

# Hudson United Soccer Club – Recreational League Indoor Rules –First Grade Division

Revised 10/23

The purpose of these rules is to provide a safe and enjoyable environment for our children to learn and play the game of soccer.

1. Ball size shall be #3.

## 2. Field Layout:

- Divide the field in half by placing cones across the field approximately tangent with the center circle.
- Games will be played across the width of the field. Goal nets placed against the sidewalls.
- Spare players must sit or stand in the center area between the two fields.
- There will be two games going on simultaneously – one on each half of the field.

## 3. Number of players:

- Equal number of players on each side. Normal play is 4 players, but 3 may be used if teams are short players. 5 players may be used if roster sizes are more than 6 players.
- There are no goalkeepers.
- Formal positions are not necessary, although it may be helpful to assign two forwards and two backs. The field players should be encouraged to be always moving and close to the center of play.
- Substitutions are permitted anytime provided the flow of the game is not disturbed. Players must exit the field before the substitute can enter the field.
- Players should be substituted frequently, and all players arriving prior to the start of the game must play roughly equal time
- Coaches are encouraged to share players if one team has less than enough.

## 4. Player's equipment:

- All players should wear a team jersey, shorts and socks. The jersey must be worn over all other outer garments.
- Shin guards are required by all players and must be covered by the player's socks. • Mouth guards are optional.

- Jewelry is not allowed. This includes watches, rings, bracelets (including “Livestrong” bands), necklaces, hair berets, earrings, etc. Post Earrings can be worn if covered with tape or band-aids.
- Tennis shoes or molded sole soccer shoes must be worn. Outdoor soccer shoes are not allowed.
- Children with a cast or splints are permitted to play with the permission of their medical advisor or doctor; however, sufficient padding is required to protect the other players.

#### 5. **Duration of the game:**

A “Game” is an assigned 60-minute time interval on the field controlled by the Referee and the Game Clock and to be used in the following approximate intervals:

- 15 minute warm-up and practice period.
- Four 8 minute quarters with a 2 minute break between quarters and a 5 minute half-time break. Coaches are not allowed to take playing time for coaching; please talk to your players on the bench to correct errors.
- Referee has the authority to shorten the warm-up time if it is necessary to get the games back on the published schedule.
- The clock will not be stopped for any reason including a player injury. **GAME IS OVER WHEN ASSIGNED TIME IS UP.** Start your games on time!

#### 6. **Ball in and out of play:**

- All boards and glass are in bounds. Ceiling and building superstructure are out of play.
- Any ball considered out of play along the length of the field will result in an indirect free kick to the other team. Ball shall be placed on the edge line nearest the place the ball left the field.
- Any ball considered out of play along the end of the court, this includes the ball going behind the net, will result in a goal kick if the offensive team played the ball last or a corner kick if the defensive team played the ball last. Opposing players must be 4 yards from the kick.
- If the ball goes into the fixed goals at the end of the large walled field, the players should keep playing. If they do not work the ball out quickly, the ref will assign a free kick on the large goal’s goal line to the team which did not kick it in the goal.

7. **Method of scoring.** The entire ball must cross over the goal line, between the goal posts and under the cross bar to be considered a goal.

8. **Offside.** There is no offside rule for indoor soccer, but coaches are strongly discouraged from directing a player to always play near their opponent’s goal (cherry-picking) when the ball is at the opposite end of the field.

**9. Running up the Score.** Every effort should be made to minimize one-sided games. Coaches should consider the following options when this occurs:

- a. Switching players to different positions,
- b. Limit a player or players to the defensive side of the field.
- c. The losing team may put an extra player on the field to even the competition when losing by more than two goals.

**10. Fouls and Misconduct:**

- A FOUL is any play that could possibly result in injury. Examples include heading the ball, high kicking, pushing, tripping, slide tackles, falling on the ball, etc. The restart for any foul is an indirect free kick taken at the point of infraction.
- The referee should make a short explanation of all infractions to the offending players.

**11. Free Kicks:**

- DIRECT FREE KICK – A goal can be scored by kicking the ball directly into the opponent's goal without the ball touching any player other than the kicker. There are no Direct Free Kicks, including Penalty Kicks, in these divisions.
- INDIRECT FREE KICK – A goal can be scored against the opponent only if the ball is touched by a second player of either team, and the kicker must make the ball visibly move to be considered a valid touch.
- Opposing players must be 4 yards away from the ball on any free kick.
- The kicker cannot play the ball a second time if it rebounds off the wall and is not touched by another player on either team.

**12. Goalkeeper.** There are no goalkeepers for the indoor session for this division. An open goal encourages lots of touches among field players and ensures lots of opportunity for success – i.e. scoring!

**13. Conduct:**

- Parents and Coaches should refrain from yelling during the game. Derogatory comments directed to coaches, players, or the referee will not be tolerated. Referees and League officials have the authority to ask offenders to leave the arena.
- Coaches are not allowed on the field during play. They are encouraged to instruct from the sideline and stay off the field except in the case of an injury.
- Players who are endangering others by persistent dangerous play or unsportsmanlike conduct will be cautioned by the referee, and may be asked to leave the field for a period of time.

**14. Referee:**

- The decision of the referee is final.

- Any discussion of a referee's actions, both positive and negative, should be taken up with the Referee Coordinator after the game unless these actions or inactions appear to threaten player's safety, then this should be brought to the attention of the Referee Coordinator during the game.