

Westminster Sports Center

Adult Indoor Soccer Rules

Updated November 2025

Dimensions

- Turf Field – 172' x 86'
- Goals – 12' wide and 6.5' height

Point System:

- Win – 3 points
- Tie – 1 point
- Loss – No points

Tie Breakers:

- Red Cards
- Forfeits
- Head-to-Head Competition
- Goals Against
- Goals For
- Goal Differential
- Coin Toss

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New Goalie's Quick Start Guide

Please ask the referee for clarifications before the game. The scoreboard keeps a laminated copy of these rules. For any rule regarding a ball crossing a line, the ball must go entirely across.

New for November 2025

- Update references to Spitting on the field for clarity – automatic Red Card
- Removed rules regarding protest fees for fouls and uniforms.
- Updated rule regarding grace period to start games.
- Updated rules regarding unintentional handballs inside the box for clarity.
- Updated rules regarding sliding and playing on the ground.
- Some rules have been altered for clarity but not content. All other previous rules are still in effect.

Rule 1 – Equipment

Ball

- Games will be played with a **size 5** ball provided by the Sports Center.

Player's Equipment

- Shin guards are **required**. We recommend adult shin guards. Failure to wear them properly can result in a **BLUE CARD**. Players without shin guards are not allowed on the field.
- Socks must completely cover the shin guards.
- Cleats (plastic, not metal), turf shoes, and tennis shoes are allowed.
- For health reasons, we do not loan out shirts, shin guards, goalie gloves, etc., to players.

Uniforms

- The home team shall wear dark, and the away team shall wear light.
- All players are expected to bring both dark and light colors to avoid issues.
- Goalies must wear colors different from those of both the home team and the away team.
- Failure to have all players in the same color can cause a team to forfeit. The opposing team should communicate to referees if colors are causing issues.

- The referee reserves the right to request that a player change their shirt to avoid confusion.

Banned

- **Jewelry** unless taped to the body (including, but not limited to, necklaces, earrings, nose piercings, bracelets).
- **Hard headgear** (such as baseball caps, hard headbands, etc.).
- **Watches** except fitness watches (with a cloth or plastic band): We recommend covering them with soft padding or a wristband. The City is not liable if they get broken during play.
- **Cleats with metal studs**, plastic studs are acceptable
- **Prescription glasses** are discouraged but permitted (we recommend prescription goggles as they are much safer).
- The referee reserves the right to prevent anything else deemed unsafe from being worn on the field.

The City of Westminster is not responsible for damages or injury, including those related to the banned items listed above.

City Equipment

- **Do not tamper with City or Sports Center equipment for any reason.**
 - Including but not limited to: scoreboard, foul count, etc.
 - Automatic **YELLOW CARD**, possibly **RED CARD**.

Rule 2 – Players

Players

- A game is played by two teams of 6 players, including the goalkeeper, and with no fewer than 4 players
- If multiple penalties are being served, there shall be a minimum of four players per team on the field, including the goalkeeper. If a team can't field a side with enough players due to multiple penalties, the game shall be called a forfeit.
- Players must be listed on the team roster and must have a player card to play. Any player caught using another player's card will be asked to leave and given a red card penalty. If players intentionally bypass or attempt to bypass our player card system, the team can receive an automatic forfeit and be asked to leave the facility.
- To protest an illegal player, the protesting team must do so no longer than a minute after the player began playing on the field and have the \$50 protest fee in cash on the spot; they may not wait until the end of the game to protest a player's eligibility.
- Individuals will be allowed to participate in gender-specific programs and events consistent with their stated gender identity, except in extreme circumstances.
- Players may only play in one division per night

Coed Specific

- A minimum of two females and one male must be on the field (including the goalkeeper).
- A Co-ed game may start with one female but must play down a player until the second female arrives. A team may finish the game with just one female but will have to play down a player the entire game.
 - The female will have to be on the field for the entire game.

Competitive Advantage

- If a team is ahead by six goals, the losing team may add a player. If at any time the goal differential is five goals or less, the extra player must come off the field.

Rule 3 – Substitution Procedures

Players

- Substitutions are unlimited and may be made at any time, including goalkeepers.

- Substituted players must be within one yard of the player's team bench.
- The player coming onto the field may not touch the ball until the player leaving the field is entirely off. Failure to wait until the substituting player is completely off results in an automatic **BLUE CARD** (served by the offending player) due to too many players on the field.
- Climbing/Jumping over the bench wall will result in an automatic **BLUE CARD**.

Goalkeepers

- Goalkeeper substitutions may be made at any point. Players can request the referee hold gameplay for 30 seconds at a dead ball to allow time for the new keeper to get gloves on. The clock will run during this time.

Rule 4 - The Duration of the Game

Clock

- **The clock will start at game time no matter what.** Referees will give 1- and 2-minute warnings.
- The game shall be divided into two halves of 22 minutes each.
- There will be a 2-minute halftime.
- The clock shall only be stopped for serious injuries as determined by the game officials or when deemed necessary for explanations or player management.
- If a team does not have enough players at the start of a game, the clock will start at the designated time, and the team will be given a grace period to get more players before an official forfeit is recorded.
 - All games will be given a 5-minute grace period.
 - The game clock will start at the designated time and will not be stopped or reset if/when more players arrive.
 - If there is a forfeit, teams may stay to use the field time in a friendly game, but officials will not stay on the field to officiate.

Rule 5 - The Referee

Every attempt will be made to provide two qualified referees for every game. In the event of a game with only one referee, the same expectation of fair play, sportsmanship, and respect from both teams is understood. The result of the game will count towards the league standings.

The Authority of the Referee

- The referee's job is to oversee the play of the two teams, make unbiased judgments as to the teams' play in reference to the rules of the game, and administer a safe arena of play.

Powers and Duties

- Enforce the Rules of the Game, Westminster Sports Center modifications and policies included
- Maintain control of the match to ensure sportsmanlike conduct.
- Explain the infraction to the offending player before restarting play.
- Takes action against players and spectators who fail to conduct themselves responsibly and may, at their discretion, expel them from the field of play and its immediate surroundings.
- The decisions of the referee are final.

Treatment and Protection of the Referee

- The referee will be looking at the play, not the player's bench
 - Please avoid sticking out your arms while the ref is running by, as you may harm them or yourself.
- Do not put your hands on the referees for any reason.
 - Handshakes and such are the only exceptions.

Rule 6 – Other Sports Center Staff

- If needed, other officials or Sports Center staff may be assigned to a game in various capacities. They have the same authority to uphold the Rules of the Game and Sports Center policies.
- The front desk staff have the authority to expel players and spectators from the facility if they fail to conduct themselves responsibly.
- Front desk staff have the authority to give red cards outside of gameplay if necessary.
- Prior to creating a new player card, staff reserve the right to request to see identification in order to ensure the player is 18 years or older.

Rule 7 – The Start, Stop, and Restart of Play

Kick-off

- Teams will not change ends after half-time and will always defend the goal nearest their team bench.
- Occurs at the start of each half and after a goal has been scored.
- The home team will kick off to start the first half, and the away team will kick off to start the second half.
- Players must wait for the referee's whistle before kicking off.
- The ball must be relatively in the middle of the center circle, on the midway line.
- Gameplay starts when the ball is moved in any direction.
- The kicker cannot touch the ball a second time until it has touched another player.
 - Will result in a retake.
- Players cannot cross the midline before kickoff.
- A goal may be scored directly from a kickoff.
- Players must return to their sides of the field.
 - The kickoff may take place before the scoring team returns to their side of the field if they are slow to return; however, they must touch their side before engaging in play.
 - Failure to touch their side before engaging in play results in a direct free kick from where the infringement occurred.

The Ball is Out of Play When:

- It touches the protective netting.
- It leaves the field of play.
- The referee stops the game.
- The ball hits a referee, remains in the field, AND one of the below happens:
 - Possession changes, and a promising attack is started
 - The ball goes directly into the goal

The Ball is NOT Out of Play When:

- It hits a referee, and possession does not change or the ball does not go directly into the goal.
- It hits a referee when neither team clearly had possession.

How Play is Restarted When:

- The ball touches the side netting or leaves the field of play.
 - A direct free kick occurs up to 1 yard from the wall, right below where it touched the net (unless it touched between the two corner dots at the end of the field).
- The ball touches the ceiling netting.
 - A direct free kick occurs directly below where the ball touched the net (unless it was inside the arc).
- The ball touches the ceiling net inside the arc or the side netting between the two corner dots and was last touched by the attacking team.
 - The goalie is awarded a restart from their hands.
 - The ball must leave the penalty area.
 - When restarting after the ball hits the netting, goalies are not allowed to play the ball to themselves; they must throw/roll it to another player.
- The ball touches the side netting between the two corner dots or the ceiling net inside the arc and was last touched by the defending team.

- The attacking team is awarded a corner kick.
- The ball will be placed on one of the corner dots.
- If the referee stops play, they will decide how to restart it best.

Free Kicks

- All free kicks are direct.
- The defending team must give 5 yards of space between them and the kicker
 - If the kicker feels they do not have enough space, they may do a quick free kick regardless of space OR request that the referee measure out the space and wait for a whistle to restart play.
 - The referee reserves the right to ask players to back up and may issue a blue card if players do not listen.
- The player taking the free kick has 5 seconds to put the ball in play.
 - The 5 seconds start when a player is ready to kick and has their 5 yards of space, or, if the referee measures it out, 5 seconds from when they blow the whistle to restart play.
 - If they take too long, a free kick is awarded to the other team.
- The ball must be stationary before the kick is taken.
- The kicker may not touch the ball a second time until another player has touched it.
- If a foul results in a free kick with under 15 seconds remaining in the second half *and* the game is tied or within one goal, the clock will stop until the kick is taken. It will restart once the ball is played.
- All free kicks that are awarded inside the arc take place at the top of the arc.
 - Free kicks from the top of the arc must wait for a whistle.

Penalty Kicks

- A penalty kick is awarded when a defending player inside the arc commits a foul.
- Before the penalty kick is taken, the goalkeeper must be on their goal line.
- Only the goalkeeper and the kicker are allowed inside the offending team's third line.
 - All other players must be behind the defending team's 3rd line before the kick is allowed.
- The kicker cannot touch the ball twice until another player has touched it.
- Unintentional handballs, punts, illegal touches, and other infractions covered in Rule 9 called inside the arc do not warrant a penalty kick. The ball is started at the top of the arc, but the defense is allowed to set up inside the arc and play resumes on the official's whistle.

Dropped Ball

- Occurs when there is a stoppage due to an injury or other non-foul infraction where no one had clear possession.
- The referee will drop the ball where play was stopped
- Gameplay resumes once the ball hits the ground.
 - The ball will be re-dropped if a player touches it before hitting the ground.
- **A dropped ball may not go directly into the goal.** If it does, the goalie is awarded a restart from the hands.

Rule 8 - Delay of Game

Three Line Rule

- Any player who sends the ball in the air by throwing or kicking the ball over all three dividing lines towards the opponent's goal without touching another player, the ground, or a wall will violate the Three Line Rule.
 - The other team will be awarded a free kick from their attacking third line.

Other Delay of Game Offenses

- Players may not interfere with goalkeeper distribution.
 - A **BLUE CARD** may be assessed after a warning.
- Players who fail to provide the 5 yards of space for a free kick even after being told by the referee to back up may be given a **BLUE CARD**.

- After a stop in play, players taking free kicks and goalies starting from their hands have 5 seconds to put the ball back into play on the referee's whistle or call.

Rule 9 - Fouls and Misconduct

Fouls That Will Be Counted on the Foul Count:

The following are considered fouls and will result in a free kick with the possibility of carding:

- **Slide tackling**
 - Automatic **BLUE CARD** and can be a higher card depending on referee discretion.
 - Any player intentionally going to the ground in an attempt to make a play on the ball will be called for slide tackling.
 - Goalies may make a safe slide within their arc in an attempt to make a save. If the goalie leaves their arc and makes contact with an opposing player or the ball while sliding, they will be issued a blue card slide tackling.
 - Referees may also award a foul and/or card for a goalie slide tackling inside the box at their discretion if there is excessive force or dangerous play.
- **Playing on the ground**
 - Playing on the ground is when a player interferes with play while unintentionally on the ground for any reason.
 - Subject to **BLUE CARD** based on severity at the discretion of the referee.
- **Kicking or attempting to kick an opponent.**
- **Tripping or attempting to trip an opponent.**
- **Jumping at an opponent.**
- **Charging at an opponent.**
- **Strikes or attempts to strike an opponent.**
- **Grabbing or holding an opponent.**
- **Pushing an opponent.**
- **Deliberately boarding an Opponent.**
 - Automatic **BLUE CARD**.
- **Deliberate handling of the Ball**
 - Goalkeepers cannot be called for handling inside their arc; it is considered an illegal touch.
 - If a defending player's deliberate handling directly prevents a goal from being scored or breaks up a promising attack, a **BLUE CARD** shall be assessed.
- **Charging to the shoulder while away from the ball.**
 - "Shoulder to Shoulder" contact is only acceptable if it is a reasonable use of force and a play is being made on the ball.
 - "Shoulder to Shoulder" contact is only contact between the sides of the body, not the shoulder blades (back) or chest. "Dipping," or lowering your body into contact to increase leverage on your opponent is illegal.
- **Charging the goalkeeper when not in possession of the ball.**
- **Dangerous Play**
 - High Kicks, jumping to receive a ball, etc., may be called if, by the referee's judgment, it presents a danger to players.
- **Spits at an opponent.**
 - Automatic **RED CARD**.

Infractions Not Counted on Foul Count

- The following will result in a whistle-blown free kick, but it will not count toward the foul count.
 - If these occur inside the arc by the defending team, there will be a free kick from the top of the arc, and the defending team will be allowed to put up a wall.
- **Goalkeeper punting the ball**
 - Will result in a free kick on top of the arc
- **Unintentional handball**
 - Players with arms close to their body in an attempt to defend themselves from a close-up kick, or with arms resting in natural positions, shall not be called for handling unless

it directly impacts a goal-scoring opportunity, if it occurs inside the arc, or if it directly results in a change in possession.

- **Illegal touch**
 - Double touch when not allowed
 - Goalies play the ball with their hands when it is intentionally passed to them by a teammate using a body part below the knee.
 - The goalkeeper **may not bring the ball from outside their arc with their feet** inside to pick it up with their hands.
- **Taking too long to take a free kick**
- **Too many players on the field.**
 - When coming onto the field, players may not touch the ball until the person they are replacing is entirely off.
 - Automatic **BLUE CARD**.

It will not immediately result in a free kick but will result in a BLUE CARD.

- Jumping over the walls.
- Verbal abuse/arguing calls towards refs or players.
- Persistent misconduct.
- Any other unsportsmanlike behavior.
- Simulation (Faking injury in an attempt to gain an unfair advantage; **referees may stop the clock**).

It will Not Immediately Result in a Free Kick but Will Result in a RED CARD.

- Players are leaving the bench to join an altercation.
 - **Suspension from the facility for the remainder of the season.**
- Persistent use of abusive language or behavior toward any player, referee, spectator, or other officials and staff.
- Spitting on field.
- Extreme unsportsmanlike behavior.

Rule 10 – Six Foul Rule

The Six Foul Rule Explained:

- After a team's foul count reaches 6 (and later 12), a shootout will occur (this excludes handball fouls and fouls that warrant a straight card).
- If the 6th or 12th foul were committed inside the arc, a PK (penalty kick) would occur instead.
- The player who commits the 6th foul **must** serve the 2-minute penalty unless the goalie commits the 6th foul; then, the team may delegate another player on the field at the time of the foul to serve the 2 minutes if they elect to, as it is a cumulative team foul.

How a Shootout Works:

- The player who commits the foul must serve the **BLUE CARD**
- A dribble-up penalty shootout is taken by placing the ball on the offending team's defensive third line for the shooter to restart play when signaled by the referee's whistle or call.
- All players except for the shooter and the goalie must start behind the midline and cannot cross until the shooter touches the ball.
 - Attacking players must also be outside of the center circle.
- The goalie must start on their goal line but may come off after the shooter touches the ball.
- If unsure about this rule, ask the referee for clarification before they blow the whistle to start play.
 - **Shootouts will not be called back or retaken for misunderstandings.**
- If time expires before taking the shoot-out, 5 seconds will be put on the clock for the shoot-out to be taken.
- No substitution is allowed during shootouts – only players on the field at the time may participate.

Rule 11 – Cards

- If, due to multiple penalties being served, a team does not have enough players on the field, the game will be terminated.
- The referee may issue a delayed card if, in the referee's judgment, the offended team has an "advantage" that would be taken away with play stoppage.
- It is the responsibility of each player and team captain/representative to be aware of their players' status regarding infractions. All players must be appropriately registered on the team roster and have a player's card made in order to take the field. The use of non-roster players can result in forfeiting the game in question. Failure to comply with Sports Center rules, policies, and procedures may result in disciplinary action against individual players or teams.

BLUE CARD - 2 Minutes in the penalty box

- 2-minute soft penalty-serving: the penalty time starts when the ball is put back into play (the official will state "play ball" or will whistle the start)
- A soft penalty means if the other team scores a goal, the player serving may come out early
- The goalie must serve the 2-minute penalty if they are given a blue card.
- If multiple players are serving blue cards and there is a goal, both players need to stay in the box and finish serving their full penalty
- If two opposing players are issued blue cards at the same time, neither will be allowed to come out early if a goal is scored.

YELLOW CARD: 4 Minutes in the penalty box

- May be assessed for flagrant violations of Rule 9 and other reckless behavior.
- Will be assessed in place of a player's second blue card.
- If the penalty is against the goalie, they will serve it themselves.

RED CARD - Ejection from the facility for a minimum of 2 weeks

- When a team receives a red card they must play down a player for **5 minutes**.
- First offense will result in a minimum of 2 weeks' suspension.
 - This will include all leagues the player/coach is a member of, as well as any field rentals.
 - Two red cards received in 12 months will result in a suspension that will be a minimum of 4 weeks from the facility and a \$50 fine to return to the facility.
 - Any player who receives a third red card within a year will serve a minimum 6-month suspension, which, depending on the severity, can be up to one full year. In addition to this suspension, the player must pay a \$100 fine to be allowed back in for any purpose, league play, or field rental usage.
- Issued for any violations of Rule 9 that the referee considers violent or excessive use of force.
- Any fighting can result in an automatic suspension from the facility for up to one year.
- **3 Blue Cards = Red Card, 1 Blue + 1 Yellow = Red Card, 2 Yellow Cards = Red Card.**
- The player has 2 minutes to leave the field and must be out of the facility in under 5 minutes.
 - The gameplay will not resume until the player is completely off the field.
 - Clock will continue to run.
- When a coed team has only two female players and a female receives a Red Card (including a female goalkeeper), the team may continue to play but must do so one player down.
 - If a team is playing with only one female player, and she receives a red card, the game is terminated, and the offending team is given a forfeit.

Rule 12 – Team Forfeit Rule

- Forfeits will now take teams out of winning contention
- A team that does not give a 24-hour notice when forfeiting will receive a warning. Administrative staff will assess why the team failed to correct the situation so that it won't happen again.
- A team that forfeits a second time **without** a 24-hour notice will be assessed a **\$50** fee that must be paid at the Sports Center before the following week's game, or they may not take the field.

- A team that forfeits a second time but gives 24-hour notice will be assessed a **\$25** fee that must be paid at the Sports Center before the following week's game, or they may not take the field.
- A team that forfeits for a 3rd time in a season, for any reason, will run the risk of being removed from the schedule and will forfeit all money paid **(NO REFUNDS)**.

The New Goalie's Quick Start Guide

- Goalkeepers may come out of the arc to play anywhere on the field but may not use their hands outside of the arc.
 - Another player may stay back to defend in place of the goalkeeper but may not use their hands.
- You may not bring the ball from outside the arc, but you can pick it up inside the arc with your feet.
- If the ball hits the net between the two corner dots or within your arc and is touched by an opponent
 - The ball starts in your hands
 - You must throw/roll it to another, and you cannot play it yourself.
- You must wear a color that distinguishes you from your team and the other team.
- You may only play on the ground within your arc.
- If a teammate passes the ball back to you, you may not play the ball with your hands.
 - Teammates may pass back to the keeper if the contact is made by a body part above the knee
 - Unintentional deflections will not be called.
- If unsure about penalty kick and shootout rules, please ask the referee for clarification.
- You may not punt the ball; however, you may drop-kick.
 - A drop kick requires the ball to hit the ground prior to the player kicking the ball at a low angle.

Westminster Sports Center Facility Rules and Policies

The Westminster Sports Center is a community facility offering a variety of recreational sporting activities. The following rules and procedures must be adhered to at all times. Failure to do so will result in individuals being prohibited from using the facility.

BEHAVIOR POLICY & ENFORCEMENT

The following is from the City of Westminster Municipal Code and is in effect at all Westminster Parks:

13-1-1: PURPOSE AND INTENT: The purpose of this Chapter is to regulate the use of the Parks and community buildings of the City in order that all persons may enjoy and make use of such parks and buildings and to protect the rights of those in the surrounding areas.

13-1-3: USE REGULATIONS: (796 847 1889 2811) It shall be unlawful for any person to fail to comply with the following:

- (A) Compliance Required. Enter, be, or remain in any park or building of the City unless he or she complies with this Chapter and regulations promulgated hereunder.
- (Q) Disturbance. Engage in boisterous, threatening, abusive, insulting, or indecent language, or engage in any disorderly conduct or behavior tending to a breach of the public peace and enjoyment of the facility.

13-1-14: ENFORCEMENT OF THE RULES: The Director, his duty authorized agents and employees, and any law enforcement officers acting in the line of duty shall diligently enforce the provisions herein and shall have the authority to eject, from any park or community building, any person acting in violation of these rules and regulations. Further, the Director shall have the authority to deny the use of parks or community buildings to individuals or groups who refuse to comply with the provisions of this Chapter and regulations promulgated hereunder.

It is the responsibility of each player and team captain/representative to be aware of their player's status with regard to infractions and suspensions for Red Cards. All players must be appropriately registered on the team roster. The use of non-roster players will result in forfeiting the game in question. Failure to comply with Sports Center rules, policies, and procedures may result in disciplinary action against individual players and/or teams.

- Video surveillance cameras are used in the facility.
- League fees must be paid in full on the night of your first game of the season.
- Alcohol, tobacco, and any drugs are prohibited.
- Any individuals engaging in physical violence or verbal abuse will be ejected from the facility.
- No food, drink, or gum are allowed on the playing surface.
- No glass containers allowed.
- Spitting on the playing surfaces will result in an automatic red card.
- Balls may be played inside the arenas only.
- No bouncing, kicking, or throwing balls unless inside the arenas.
- We reserve the right to honor other organization sanctions against players, teams, and officials.
- Only players and coaches/team representatives are allowed in the player bench area.
- Children must have adult supervision at all times.
- The decisions of the referee regarding facts connected with play are final.
- No animals are permitted in the facility (Service animals are exempt).