



**2022**  
**INDOOR SOCCER RULES**



**GENERAL:**

1. For matters not specifically covered by these rules, FIFA Laws of the game shall be followed when reasonably applicable.
2. The size of the goal (rule 1), size of the ball (rule 2) and number of periods (rule 7), may be altered for younger players.
3. The neutral zone lines, the kick-off mark, the corner kick marks, the corner vertical lines, the (corner kick) encroachment wall marks, and the penalty kick marks are all to be red in color. Kick marks are to be 9 inches in diameter. All other lines are to be no more than 5 inches in width.
4. All kicks are indirect (even for technical fouls).
5. Any facility where games for affiliated leagues are played is considered acceptable as marked and the game will be played according to the markings that are present.

**RULE 1 – FIELD OF PLAY:** Approx. 200 feet long by 85 feet wide. Marking shall be 5 inch wide. Perimeter wall 3 feet high, fully enclosed area topped by Plexiglas and/or netting. The outer dimensions of the field will vary from facility to facility, but the corner kick mark will always be a 9 in diameter circle located 3 feet out from the wall, and the 3 feet dashed kick mark shall be located with its center even with the intersection of the straight goal line wall and the point where the wall begins to curve, but never less than 10 feet from the closest edge of the corner kick mark to the outer edge of the line marking that side of the penalty area. If the distance from corner kick mark to the edge of the penalty area is appreciably more than 10 feet, e.g. 11 feet. or more, a red line 5 inches wide and one 1 foot tall shall be painted upward beginning at the base of the wall to enable players and referees to honor the 10 feet non-encroachment distance.

**CORNERS:** are to be marked with a 5 inch wide red or white painted circle or strip from the floor

**CENTER CIRCLE:** 10 feet radius, 9 in diameter mark in the center.

**RED LINES:** 30 feet from halfway line, extended across the field of play (one in each half). The red lines and the area between them shall be called the neutral zone.

**HALFWAY LINE:** A solid white line across the field dividing the field of play into halves.

TOUCHLINE: A broken white line from corner mark to corner mark on both sides of the field at a distance of 3 feet from the perimeter wall.

**RULE 2 – THE BALL:** Circumference 27-28 inches; Weight 14-16 oz. The ball shall be spherical and the outer casing shall be leather or other approved materials. No material shall be used in its construction which might prove dangerous to the players. TOCA has the authority to designate a specific ball as the game ball.

**RULE 3 – NUMBER OF PLAYERS:** Maximum of 14 players on a roster per game. Each team must have at least 4 players on the field for a match to continue, and shall never have more than 7 (6 field players and 1 goalie). One of the players must wear a goalkeeper jersey which clearly distinguishes him or her from all other players and the referee(s).

All team bench personnel listed on the official lineup are subject to the authority and jurisdiction of the referee(s). A maximum of 1 non-players (manager, coach, or trainer) are allowed on the bench. No unauthorized individuals may sit with the personnel during the course of the game. From start to conclusion of the game, no manager, coach, trainer or any other non-player with either team, either during play or between periods, may enter the field of play unless specially beckoned on by the referee. **Penalty: blue card, 2 minute time penalty.**

SUBSTITUTIONS: Unlimited, and on-the-fly (including goalkeeper changes) provided both players are within the touch line and no more than a yard from the bench door or are off the field of play within their own bench area when the substitution is made. Further, neither the player entering nor the departing player may participate in play during any period of time that they are simultaneously on the field of play. An infraction of this rule by any player while the ball is in play shall result in a 2 minute blue card. If play is stopped to apply the penalty, the opposing team will start play with a free kick from where the ball was when play was stopped.

INJURED PLAYER: In cases where the referee must stop the time clock for an injured player and either team's trainer is requested onto the field by the referee to attend to an injured player, that player must be removed from the field and may not rejoin play until after the game has been restarted. The only situation where the clock may be stopped for an injury is one where medical personal must be contacted in order to assist the injured player. Otherwise, the clock will remain running during an injury.

A player shall not be allowed to continue to play while he/she has an open wound, or blood is evident. Player(s) sent off the field for blood shall not return without first reporting to the referee. Referees are advised that they inform the player sent off for blood that they must report to a referee before returning. **Penalty: blue card, 2 minute time penalty.**

TEAM CAPTAIN: A captain shall be appointed by each team and the captain alone will be informed by the referee of answers to any questions relating to interpretation of the rules which may arise during the progress of the game. In event of a dispute or problem the referee will inform the captain of the decision and each captain will inform the team. The captain may be identified by wearing an official arm band.

**RULE 4 – PLAYER EQUIPMENT:** Compulsory equipment consists of shirts, with number(s) at least 5 inches in height, different from all other player’s number(s) on that team, shorts, shin guards (completely covered by socks) and suitable indoor shoes (No cleats allowed). Each team’s uniforms shall all be of identical colors, except for the goalkeeper, whose colors must distinguish that player from all other players and the referee(s).

**DANGEROUS EQUIPMENT:** Players shall not be permitted to wear baseball caps, earrings, studs, necklaces, pendants, chains, bracelets, or any other metal adornment at any time during play. Rings shall not be worn; however, if a player is literally unable to remove a ring, the player may heavily tape the ring to the finger to ensure, to the referee(s) determination and satisfaction that it does not present a danger to any player. Casts, splints, or body braces made of a hard substance, including leather, metal, rubber, plastic or fiberglass must be covered entirely by at least ½ in high density, closed cell polyurethane or similar substance that is satisfactory to the referee(s). Bandanas (unless folded and worn as a head sweat band) and other objects or attire worn to intimidate opponents are forbidden. Players who choose not to correct equipment deficiencies to the satisfaction of the referee(s) shall not be permitted to participate.

**Penalty: 1) Once the game has started, a player who is on the field wearing no shin guards will receive a 2 minute blue card penalty.**

**Penalty: 2)** For any other violation except lack of shin guards. The first time in a game a player is noticed by the referee to have faulty, dangerous or intimidating equipment the player shall be sent to the bench to correct the equipment deficiency and a substitute may come in for the player. There is no time penalty given for the first offense. **The second time a player is noticed with the same or related deficiency, the referee must issue to the offending player a 2 minute blue card penalty.**

For both violations above, the opponent will be awarded an indirect free-kick at the spot where the ball was when play was stopped. In the event the ball was within the offending player’s penalty area, the opponent’s possession and free-kick will be taken at the top of the offender’s restraining arc.

**RULE 5 – REFEREES:** One or two (of equal authority) shall be responsible for control of the game. The actual number of referees shall be determined by the TOCA league. A Referee’s decision on points of fact connected with play shall be final so as far as results of game are concerned.

**RULE 6 – OTHER OFFICIALS:** Timekeepers operate the time and scoreboard details (including time penalties) under the Referee’s jurisdiction.

**RULE 7 – DURATION OF THE GAME:** 2 x 25-minute half’s will be played. Time shall not be stopped unless an injury is great enough where medical personal is needed to assist.

**RULE 8 – START OF PLAY:**

8.1 The visiting team attacking towards the scoreboard has first possession in the first half, the opposing team the next half. Teams change ends after each half.

8.2 After each goal the game shall be restarted by a kick-off by team scored against.

8.3 A goal may NOT be scored directly from a kick-off.

8.4 In any situation where either team has clear possession of the ball when play is stopped for any reason that is not a violation of a rule, the team with possession takes the ensuing indirect free kick restart.

8.5 Failure to put the ball into play within 5 seconds after the referee's signal shall result in a possession turnover to the opponent.

**RULE 9 – BALL IN AND OUT OF PLAY:** The ball is out of play when it passes over the perimeter wall, strikes a perimeter net, strikes overhead light fixtures or structure, when a goal is scored, or when the referee stops play. The ball is in play at all other times, including when it rebounds from the referee, perimeter wall, goalpost, or Plexiglas.

**RULE 10 – METHOD OF SCORING:** A goal is scored when the whole of the ball passes completely over the whole of the goal line into the goal providing no infraction has been committed by the attacking team. TOCA has the discretion to add tiebreakers for playoff games as needed. In case a league opts for a penalty kick tie-breaker, each team will select five different kickers to take the first five kicks. If additional kicks are needed, each kick may be taken by any player, including the one who took one of the first five kicks, or the previous kick in the case of sudden death kicks.

**RULE 11 – TIMEWASTING VIOLATIONS (INCLUDING “RED LINE” VIOLATIONS):**  
**THREE LINE PASS:** If a player plays the ball over three lines (two red lines and the halfway line) in the air toward his opponent's goal line, without it touching another player, the red lines, or the wall before passing over the third line, the referee shall award a free kick to the opposing team at the center of the first red line that the ball crossed. **Exception:** A goalkeeper while standing in his/her team's penalty area may legally throw the ball over all three lines. A goalkeeper may throw the ball into his opponent's goal while in his/her own defensive penalty area, resulting in a goal.

**PLAYING THE BALL OVER PERIMETER WALL:** If a player, while the ball is in play within his/her own penalty area plays the ball over the perimeter wall out of play, the referee shall award a free kick to the opposing team at the top of the restraining arc of the offending team's goal.

**RULE 12 – FOULS/MISCONDUCT/PENALTIES:**

12.1 FOULS/MISCONDUCT: A free kick shall be awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless, or with the use of excessive force;

12.1-1 Kicks or attempts to kick an opponent. **(Time penalty must be assessed)**

12.1-2 Strikes, elbows, or attempts to strike or elbow an opponent. **(Time penalty must be assessed)**

12.1-3 Trips or attempts to trip an opponent.

12.1-4 Jumps at an opponent.

- 12.1-5 Charges an opponent in an unfair manner. (i.e. not a fair charge because of method or location)
- 12.1-6 Pushes an opponent.
- 12.1-7 Spits at an opponent. **(6 minute hard red card time penalty must be assessed)**
- 12.1-8 When tackling, makes contact with the opponent before contacting the ball.
- 12.1-9 Holds an opponent.
- 12.1-10 Handles the ball deliberately (i.e. Carries, strikes, or propels the ball with his

hand

or arm) unless he/she is a keeper within his/her own penalty area. **(If the keeper deliberately handles the ball with first contact being outside of the penalty area, a time penalty must be assessed.** If such contact is made within the penalty area but the momentum carries his/her hand/arm outside of the penalty area while still handling the ball, no time penalty will be assessed.)

- 12.1-11 Boards or propels an opponent into a perimeter wall **(Time penalty must be assessed)**.
- 12.1-12 Plays in a dangerous manner.
- 12.1-13 Prevents the keeper from releasing the ball into play. Restart shall be a free kick to be taken by the opposing team from where the infraction occurred, subject to the exclusion in rule 13 (free kick).
- 12.1-14 Sliding (Must be assessed based on three situations)
  1. No one in the vicinity/accidental fall- no foul
  2. Someone in the vicinity- foul
  3. Challenge makes contact -foul and automatic blue card

## 12.2 GOALKEEPER RESTRICTIONS:

12.2-1 The goalkeeper, having had control of the ball in his hands and having released it from hands to be played by himself or teammate, shall not touch the ball with hands again until it has been touched or played by an opponent. As in outdoor, the keeper may dribble or air dribble the ball while maintaining it within his control. Restart for keeper double possession with hands is a free kick by the opponent at the top of the arc.

12.2-2 A keeper may not at any time handle a ball intentionally played to him/her from a teammate's **foot**. A violation of this rule will result in a free kick by the opponent from the top of the penalty arc. An accidental or unintentional deflection or mis-kick by a teammate that the keeper handles shall not be penalized.

12.2-3 The ball may be played from a teammate's head, chest or thigh (but not the foot) to his/her keeper without penalty. **However, trickery to intentionally circumvent this rule shall result in a 2 minute penalty and showing of a blue card for unsporting behavior.** Restart shall be a free kick by the opponents from the spot where the attempted circumvention originated or at the top of the restraining arc if infraction occurred in the penalty area.

12.2-4 A goalkeeper with possession of the ball in his hands within the penalty area shall have 5 seconds to release the ball from his hands. Violation of this rule will result in a free kick by opponents at the top of the penalty arc.

12.2-5 A goalkeeper who gains possession of the ball outside of the penalty area may dribble it into the penalty area and may touch it with their hand(s) assuming a teammate did not pass them the ball first.

### 12.3 GOALKEEPER PRIVILEGES:

12.3-1 If a player intentionally obstructs an opposing goalkeeper to prevent him/her from putting the ball into play, the referee shall award a free kick.

12.3-2 In cases of body contact within the penalty area between an attacker and an opposing keeper not in possession of the ball, the referee shall stop the game if, in his/her opinion, the action of the attacker was deliberate. Restart will be a free kick by the defending team from the top of the goal area if an infraction occurred within the goal area, or the point of the infraction if it occurred elsewhere within the penalty area.

12.3-3 A player who intentionally commits a foul that endangers the keeper but in the opinion of the referee falls short of serious foul play, **shall be blue carded and assessed a 2 minute time penalty**. The restart will be a free kick by the keeper's team as in "12.3-2" above.

12.3-4 A player who intentionally charges the keeper in a violent manner or who kicks the keeper while the keeper is in possession of the ball shall be shown the red card and sent off for serious foul play. The offender's team shall serve a full 6 minute hard penalty, regardless of the number of goals scored.

12.3-5 The keeper shall be considered to be in control of the ball by touching it with any part of his/her arm or hand.

12.3-6 Goalkeeper time penalties must be served by a teammate.

### 12.4 TIME PENALTY

<u>12.4-1 PENALTY TYPE</u>	<u>CARD SHOWN</u>	<u>MINUTES</u>
TEAM	BLUE	2
DOGSO	BLUE	2
UNSPORTING BEHAVIOR	BLUE	2
VERBAL	<u>YELLOW</u>	<u>4 (Hard)</u>
SEND-OFF	RED	6 (Hard)

12.4-2 Delayed penalties: The referee is not required to stop play to administer a time penalty. Referee may, if he/she chooses, apply the advantage rule. **If he/she does this, the penalty shall be applied when play stops or the defending team gains possession of the ball.** If the infraction merits a time penalty, the referee shall hold the appropriate card overhead from the moment of the foul until play is stopped and the time penalty assessed. If, before play is stopped, a goal is scored by the offended team, the time penalty will be recorded against the offender but the time will not be served. If a goal is not scored, the restart for a delayed penalty will be taken by the offended team at the spot where the ball was when play was stopped. **If the**

**defending team (including the goalkeeper) gains possession inside its own penalty area, the restart will take place at the top of the restraining arc.** If play is stopped because the ball left the field for a corner kick, goal kick, or kick in, the game shall be restarted accordingly.

12.4-3 Power-play goal: If a team is reduced to a lesser number of players on the field than its opponent by player(s) serving penalties, and the team is scored upon, the penalized player of that team having the least amount of penalty time remaining shall be released and may resume play. Only one player of a shorthand team may be released early from the penalty box for each power-play goal scored. Note: the penalty kick exception no longer applies. The rule is now first in, first out.

12.4-4 Misconduct by non-players shall be assessed as unsporting behavior or send-offs and the appropriate 2 or 6 minute time penalty will be served by any member the team designates. If sent off, the offending non-player is banned from the bench and playing area and from communicating with the team.

12.4-5 If both teams have one or more players serving time penalties and, as a result, each team has the same numbers of players on the field, no player will be released early from the penalty box in the event of a goal (even a penalty kick), since neither team had a power-play when the goal was scored.

12.4-6 When a goal is scored against a team that is shorthanded by virtue of two or more players serving penalties, the player having the least amount of penal time remaining shall be released.

12.4-7 If members of both teams are simultaneously assessed time penalties, leaving them at equal strength (4V4 or 3V3), the penalty times shall be served in full, regardless of goals scored.

12.4-8 At least 4 players from each team must be on the field at all times. If a team has two players serving time penalties and a third player of that team is assessed a time penalty, the third player must go to the penalty box. However, he must be replaced on the field to maintain the required minimum number of players. The penalty time for the third player shall not commence until the penalty time of one of the earlier penalized players expires, or is terminated early by an opponent's goal.

12.4-9 If a player from each team is sent off (red carded) **at the same time**, teams will no longer be required to reduce the number of players on the field.

12.5 TEAM TIME PENALTIES: A two minute time penalty will be served by a player designated by the captain for each of the following offenses. The chosen player shall not be individually charged with the penalty for the purpose of counting time penalties toward automatic send-off.

12.5-1 Illegal substitution, too many players on the field, or playing without one player dressed as a keeper. Restart shall be a free kick for the opponents from where the ball was at the time the infraction was noted. (Except as noted by rule 8 Start of Play)

12.5-2 Leaving the bench for confrontation, to join a fracas or confrontation with players or referee(s). This does not prevent referee assessing penalties to individual players.

12.5-3 Bench Misconduct: For any team violation after being warned against physical or verbal abuse of the referee where the offender is not identifiable. This does not prevent referees from assessing penalties to individual players or non-player personnel.

12.6 PENAL TIME PENALTIES:

12.6-1 A two minute “penal time” penalty may be assessed at the referee’s discretion for severe, tactical or blatant fouls listed in rule 12.1.

12.6-2 A penalty must always be assessed for boarding, elbowing, striking or kicking.

12.6-3 Penal foul penalty may only be assessed if infraction occurred while the ball was in play. A foul within the opponents’ penalty area shall result in a penalty kick.

#### 12.7 UNSPORTING BEHAVIOR TIME PENALTIES:

12.7-1 A penalty may be assessed to any player deemed guilty of unsporting behavior. This includes dissent by word or action as well as physical offenses against an opponent that occur when the ball is not in play.

12.7-2 Encroachment: If an opposing player encroaches before a free kick is taken, and the kicker’s team requests compliance with rule 13.2, the referee shall delay the taking of the kick until the defenders comply. If, upon the referee request, the defending player does not comply, he shall be assessed a 2 minute time penalty and shown a blue card.

12.7-3 Circumventing the “pass back” rule: a 2 minute unsporting conduct penalty shall be assessed the originator. Restart shall be a free kick for the opponents from the spot where the attempted circumvention originated.

12.7-4 Equipment adjustment: A player who reenters the game without making the equipment adjustment he/she was ordered off the field to make shall be assessed a 2 minute unsporting behavior time penalty and shown a blue card.

12.7-5 Time wasting: Players engaging in any tactics to delay the restart of play or otherwise waste time, such as touching, moving, or kicking the ball away to slow a restart shall be assessed a 2 minute unsporting behavior penalty and shown a blue card.

12.7-6 Persistent infringement: A 2 minute unsporting behavior penalty shall be assessed and a blue card shown to any player who persistently infringes the laws of the game, e.g., repeatedly fouls opponents.

12.7-7 A player who by word or action taunts an opponent shall be assessed a 2 minute unsporting behavior penalty and shown a blue card.

12.8 LAST DEFENDER FOULS: If a defender denies a goal or goal scoring opportunity to an opponent (who is in reasonable proximity of and moving directly toward his/her attacking goal with only one defender left to beat) by an offense punishable by a free kick or penalty kick, the referee shall issue a blue card and a 2 minute penalty. NOTE: If referee judges the nature of the foul to be Serious Foul Play, a red card send off must occur and a full 6 minute hard penalty will be assessed.

12.9 SEND OFF OFFENSES: A player will be shown a red card and sent off if he/she commits any of the following:

12.9-1 Serious foul play (6 minute power-play).

12.9-2 Violent conduct (6 minute power-play).

12.9-3 Spitting at an opponent or any other person, (6 minute power-play).

12.9-4 Intentionally and roughly charging the keeper while the latter is in full possession of the ball;

12.9-5 Physically contacting a game official as a form of dissent (6 minute power play).

12.9-6 Leaving the penalty box or bench to engage in misconduct or confrontation, or other incidents of unseemly behavior. (6 minute power play).

**Note:** Items 12.9-1 through 12.9-6 are “hard time” penalties, and a player from the field or bench must be designated to serve the FULL 5 minutes; that is, the time penalty shall not be shortened by the scoring of a goal by the opposing team. The restart, if not otherwise designated in the rules, shall be by the offended team at the point of the infraction, or penalty kick by attackers if defender infraction occurred within defender’s penalty area; shall be at the top of the goal area by defenders if the infraction was committed by the attacking team within the defender’s goal area.

### **RULE 13 – FREE KICK:**

13.1 For any infraction of the rules, a free kick shall be awarded to the offended team. All free kicks are indirect kicks. The only exception to this is a penalty kick. A goal may not be scored directly from a indirect free kick or any other restart so long as the “3 lines” rule is not violated. A team has 5 seconds to restart play after having been signaled to do so by the referee. If the team does not do so in the allotted time, possession is awarded to the opposing team.

13.2 **Fifteen (15) feet must be given (AKA 5 Yards)** by the defending team on all free kicks. Encroachment shall be punished in accordance with rule 12.7-2.

13.3 On each free kick, the ball is in play immediately after it is kicked and clearly moves.

13.4 The ball must be played forward on penalty kicks. Violation will result in a free kick to the defending team. All other free kicks may be played in any direction.

### **RULE 14 – PENALTY KICK:**

14.1 Position: A penalty kick is awarded for a penal foul committed by the defense within its penalty area. All players except the keeper and the kicker must be outside of the penalty area and restraining arc, and no closer to the goal line than the penalty mark. The keeper may move from side to side but some part of both feet must remain at the goal line, i.e., neither foot may be entirely forward of the goal line.

14.2 In play: The ball is in play when it is touched, and must be played in a forward direction. An improper restart results in a free kick to the defense.

14.3 The attacking player designated to take the penalty kick is allowed to take 1 step before kicking the ball. (Basically plant and kick) If the referee determines the kicker has taken more than 1 step, the defending team will be awarded an Indirect free kick from the spot in the penalty area.

14.3 Infractions: If the referee determines that the keeper has prevented a goal by “coming off his/her line” early, the penalty kick shall be retaken.

**RULE 15 – RESTARTS:** When the whole of the ball passes over the perimeter wall along the touchline, it shall be kicked in from the point where it exited the field of play. When a ball hits the ceiling, structures, or overhead clock before passing over 3 lines, the restart by the opponents will be at the center of the nearest red line. If no red lines are used, the kick shall be taken from where the ball was last played (touched) except that it will be taken from the top of the restraining arc if it was last played from within the penalty area. The ball may be kicked in any direction by a player of the team taking the kick. The ball shall be in play immediately after it is kicked and clearly moves except in the case where the kick is taken by the defending team from a point inside the penalty area in which case it may not be played twice in succession by the one

taking the kick, nor shall it be deemed in play until it has exited the penalty area. A goal may be scored directly from such kick. When the ball crosses over the perimeter wall between the corner flags after being last touched by a member of the offensive team, play shall be restarted with a goal kick. When the ball crosses over the wall between the corner flags after being last touched by a player of the defensive team, play shall be restarted with a corner kick from the corner spot nearest to where the ball left the field.