THE FIELD OF PLAY ([see diagram](#))

1. Dimensions: LENGTH of the field is 161 feet, WIDTH of the field is 86 feet

LAW II: THE BALL

1. Size 5 soccer balls will be used for all adult games and U-13 through U-18 games. Size 4 soccer balls will be used for all youth games U-12 and younger.
2. Teams must provide their own soccer balls for warm up and practice sessions. The home team must provide a hand-stitched game ball.
3. No unbagged balls off the field of play.

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LAW III: NUMBER OF PLAYERS AND SUBSTITUTIONS

1. Six players, one of whom must be a goalkeeper. (Exception: U-11 and younger and adult coed teams play seven players.)
2. Minimum number of players to play - **FOUR** (see special coed requirement). If a team cannot field four players for any reason, the game shall be abandoned.
3. Unlimited substitutions allowed as follows: During play - player must be within 3feet of his/her door before a substitute can enter.
4. A goalkeeper may be substituted during play, following the rules above, provided the new goalkeeper is wearing colors that distinguish him/her from all other players and the referee. However, if a team prefers to have a stoppage in play to allow the substitution, the referee or timekeeper must first be notified and the clock will be stopped at the next opportunity. At no time shall field players and goalkeepers trade shirts while the ball is in play.
5. Only players, substitutes and coaches are allowed in the players' boxes.

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LAW IV: PLAYERS EQUIPMENT

1. Flat-soled shoes or others designed for artificial turf must be used. No studs longer than 1/4" permitted. **NO CLEATS ALLOWED!**
2. Teams must wear matching colored jerseys. Players not wearing the correct colored jersey shall not play until the correct jersey is worn.
3. Goalkeepers must wear colors which distinguish them from all other players and the referee.
4. Shinguards must be worn on both legs (regardless of ankle or knee braces) by all players in all leagues; shinguards must be completely covered by socks. **NOTE:** Questionable shinguards must be approved by both the referee and staff management.
5. Braces/splints/casts shall be padded with a minimum of 1/8" neoprene, or equivalent, and must be approved by the referee before the player is allowed to play.
6. Players shall not wear any object, which, in the opinion of the referee, poses a threat to the player or other players.

7. All cuts or open wounds must be bandaged before entering the field of play. Any player with an open wound must leave the playing field and may not re-enter until his/her wound is bandaged. Blood on any person or person's clothing must be removed before a player may play.

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LAW V: THE REFEREES

1. One or two referees will be on the field of play.
2. The referee(s) may reverse his or her decision provided play has not been restarted.
3. The referee shall refrain from penalizing in cases he/she is satisfied that by doing so they would give an advantage to the offending team.
4. Referees are to penalize only deliberate breaches of the law and are to overlook those breaches that are trifling and doubtful.

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LAW VI: OTHER GAME OFFICIALS

1. A timekeeper/scoreboard operator may be present and will keep a record of the game as well as keep time.
2. The timekeeper is a second referee and may call any penalty, foul or violation which, in the opinion of the timekeeper, was unobserved by the referee.
3. Games may be recorded on videotape and may be reviewed by the Judiciary Committee. Players may be suspended following video tape review (independent of the referee's decision).

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LAW VII: DURATION OF THE GAME

1. Adult games shall be two periods of 26 minutes each.
2. Youth games shall be four quarters of 12 minutes each.
3. The half-time interval shall be 2 minutes.
4. The clock shall be stopped for serious injury and the injured player shall be replaced.
5. The game shall be official once more than half the game has been played.
6. The clock shall be stopped at the referee's discretion.

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LAW VIII: THE START OF PLAY

1. The team defending the south goal shall kick off.
2. Teams will change ends at each period and alternate kick offs.
3. a goal can be scored directly from a kick off.
4. Kickoffs may be put into play in any direction.
5. All players of the kicking team shall be in their own half of the field when the kickoff is taken. If not, a DIRECT free kick shall be awarded to the opposing team at the kick off spot.

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LAW IX: BALL IN AND OUT OF PLAY

1. The ball is out of play when the whole of the ball crosses the perimeter wall (this includes any ball that strikes the protective netting or above the blue line on the west wall); a DIRECT free kick shall be taken at the touchline where the ball left play by the team opposite to that of the player who touched the ball last.
2. When the ball makes contact with the building superstructure, a DIRECT free shall be taken anywhere on the nearest red line by the team opposite to that of the player who touched the ball last.
3. When play is stopped in any extraordinary circumstance, and one team has clear possession of the ball, a DIRECT free kick shall be given to that team at the point the ball was when play was halted.

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LAW X: METHOD OF SCORING

1. A goal is scored when the whole of the ball crosses over the goalline, under the crossbar, provided it has not been thrown, carried, intentionally propelled by hand or arm by a player except in the case of a goalkeeper who is within his/her own penalty area.
2. The team scoring the greater number of goals during the game shall be the winner.
3. In two-goal limit leagues, goals shall be awarded to the last player of the attempting team to touch the ball before it enters the goal without an opponent gaining full possession and control of the ball for one second.

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LAW XI: THREE-LINE VIOLATIONS

1. When the ball is played across both red lines in the air towards an opponent's goal without touching the perimeter wall, a DIRECT free kick to the opposing team anywhere on the first red line the ball crossed.

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LAW XII: FOULS AND MISCONDUCT

A. MAJOR OFFENSES: when a player intentionally -

1. Kicks or attempts to kick an opponent
2. Trips an opponent
3. Jumps at an opponent
4. Charges an opponent from behind
5. Charges an opponent in a violent or dangerous manner
6. Strike or attempts to strike or spits at an opponent
7. Holds an opponent
8. Pushes an opponent
9. Obstructs an opponent
10. Handles the ball (except a goalkeeper while the ball is in his/her own penalty area)
11. Charges an opponent into the perimeter wall (boarding)
12. Plays in a dangerous manner
13. Fair charges an opponent when the ball is not within playing distance
14. Charging the goalkeeper except when:
 - the goalkeeper is obstructing
 - the goalkeeper has passed outside the penalty area
15. Slide tackles an opponent (back knee sliding on floor)

B. MISCONDUCT

1. A player's second 2-minute penalty shall be a caution.
2. A player shall be ejected (and a 5-minute penalty assessed) if:
 - he/she is guilty of violent conduct or serious foul play
 - he/she uses foul or abusive language or gestures
 - he/she persists in misconduct after being cautioned
 - he/she receives a third two-minute time penalty
 - he/she leaves the bench during a confrontation to engage in misconduct
 - he/she engages in misconduct after the conclusion of the game
 - he/she persistently violates Center policies.
3. The referee may eject a player or coach on the bench for any action listed above.

C. GOALKEEPING RESTRICTIONS

1. Once a goalkeeper has gained possession of the ball with his/her hands, the ball must be released into play within 5 seconds.
2. After he/she has released the ball into play, he/she cannot handle the ball again until it has been touched by an opponent, or a stoppage in play occurs.
3. A goalkeeper may "bounce" the ball before releasing it into play.
4. At no time may a goalkeeper handle a ball that has been deliberately played by foot back to him/her by a teammate.
5. A goalkeeper who gains possession of the ball outside the penalty area shall not handle the ball inside the penalty area prior to the ball being touched by another player or a stoppage in play occurs.
6. A free kick from the top of the penalty arch (blue dot) shall be awarded to the attacking team for goalkeeper violations #1-5 above.

D. GOALKEEPING PRIVILEGES

1. All penalties assessed to a goalkeeper may be served by a teammate.

Exception: a goalkeeper must serve his own time penalty when cautioned.

2. Fouls which are committed against the goalkeeper but are, in the opinion of the referee, inadvertent in nature shall be punishable by the awarding of a DIRECT free kick against the offending team.
3. A goalkeeper is considered in control of the ball anytime he/she is holding the ball or is in contact with the ball while he/she is on the ground within his/her own penalty area. A goalkeeper cannot be charged nor the ball played at this time.
4. A goalkeeper may leave his/her feet by sliding, leaping or falling to play a ball that is within the penalty area. If the ball is outside the penalty area when contact is made, the goalkeeper is subject to the same restrictions as field players.

E. TIME PENALTIES

1. Time penalties fall into two categories: 5 minute and 2 minute.
2. A 5 minute penalty is awarded at the time of an ejection. A teammate must serve the entire penalty, regardless of goals scored.
3. When a coach is ejected, he/she must leave the players box and may not communicate in any way with his/her players. A member of his/her team must serve the 5 minute penalty.
4. When an equal number of players from both teams are ejected in a single incident, the field strength of neither team shall be reduced.

F. TWO MINUTE TIME PENALTIES can be assessed (at the discretion of the referee) for any of the following:

1. Illegal substitution
2. Jumping the wall
3. Illegal equipment
4. Any major offense (see XII A.)
5. Whenever a penalty kick is awarded (MANDATORY)
6. Whenever a player is cautioned (MANDATORY)
7. Delay of game
8. Unsportsmanlike conduct
9. Encroachment of free kicks
10. Bench misconduct
11. **Spitting on the turf; includes from both the mouth or nose, and gum (mandatory ejection and 5-minute penalty)**
12. Dissent (by word or action) at any referee decision
13. Intentionally shooting at the opposing goalkeeper after the whistle has sounded
14. Fails to go directly to the penalty box
15. Interferes with an opponent's direct entry into the penalty box
16. Persistently infringes the laws
17. Failure to take the field when directed to do so by the referee

G. BREAKAWAY FOUL

- A last (or second to last) defender shall be cautioned if he/she fouls an attacker who is on a clear "breakaway" towards the goal (in the judgment of the referee).
- The offending player shall be given two 2-minute time penalties and the offended team shall be awarded a penalty kick or shoot-out, depending upon the point of the foul. (see Law XIV)

H. RELEASE OF PLAYERS FROM THE PENALTY BOX

1. Players serving a time penalty shall physically remain in the penalty box until:
 - A. the expiration of their full time penalty; or
 - B. a goal is scored against their team (except when an equal number of players from both teams are serving time penalties; then neither player is released from the penalty box).
2. Only one player can come out per goal.
3. When 3 or more players from the same team are in the penalty box:
 - four players must still be on the field
 - time for the third player begins when the time for the first player expires
 - if there are too few players to maintain field strength, the game shall be abandoned.
4. When a bench penalty is awarded, one player shall be designated who shall serve the entire penalty.

I. DELAYED TIME PENALTIES

1. In instances where the referee would want to penalize a player for an infraction by means of a two-minute time penalty while at the same time wishing to apply the advantage clause of Law V, the referee will not stop play, but will acknowledge the foul and signal that the advantage is being continued by raising a blue card above his/her head and maintaining that signal until:

- a) the offending team gains control of the ball;
 - b) the referee stops play by whistling any other stoppage.
(Play in cases (a) or (b) shall be restarted from the approximate point of the original foul)
 - c) a goal is scored during the blue card advantage, upon which the offending players penalty will be recorded. No time penalty will be served if a goal is scored by the offended team.
2. If a game ends while a penalty is being delayed, a traditional penalty kick shall be awarded.
 3. Breakaway foul (XII G) penalties cannot be delayed.

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LAW XIII: FREE KICKS

The following applies to all restarts:

- the ball is in play when it travels 14 inches (half its circumference)
- the player taking a free kick cannot play the ball again until it has been touched by another player.
- if an opposing player is within ten feet of the ball when the kick is taken and interferes with play, or if an opponent refuses to give ten feet, the kick shall be delayed and a two minute penalty given for unsportsmanlike conduct.

1. A player has five seconds to put the ball legally into play after it has been judged ready for play by the referee. Failure to do so will result in a direct free kick awarded to the opposing team at the point of the original kick.
2. All free kicks are DIRECT into either goal once the ball is legally in play.
3. If 2 offenses are committed concurrently by the same team, the most advantageous re-start shall be taken.

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LAW XIV: PENALTY / SHOOTOUT KICKS

1. *If an offense occurring inside the penalty area is judged to be severe in nature, a penalty kick shall be awarded. A two-minute penalty MUST be given.*

- The ball shall be placed on the penalty kick mark.
- The goalkeeper shall have both feet on the goal line.
- All members of both teams, except the goalkeeper and kicker, shall be outside the penalty area.
- The referee whistles for the free kick to be taken. All other rules for free kicks then apply.
- Should the defending team encroach or the goalkeeper leave the goalline before the kick is taken, a two-minute penalty to the offender shall be delayed (see delayed penalties).
- Should a teammate of the kicker encroach as the kick is taken, the results of the restart shall be nullified, a two minute penalty shall be given to the offender, and a free kick given to the defending team in their penalty area.

2. With less than 5 seconds remaining in the period at the time of the penalty, a traditional penalty kick shall be given.

3. If an offense occurring in the penalty area is judged by the referee not to be severe in nature, a DIRECT free kick shall be awarded at the top of the penalty arc (blue dot) and no two minute time penalty will be given.

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LAW XV: KICK INS

1. When the whole of the ball passes over the perimeter wall (or hits the protective netting or side wall above the blue line), it shall be placed approximately 3 feet from the wall where it left the field and shall be kicked in from the point where it crossed the touchline, in any direction by a member opposite of the team that touched it last.

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LAW XVI: GOAL THROWS

1. When the whole of the ball passes over the end perimeter wall (or hits the protective netting) between the corner marks, having last been touched by one of the attacking team, it shall be **thrown** directly into play by the goalkeeper of the opposing team from any point within the penalty area.

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LAW XVII: CORNER KICKS

1. When the whole of the ball passes over the end perimeter wall (or hits the protective netting) between the corner marks, having last been touched by one of the defending team, it shall be kicked directly into play from either corner spot, by a member of the attacking team.

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SPECIAL ADULT COED SOCCER RULES

These leagues are meant to be recreational and we will strive to keep them that way. Referees will enforce the following special rules:

1. All players in RECREATIONAL COED leagues must be at least 21 years of age.
2. There will be 7 players on a side, 3 Of which MUST be women. Exception: if a woman is serving a penalty or if the team has only two women present, the team will play shorthanded. Never may there be more than 3 men on the floor plus a goalkeeper of either sex at any time.
3. Minimum number of players to start or play a match - four.
Minimum number of women to start - one. A second woman must participate before the end of the first half. At least two women must be on the field at all times during the second half.
4. At free kicks (except kickoffs and kicks within a team's own penalty area) must be taken by a woman. Violation shall result in change of possession.
5. All penalties charged to a goalkeeper must be served by the goalkeeper or a male teammate. A goalkeeper must serve his own time penalty when cautioned.
6. All bench penalties must be served by a male player.
7. Shoulder charging is discouraged.
8. MENACING FOUL: If the referee feels that a player, through action or words, threatens, intimidates or places in jeopardy a member of the opposing team, a DIRECT free kick shall be awarded, and, if warranted, a two-minute time penalty may be given.

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