

Portland Indoor Soccer

OFFICIAL INDOOR SOCCER RULES

Last Updated – 01/22

LAW I: THE FIELD OF PLAY

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,
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 allowed off the field of play.

LAW III: NUMBER OF PLAYERS AND SUBSTITUTIONS

1. Men's & Women's divisions play 6 players, one of whom must be a goalkeeper. Multi-gender divisions play 7 players, one of whom must be a goalkeeper.
2. Minimum number of players to play - FOUR (see special multi-gender requirement). If a team cannot field four players for any reason, the game shall be abandoned.
3. Unlimited "on the fly" substitutions allowed as follows: player must be within 3 feet of their 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 them 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. If this occurs on the fly without the referee's permission, a two-minute penalty shall be served by the former goalkeeper who became the field player.
5. Only players, substitutes and coaches are allowed in the players' boxes.

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 exact 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. All braces, including plastic braces, shall be covered.
7. Players shall not wear any object, which, in the opinion of the referee, poses a threat to the player or other players. Any jewelry, watches, fitbits, etc. that the referee deems dangerous must be removed or covered by reasonable protection (i.e. a wristband over a fitbit, hoop earrings removed).
8. 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.

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.
5. Many decisions are opinions of the referee in the spirit of the present game being played and shall be respected. Referees shall refer to "Additional Considerations for Referees" for interpretations on complex decisions to foster consistency from one referee to the next.

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).

LAW VII: DURATION OF THE GAME

1. Adult games shall be two periods of 22 minutes each. In cases of high heat: if both teams agree prior to the match, or if directed by facility management, a brief water break may be allowed at a stoppage midway through each half. The clock will be stopped or not stopped at the discretion of the referee pending time constraints.
2. The half-time interval shall be 1.5 minutes.
3. The clock shall be stopped for serious injury and the injured player shall be replaced.
4. The game shall be official once more than half the game has been played.
5. The clock shall be stopped at the referee's discretion.

LAW VIII: THE START AND RESTART OF PLAY

1. The team defending the south goal shall kick off.
2. Teams will change ends at halftime and alternate kick offs.
3. A goal can be scored directly from a kick off, unless taken by a cisgender man in a multi-gender match in which all cisgender man kicks are indirect.
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, the kick shall be retaken. Players of the defending team are compelled to return to their defensive half in a timely manner, but the referee may start play if he/she feels that the attacking team is ready to kick and the defending team is timewasting.
6. 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.
7. All free kicks are DIRECT into either goal once the ball is legally in play.
8. Special Multi-Gender Rule:
A cisgender man is not allowed to take free kicks except for:
 - a. Kickoffs
 - b. Restarts within the team's defending red-line zone (from the defending redline backward)Any kick taken by a cisgender man shall be indirect.

LAW IX: BALL IN AND OUT OF PLAY

1. The ball is out of play when the whole of the ball crosses wholly above the perimeter wall or blue line on the west wall. A DIRECT free kick shall be taken at the base of the side wall wherethe ball left play by the team opposite to that of the player who touched the ball last, or for balls

over the wall in the end zones (between the blue hashes), the restart shall be a corner kick by the attacking team or a goalkeeper throw by the defending team.

2. When the ball makes contact with the building superstructure or ceiling, 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. The “ceiling” includes the west ceiling where it slopes at a 45-degree angle near the wall.

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.

LAW X: METHOD OF SCORING

1. A goal is scored when the whole of the ball crosses over the goal line, 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. Unless the referee determines that the goal would not have been scored but for a deliberate though unfortunate redirection (not a deflection as in an attempted save) by a defender, which shall be logged as an “own goal.”

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 or a player, a DIRECT free kick shall be awarded to the opposing team anywhere on the first red line the ball crossed.

LAW XII: FOULS AND MISCONDUCT

A. FOULS:

A direct free kick to the opposing team (and possibly misconduct sanctions) shall be awarded when a player does any of the following in a careless manner—

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 (likely misconduct)
6. Strike or attempts to strike or spits at an opponent (certain misconduct)

7. Holds an opponent
8. Pushes an opponent
9. Obstructs an opponent
10. Handles the ball (except a goalkeeper while the ball is in their own penalty area)
11. Charges an opponent into the perimeter wall (boarding) (misconduct depending on the severity)
12. Plays in a dangerous manner
13. Fair charges an opponent when the ball is not within playing distance
14. Charging the goalkeeper (misconduct depending on the severity) except when:
 - a. the goalkeeper is obstructing
 - b. the goalkeeper has passed outside the penalty area
15. Slide tackles an opponent (misconduct if any contact made with the opponent)
16. Deliberately plays the ball on the ground in most circumstances

B. MISCONDUCT

There are three levels of misconduct (player must leave the field and team plays short), which are identified as follows:

1. Two minute penalty, shown by a blue card. The offending player must serve the penalty, unless the player is a goalkeeper receiving their first blue card, in which case a teammate (cisgender man if multi-gender) must serve the penalty for the goalkeeper. If a goal is scored by opposing team during the two minute penalty, any player may return to the field to resume "full strength" play. If no goal is scored during the penalty, any player may return on the completion of the two minutes. If a goalkeeper receives a second blue card in a match, they must serve that two minute penalty.
2. Double penalty, shown by a yellow card. The offending player must serve the four minute penalty, even if it is a goalkeeper (a teammate must assume the role of goalkeeper during the penalty). If a goal is scored by the opposing team during the first two minutes of the four minute penalty, the remaining time of the penalty shall be two minutes from when the goal is scored. If a second goal is scored during the penalty, any player may return to the field to resume "full strength" play. If no goal is scored during the penalty, any player may return on the completion of the four minutes.
3. Five minute penalty and ejection, shown by a red card. The offending player must leave the facility before play may restart. A teammate of the offending player (same gender of the offending player if multi-gender) must serve the five minute penalty in its entirety, regardless of goals scored.

A player who accumulates three "points" in a match shall be ejected. Blue card = one point, Yellow Card = two points, Red Card = three points.

Examples of Misconduct:

The referee may apply any misconduct sanction in any situation in the spirit of the game currently being played, and these decisions are final. Referees shall consider misconduct in the following situations:

BLUE CARD

1. Any infraction listed under “fouls” which the referee determines to be reckless in nature.

Especially consider:

- a. Fouls against a goalkeeper in clear possession of the ball
 - b. Deliberately slide tackling and making contact with the opponent. In upper divisions, complete ball contact may be forgiven as a simple “dangerous play” foul, in lower divisions any slide tackle against an opponent will likely be punished by a blue card. **DO NOT CONFUSE SLIDE TACKLING WITH GROUND PLAY, WHICH IS A LESSER OFFENSE**
 - c. Fouls against the boards in which the assumed intent is to put the opponent “into” the boards
 - d. Fouls which stop a promising attack
 - e. Fouls which are retaliatory in nature and not playing for the ball
 - f. Fouls which occur off the ball, away from play
2. Dissent that is personal, public and/or provocative
 3. Persistently commits offenses against the opposing team
 4. Persistently offends against a specific opposing player after the team has been warned against doing so
 5. Delaying the restart of play
 6. Encroachment on a free kick, kick off, or goalkeeper throw
 7. Illegal substitution. If a substitute player enters the field early (exiting player more than 2 yards from the door) and:
 - a. Touches the ball, interferes with play or an opponent OR
 - b. The exiting player touches the ball, interferes with play or an opponent

In either case, the entering substitute shall be shown a blue card for early entry and must serve a two minute penalty. If neither player interferes with play, a warning is sufficient.

8. Jumping over the wall for a substitution or any other reason
9. Deliberately scores a third goal in a sub-first division multi-gender game or 4th division women’s game.

(If the third goal scored is not deliberate, the goal shall be disallowed but no blue card is necessary.)

10. Any reason deemed by the referee to be necessary for match control in the spirit of the game.

YELLOW CARD

1. A foul which denies an obvious goal-scoring opportunity (DOGSO)
2. A foul which brings the game into disrepute (i.e. engaging in a pushing match with an opponent, in which one or both players may receive a yellow card or higher depending on the referee's opinion)
3. Language or gestures which are not foul or abusive toward an opponent or official to the extent of a red card, but which nonetheless bring the game into disrepute.
4. Spitting on the turf in a passive or thoughtless manner. The referee shall stop play and award a free kick to the opposing team from the spot of the spitting. The player shall be compelled to grab a water bottle and clean where the spit occurred before play is restarted.
5. Misconduct which would otherwise merit two blue cards, such as a reckless tripping foul which also stops a promising attack.

RED CARD

1. Violent conduct or serious foul play
2. Foul or abusive language or gestures
3. Spits in a deliberate/forceful manner on the ground (i.e. to show dissent or anger toward a game situation) or at another person
4. Leaves the bench during a confrontation to engage in misconduct
5. Engages in misconduct after the conclusion of the game
6. Persistently violates Center policies

Procedures for Misconduct and Special Notes:

The referee shall stop the clock at the earliest opportunity following the whistle and displaying of appropriate card.

1. The time of the penalty shall be assessed from the time that the clock is stopped, unless second-half time expired following the whistle, in which case the time shall be added back on the clock as appropriate. If the penalty involves a penalty kick and time in either half has expired, five seconds shall be put on the clock and the kick shall be allowed to be taken.
2. The penalized player, unless a first blue card for a goalkeeper (see above), must leave the field and the team plays short.
3. If a goal is scored, see notes under 10-B.
4. If a player receives a second blue card or a single yellow card (two points), the referee should remind the player that one more blue card equals an ejection.

5. If a player receives a third “point” (three blue cards, or a yellow and a blue card), the referee shall show whichever card is appropriate to the present misconduct, followed by a red card to inform the player of the ejection.
6. When an equal number of players from both teams are serving “matching” two- or four minute penalties, they shall remain on the penalty for the entire duration of the time regardless of goals scored by either team. Both teams shall reduce numbers in the event of matching blue or yellow cards.
7. When an equal number of players from both teams are ejected in a single incident, the field strength of neither team shall be reduced.
8. If a team has more than one penalty being served, only one player may come out per goal, in the order of which penalties were assessed.
9. When 3 or more players from the same team are in the penalty box:
 - a. four players must still be on the field
 - b. time for the third player begins when the time for the first player expires
 - c. if there are too few players (substitute ranks are depleted) to maintain 4-person field strength, the game shall be abandoned.
10. Advantage shall not be played when misconduct is warranted, unless there is a clear and obvious goal-scoring opportunity by the offended team.
 - a. If a goal is scored in the immediate attack:
 - i. If the misconduct was for “Stopping the Promising Attack”, no blue card or misconduct is necessary because the attack was not stopped.
 - ii. If the misconduct was for any other reason, especially a reckless foul, the referee shall show a blue card to the player and inform them that the misconduct is being recorded, but no time penalty shall be served due to the goal being scored.
 - b. If a goal is not scored in the immediate attack:
 - i. If the misconduct was for “Stopping a Promising Attack,” no blue card or misconduct is necessary because the attack was not stopped by nature of advantage being played, and play shall continue.
 - ii. If the misconduct was for any other reason, especially a reckless foul, the referee shall stop play at the next out-of-bounds or turnover (i.e. defending goalkeeper gains possession) and show a blue card to the offending player, informing the player of the reason for the card, and awarding the restart to whichever team has possession of the ball at the moment of the stoppage (this may be a kick for the team of the offending player). The offending player shall then serve the two minute penalty from the time the clock is stopped.
 - c. In either case, when the foul is reckless, the referee should audibly make it clear that the offending player shall face misconduct punishment (i.e. “Advantage!!!! Blue, I’m

coming back for you on that one.”) in order to protect them from retaliation and discourage them from fouling again.

d. Misconduct warranting a red card should be immediately whistled and punished regardless of any goal-scoring opportunity.

C. GOALKEEPING RESTRICTIONS

1. Once a goalkeeper has gained possession of the ball with their hands, the ball must be released into play within 5 seconds.
2. After the goalkeeper has released the ball into play, the goalkeeper 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 the goalkeeper 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. 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.
2. A goalkeeper is considered in control of the ball anytime the goalkeeper is holding the ball or is in contact with the ball while the goalkeeper is on the ground within the goalkeeper's own penalty area. A goalkeeper cannot be charged nor the ball played at this time.
3. A goalkeeper may leave their 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.

LAW XIII: FREE KICKS

The following applies to all restarts:

1. The ball is in play when it is kicked and moves
2. The player taking a free kick cannot play the ball again until it has been touched by another player.

3. 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. The referee may use their discretion with a re-kick and no two minute penalty if attacking player is only attempting to kick the ball into opposing player and not trying to put the ball back into play.

4. If 2 offenses are committed concurrently by the same team, the most advantageous re-start shall be taken.

LAW XIV: PENALTY KICKS

1. 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 behind the red line. 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 goal line before the kick is taken and the ball does not enter the goal, the kick shall be retaken. Should a teammate of the kicker encroach as the kick is taken and is involved with play resulting in a goal, a free kick shall be awarded to the defending team in their penalty area.

2. At the discretion of the referee based on the level of play, the atmosphere of the game, and the nature of the foul, a direct free kick may be awarded from the blue dot rather than the penalty hash. In this case, no blue card shall be issued to the offending player. Referees are advised to always award a PK and issue a blue card for reckless or DOGSO-type fouls.

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.

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.

2. The ball is in play when it leaves the goalkeeper's hands, provided an opponent has not prevented the goalkeeper from fairly releasing the ball into play.

3. The ball must be thrown into play by the goalkeeper within five seconds of possessing the ball after the out-of-bounds.

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.

SPECIAL ADULT MULTI-GENDER 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 MULTI-GENDER leagues must be at least 21 years of age.
2. There will be 7 players on a side, of which no more than 3 field players may be cisgender men.

Respect that each individual knows their own gender identity better than anyone else. Transphobia will not be tolerated.

3. Minimum number of players to start or play a match - four. At least one player must not be a cisgender man to start or play a match. A second player who is not a cisgender man must participate before the end of the first half. At least two players who are not cisgender men must be on the field at all times during the second half.
4. All free kicks (except kickoffs and kicks within a team's own red line area) may not be taken by a cisgender man. The first violation shall result in a warning and a re-kick, subsequent violations shall result in a change of possession.
5. All penalties charged to a goalkeeper must be served by the goalkeeper or a cisgender man teammate. A goalkeeper must serve his own time penalty when cautioned.
6. All bench penalties must be served by a cisgender man 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.
9. Spirit of the Game Decisions in Multi-gender: Depending on the level of multi-gender play, the referee may adjust decisions which they deem to be for the benefit of all players participating. Some examples to take into account for the players involved:
 - a. Hard "blast" shots which strike a less-aggressive player may be whistled dead and the ball given to that team.
 - b. Benefit may be given to the less-aggressive player when going into challenges with an aggressive player.
 - c. Some "50/50" calls may be given to a team which is severely outmatched, in the spirit of making the game enjoyable for all.