

Indoor Soccer Rules

As with all sports played at Hills Indoor Sports Centre any misconduct judged by the umpires and management will be dealt with according to the severity of the offence. Hills Indoor Sports Centre reserves the right to refuse entry to any player or team deemed to be acting in an offensive or unsportsmanlike manner.

The Indoor Soccer Team

- 4-a-side consists of 1 goalkeeper and 3 field players
- 5-a-side consists of 1 goalkeeper and 4 field players – no more than 3 male players are permitted on the court in mixed games
- All forms of indoor soccer may have unlimited registered players; however, only a maximum of 4 substitutes are permitted per game and players must have played a minimum of 5 games in a season to qualify for finals
- Players must have at least half of their own players on the court to qualify as an official game
- Fill in players may be used; however, they must be from an equal or lower division. and the opposition must be informed.

Officials

- The referee will nominate which team is to kick off
- The referee will be the sole judge of fair and unfair play. Counter staff will support a referee's decision.
- Players can be sent off for any length of time (referees' discretion). A replacement player may be used. If no registered team substitute is available – no fill in player is permitted to play
- The games are centrally timed and are not individually timed by the referee.
- The referee or centre management may forfeit a game or disqualify a team if competition rules are not observed. It is the responsibility of every player to know and understand the rules.

Uniforms

- Teams are not required to have matching uniforms. Where required the centre will provide matching bibs to differentiate teams.
- Goalkeepers' shirts can be different from the team colour

Game Times

- All games consist of 2 x thirteen-minute halves
- In the event of a draw in a semi or final, the team who is placed highest on the ladder will be awarded the win.

Game Fees

- Registration is compulsory for all players
- One member from each team is responsible for paying the entire game payment. Individual payments are not accepted.
- Teams with money owing may forfeit their finals position to the next team on the ladder.
- Please see terms and conditions for further information on fees.

Basic Rules

- A kick-off must go forward into the attacking half, with the opposition not to enter the middle third of the court until the ball has been kicked
- Play is continuous off all nets except the roof. A free kick to the non-offending team will be awarded directly under the position where the ball hit the roof. A save by the goalkeeper that hits the roof will be a restart by the keeper unless it distinctly touches the roof outside the keepers half circle. This will result in a free kick to the opposition.
- A goal can be scored from a kick off
- No "off-sides" except for kick offs and penalties
- Goals may not be scored from inside the goal circle

Competition Points

- The position of each team in the competition shall be determined by the accumulated points award, based on the results of the seasons games. Points are awarded as follows

3 points for a win (including forfeit and bye)

1 point for a draw

Goalkeeper Rules

- The goalkeeper is the only player allowed to touch the ball inside the goal circle
- A defending player who touches the ball within their team's goal circle will result in a penalty
- An attacking player who touches the ball within the oppositions goal circle will result in a goalkeeper's restart
- The only occasion a goalkeeper is permitted to touch a ball outside the goal circle is when the ball is in the air. Both feet of the keeper must be inside the goal circle and the net must not be used to gain advantage in reaching outside the circle
 - o Picking up the ball directly from the court surface outside the goal circle will result in a penalty to the attacking team
 - o Bouncing the ball outside the goal circle to gain possession will result in a free kick to the attacking team
- Restart of play by the keeper is optional (i.e. throw, roll or kick the ball back into play. However, the keeper is not to kick the ball over halfway on the full, including off nets. A free kick will be award to the opposition from the half-way line
- The goalkeeper has 5 seconds to release the ball back into play – 1 warning will be given by the referee –then a free kick will be awarded to the non-offending team
- Goalkeepers cannot score directly from a throw or kick – the ball must touch another player on the field that is not the opposition goalkeeper
- The goalkeeper cannot play the ball outside or leave the goal circle after making a save or step out of the area after releasing the ball by throwing, punching or kicking it. Any infringement of this rule will incur a penalty kick to the opposing team

Free Kicks

- All free kicks are direct, and therefore goals scored of free kicks will be given. Penalties and free kicks require the referees call for play to resume
- A free-flowing game is encouraged – at the referees’ discretion “advantage” and “play on” will be supported wherever possible
- Offending players must retreat 1 metre from the ball whilst the free kick is being taken, Any movement by the offending team, such as raising a foot forward to prevent the free kick will result in a retake of the free kick
- If a player deliberately traps the ball against the net or a corner, a free kick will be awarded to the non-offending team
- -If a player deliberately hangs onto any net to obstruct the opposition (except to quickly gain balance) a free kick will be awarded to the non-offending team
- When taking a penalty kick the goalkeeper must stand level with the goal posts and cannot move forward until the ball has been kicked. The ball is to be placed 2 steps away from the extreme edge of the goal circle by the referee
 - o If the goalkeeper moves forward before the ball is kicked and a goal is not scored, the kick will be retaken
 - o All other players must remain behind the red line until the ball is kicked. The player kicking the penalty can only take 2 steps back from the ball

Substitutes

- A maximum of 4 substitute players are permitted to play per game. However, unlimited substitutions are permitted during the game
- Substitutes may be made at any time during the game. Substitutions may only take place at the court entrance closest to their teams goalkeeper. If a goal is scored due to the direct result of a substitution taking place at the opponent’s end, the goal may be disallowed. This is at the referees discretion
- If a team has enough registered team plays to field a squad – borrowing of other independently registered team players as substitutes is not permitted. The game may be abandoned, and points awarded to the opposition

Soccer Specific Fouls

- Kicking an opponent
- Tripping
- Jumping into an opponent (e.g. going for a header)
- Charging into an opponent
- Pushing
- Tackling from behind
- Tackling an opponent off the ball, whether that is prior to the player making contact with the ball, or after they have released it
- Holding
- Touching the ball with your hands (if you are not the goalkeeper)