

GOODSPORTS USA

5V5 Indoor Soccer Rules and Regulations

- All games are 40 minutes with two twenty-minute halves.
 - All games will start at scheduled game time - NO EXCEPTIONS!
 - Referee will start score clock for all fields at scheduled start time
 - Teams must be stretched, dressed, and ready to play at the end of the game prior to their own.
 - All teams must wear matching-colored jerseys and bring an alternate color shirt.
 - Coaches must pay the referee \$15 cash before the start of each game.
 - Coaches are responsible for players' and parents' behavior and actions.
 - No tolerance for profanity.
 - Any damage to GoodSports property will result in immediate team expulsion.
 - All rosters MUST be finalized before the start of the first game.
 - All rostered players MUST play in at least three regular-season games to be eligible for the playoffs.
 - Players may only be on one roster per league/age group. The only exception to this rule is goalkeepers.
 - Criteria for league standings:
 - 1) Points
 - 2) Head-to-Head**
 - 3) Goals Against
 - 4) Goals For
- ** Please note Head-to-Head thrown out if there are 3 or more teams with the same points.

All FIFA rules apply except for the following:

- No offside.
- No slide tackling or sliding.
- The 5-second rule: If a goalie holds the ball longer than 5 seconds, possession of the ball goes to the other team, (Referee's discretion)
- Goalies cannot punt or drop-kick the ball.
- Goalies may not score from beyond midfield.
- Goal kicks and goal throws may not pass over midfield in the air without touching another player. If the ball does go over midfield, an indirect kick is given to the opponent at midfield.
- Goal kicks must be taken from inside the "small" goal box.
- Goalies can use hands in the "bigger" yellow box.
- All restarts are indirect kicks except penalty kicks.
- Penalty kicks are taken from the top of the "bigger" yellow box.
- A penalty kick is awarded to the other team if the defending team commits a foul inside the "bigger" yellow box.
- If the ball hits the bubble, lights, or ceiling it is an indirect kick for the opposing team where the ball hit.
- There are throw-ins, corner kicks, and goal kicks (all being indirect restarts).
- The ball can be kicked backward or forward at the start of the game or after a goal is scored.
- When a yellow card is issued the player must take a two-minute break with a substitution. If a red card is issued, the player is out of the game and the team will play down a player.
- Regular season games can end as ties. In playoffs, there is a two-minute sudden death period with both teams playing 3v3 and a goalie (both teams down a player). No substitutions are allowed during the overtime period. If there is still no winner, there will be a two-player shootout.
- There is free substitution. Players must come off the field at midfield and the player coming in must wait until the player coming off is completely off the field. An indirect kick will be issued to the opposing team if proper procedure does not take place.