

2023 Indoor Soccer Rules | INW YMCA

K-1 League | Games 30 mins + (Timeouts & Halftime)

3 field players (no goalkeeper)

Shoes: ONLY non-marking gym shoes during INDOOR soccer. {NO CLEATS in the GYM}

Scoring: Score will not be kept. This is to teach basics gross motor skills of running and kicking the ball. Youth sports encourages and promotes healthy kids, families, and communities by placing a priority on family involvement, healthy competition rather than rivalry, the value of participation over winning, team building as well as individual development, a positive self-image, and a sense of fair play and mutual respect for others.

Substitutions: Substitutions may occur. We suggest during timeouts.

Dangerous Equipment: Jewelry may not be worn if it poses a threat to the wearer or any other players. Absolutely NO casts of any type are allowed unless covered in soft material.

Site Supervisor: A site supervisor will attend each game as a neutral party. He/she is there to settle any game flow issues or injuries.

Duration of Game: We will play (2) 15-minute halves. Time may be stopped for a serious injury. Subbing should not stop the clock unless in the event of an unusual circumstance. Every 5 minutes time will be called for a 1-minute water break. Half time will be a 3-minute rest.

Start of Play: The visiting team has possession in the first half, the home team in the next half. Teams must be 10 feet apart.

Ball In and Out of Play: The ball is in play at all times, including when it rebounds from a coach, parent, perimeter wall or fixtures inside the gym. Site supervisor will stop play when kids are in a corner or behind the net. Site supervisor will roll in or set up teams again.

Fouls and Misconduct: A player who kicks, trips, strikes, elbows, jumps at, pushes, holds, charges, commits a dangerous play, obstructs or intentionally handles the ball shall be penalized by awarding the ball to the offended team. Slide tackling on a player is not allowed. No headers