

FC Pride PPC Winter Indoor League

General Rules

- All games will be played with an official Futsal ball.
- Teams are comprised of four field players and one goalkeeper. The goalkeeper must wear a different color than his/her teammates and the opposing team.
- There is no offside during game play.
- The field dimension will be based on the following:
 - 125-138 feet long and 62-82 feet wide.

Substitutions

- All substitutions are on the fly, including the goalkeeper, but the player being substituted must be over the touchline, before the incoming substitute comes on the field.
- If a player enters the field as a sub before their teammate exits the field, the team will be first warned. One the second occurrence/infraction, the incoming player will be shown a yellow card.
- Substitutions must take place from your team's bench area.

Restarts

- **All Kick-offs** are indirect kicks. The ball can be played forwards or backwards to start play.
- **All kick-ins** are indirect kicks. But, the follow rules also apply:
 - The ball must be placed on or no more than 10 inches behind the line and the kick must be taken within 5 seconds
 - The kicker's non-kicking foot must be out of bounds or on the line, but not inside the field of play.
 - A kick-in that goes directly in the opposing goal is a goal clearance for the opposing team.
 - A kick-in that goes directly in the defensive goal is a corner kick of the opposing team
- **Goal Clearances** are taken when the ball wholly crosses the goal line after being touched last by the attacking team. The goalkeeper must use his hands to roll, bounce or throw the ball from anywhere inside the penalty area to outside the penalty area.
- **Corner Kicks** are in direct kicks. The ball must be placed directly on the corner spot and the kick must be taken within 5 seconds.
- **Free Kicks** are all indirect. The ball must be stopped completely before the kick may be taken.
- **Penalty Kicks** are taken from the penalty spot and must be shot at goal by a clearly identified kicker. Defenders may not be nearer to the ball than 16 feet and must be behind an imaginary line running from touchline to touchline even with the penalty spot.
- **Distance:** For all of the above, **except** goal clearances, opponents may not be closer to the ball than **16 feet**.
- **Ceiling:** If the ball hits the ceiling or other object, the team that did not touch the ball last restarts play with a kick-in from the nearest point on the touchline.

Fouls/Misconduct

- **Indirect Free Kicks:** When a player plays in a dangerous manner, impedes an opponent (without playing the ball), slides, prevents the goalkeeper from releasing the ball with her hands or commits any offence for which play is stopped to caution or eject a player.
- **Yellow Card/Caution:** The offending player is shown a yellow card. *If a player earns two yellow cards in a match, he is shown a red card.*
- **Red Card/Ejection:** *The offending team plays down for two minutes unless scored upon before the two-minute penalty expires.* The offending player serves a minimum one-match suspension.
- No slide tackling

Injuries

- A first aid kit and ice will be made available in our concession area for injuries. In the event of a nose bleed, we will have the necessary items to clean the field up before play resumes.
- If a player is injured, the clock will remain running.
- In any game where there is a suspected head injury, the player MUST exit the field to be evaluated before coming back on to play. Once a player is cleared by their coach, they can come back in based on the "on the fly" substitution rules stated above.
- A player may be subbed in for an injured player for the team that is affected. The opposing team may be able to make a sub if they would like.

- A "drop ball" will restart play based on the situation during the game of when the injury occurred. If the injury created a free kick or penalty kick situation, then the either scenario will take place.
- Referees will be allowed to have the discretion to keep a player out of the game if an injury has occurred that makes the referee feel the player could be in further danger to him/herself or others while playing.

Miscellaneous Rules

- There will be no foul language, taunting, spitting on the field, chewing gum while playing on the field, uncalled for physical play, while playing.
- All coaches will show respect for their supporting team/the opposing team, opposing/own coaching staff, and the referee.
- All coaches and players will show respect for the opposing players/coach, referee, their own team, and all spectators. Failure to do so may result in consequences for the coach/player/team.
- All referees will show respect for both team's players/coaches and all spectators. Failure to do so may result in loss of game assignments.
- All spectators will show respect for their supporting team/the opposing team, opposing/supporting coaching staff(s), and the referee. Failure to do so may result in dismissal from the game at the referee/league commissioner's discretion, based on the situation. In extreme cases, a spectator(s) may be asked not to come back to our facility for a specified amount of time for his/her actions.
- All participating teams will make sure to follow all policies set out by FC Pride Soccer Club regarding the following:
 - No food/gum on field, water bottles will be allowed on the sidelines during game play.
 - Players are to wear shoes or sandals into the facility, no player should wear cleats entering the building.
 - Players will enter in the warm up area first before their game, and then enter the field of play after the game before theirs is over.
 - Teams that are finishing their games will try to exit as quickly as possible after their game is over through the central indoor field entrance. There will be a tight 5-minute window in between games where teams that are coming off can get off the fields and teams coming on can have a 4-5 minute warm up based on how quickly we can move teams in and out.
 - The warm up area will be split into fourths, so that the next four teams playing the next game can have an equal amount of room to warm up. On Deck teams will be expected to be **share** the space appropriately in the warm up area.
 - No shooting will be allowed in the warm up area.