



Youth Indoor Soccer Rules

Purpose:

The Metropolitan YMCAs of Mississippi soccer league is developed to ensure that all youth and families have access to the sport of soccer and that all participants can continue to play soccer no matter their ability. These rules are designed to maintain a safe and competitive environment.

House Keeping Rules:

- No participant is to participate in any YMCA activity while under the influence of any narcotic.
- There will be no alcohol in the YMCA. Anyone who brings any alcohol into the YMCA will be removed from the league and not allowed to return for 1 year.
- Coaches or Captains are responsible for all players and fans. Any unruly behavior will not be tolerated. If someone is asked to leave and they do not leave the premises (which includes the parking lot) their team will be removed from the schedule and no refund will be given. The participant will be banned from the YMCA for one year.
- All players are to enter through their designated door. No player or visitor is to enter the opposing team's technical area. The Referee before each game will designate the correct area for each team.
- A roster must be presented before the 2nd game. There will be no guest players that are not registered within the league to play. If a non-registered player plays in a game that game will be determined as a forfeit.

Red and Yellow Cards:

1. If a player receives a red card for violent play, decent or fighting that player will be required to sit a one game suspension. All other infractions will be dealt with on a one on one basis.
2. If a player receives 2 red cards during a season they will be banned from playing the remainder of that season.
3. If a player receives 3 yellow cards during a season, they will be required to sit out one game. On the 5th it will be a 2 game suspension.



Rules of Play:

1. Game Start Time and Details:

- a. Games will start at their designated times.
- b. Games will consist of 2, 20 minute halves. U12 and U14 are 2, 25 minute halves.
- c. Games can start when each team has 4 players available to play. If a team is short players the quarters will be shortened by the amount of time that was missed.

d. All games are 7 v 7.

2. Free Kicks:

- a. A turkey penalty kick is awarded if the defensive team commits a foul within the goal keeper area.
- b. If outside the penalty area the team will do a direct kick. The defense must give 3 yards to the offensive team. If the player aims the ball at a player a caution will be given to the player who commits the infraction. This is at the discretion of the referee.
- c. Each team has 5 seconds to put the ball back in play. If they do not the ball will be turned over to the opposing team at the spot.

3. A ball will be determined to be out if it hits the net around the field or the ceiling.

- a. If a ball goes out of play it will be placed at the nearest point that it was determined to have gone out. The ball will be placed within one yard of the wall.
- b. If the ball hits the ceiling it will be placed on the closest playable point per the referee's discretion.
- c. Corner kicks or goal kicks will be awarded if the ball hits the net off the end lines.

4. Game Starts and Quarter Starts:

- a. A coin toss will determine the team that kicks off. The team that does not kick off the first half will kick off the start of the 2nd half.



5. Goal Keepers:

- a. All teams must have a designated goal keeper. They must wear a different color shirt than their teammates.
- b. All goal kicks and goalie throws must touch a player before the ball crosses the midfield line. If the ball does not touch a player it will be turned over to the other team at the midfield line.
- c. A team may substitute their goal keeper, however, the game will not stop and the ball will remain in play.
- d. No Punting.
- e. U8 and U 10 will have the break out line enforced. It will be the first yellow line outside the goalie arc.
 - i. The defensive team may not break through the line until the ball is received by the offensive player.
 - ii. The goalie may not put the ball in play past the break out line.
 - iii. If the goalie dribbles the ball outside the goalie arc it will be considered in play and the defense may attack the player.

6. There are to be no slide tackles.

- a. The goalie may go to ground to make a save but may not slide at an opposing team's player.

7. Substitutions:

- a. All substitutions will be done during the run of play. A player must be within 3 yards of their designated team door before the new player may enter the field.
- b. A player entering the field may not disrupt the run of play until the player they are substituting for is off the playing surface.
- c. Each team will receive a verbal warning for the first violation; any further infractions will result in the player being subjected to penalty time.

8. Boards:

- a. Any player using the boards for leverage will be subjected to penalty time. This is dangerous and can result in both someone being hurt and damage being done to the boards.



- b. NO slamming anyone into the boards.
- 9. Equipment:
 - a. No Cleats. Turf shoes or tennis shoes only
 - b. Shin Guards are required to play.
 - c. Home team is responsible to change if there is a color conflict between the 2 teams.
- 10. Cards and Penalty Time:
 - a. Yellow Cards and Red Cards will be issued per FIFA rules of the game. First Yellow Card will be penalized by a 2 minutes in the penalty box. The team will play a player down.
 - b. Red Card violations will result in a player being required to leave the YMCA premises. This includes the parking lot. Game will not be restarted until the player exits the YMCA premises. Any arguing or threatening outburst towards the referee or the YMCA staff will result in being removed from the league.
- 11. Tie Games:
 - a. During the regular season all games can end in a tie.
 - b. During the playoff's teams will do turkey kicks per FIFA rules. (U8 and U10 will do regular kicks)
 - i. 5 players will take the turkey kicks. (must be on the field at the end of the game)
 - ii. If game remains in a tie we go to sudden death. A different player will take the kick until all players on the roster have taken a kick or until a team wins.
- 12. Appeals:
 - a. There are no Appeals the decision of the referee is final.