

Ascension St. John Sportsplex – Indoor Soccer Rules

WAIVERS & ROSTERS

1. All players must complete a liability waiver to participate. Waivers are completed at registration.
 - Players under 18 require a parent/guardian signature.
 - **No waiver, no play — no exceptions.**
 2. Teams are created by a coach/manager/captain through the **Register Your Team** form on our website: titansportscomplex.com/youth-leagues.
 - A unique registration link is generated for teammates to register individually.
 3. All players must be listed on a team roster to participate.
 4. All players must be individually registered by the first week of the season.
 - If the minimum number of players has not registered, the Program Director will contact the team to discuss adding free agents if available.
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PLAYER ELIGIBILITY

1. Management and referees may request ID to verify a player's age or identity at any time.
 - Ineligible players may cause team forfeiture and player suspension.
 2. Players must be of the appropriate age for their division. Eligibility questions should be directed to the manager on duty.
 3. Any team using an unrostered or unwaivered player will forfeit the game(s).
 4. Players must be at least **18 years old** to play in adult leagues.
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NUMBER OF PLAYERS

- **U10 & U12:** 7v7 (1 goalie, 6 field players)
- **U14 & U16:** 6v6 (1 goalie, 5 field players)

Men's Divisions:

- Standard is 7v7.
 - Teams may agree to play 6v6 instead — both teams must consent, otherwise 7v7 stands.
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SUBSTITUTIONS

1. Unlimited substitutions allowed **while the ball is in play**, as long as the exiting player is off the field before the new player enters from the bench area.
 2. Players may not play the ball while both incoming and outgoing players are on the field.
 3. Jumping over the wall is prohibited:
 - 1st offense: warning
 - 2nd offense: 2-minute penalty
 4. Substitution door must be fully closed until the sub is committed.
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EQUIPMENT

1. All players (except goalkeepers) must wear matching team jerseys or shirts.
 - Minor color variations allowed, but colors must be distinguishable.
 - Home team changes uniforms in case of conflict.
 2. **NO screw-in cleats** allowed.
 - Rubber cleats, turf shoes, or tennis shoes are permitted.
 - **Small fields:** only turf or tennis shoes allowed — no cleats of any type.
 3. **Shin guards are mandatory.** No exceptions.
 4. Knee braces and casts must be inspected by the referee prior to play.
 5. **No jewelry or accessories** permitted.
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MISCONDUCT & RED CARDS

- Referees may eject players, coaches, or spectators at any time. Ejected individuals must leave the facility immediately.
1. A red card results in ejection for the remainder of the game **and** the following game.
 2. A third red card within one year results in a **1-year suspension**.
 3. Foul language, fighting, or leaving the bench during a fight results in **mandatory ejection** and/or penalties.
 4. Players fighting may be **suspended for a minimum of 1 year**, up to permanent ban.
 5. Red cards are handled case-by-case by Program Director and/or management.
 6. Referees may eject inebriated players.
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GAME TIMES

- Games consist of **two 20-minute halves** with a **5-minute halftime**.
 - Clock starts at game time.
 - Teams have a **5-minute grace period** before a **5-0 forfeit** is declared.
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KICKOFF RULES

- Ball does **not** need to move forward.
 - No players may cross the midfield line until the ball is kicked.
 - All free kicks are **direct kicks**.
 - **No direct shots** on goal from kickoff without a prior pass.
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FOULS

Examples: boarding, tripping, striking, holding, pushing, charging, handling, sliding, high kicks, scissor kicks, and dangerous play.

- All fouls result in a direct free kick from the point of infraction or top of the box.
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PENALTIES

- **2-minute penalties** may be assessed for serious infractions including:
 - Delay of game
 - Sliding
 - Encroachment
 - Too many players on the field
 - Misconduct
1. Penalized player serves full 2 minutes unless the opposing team scores.
 2. A **second blue card** in a game becomes a red card (ejection + 1-game suspension).
 3. A red card for violent conduct = 5-minute team penalty, regardless of scoring.
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SLIDING

1. **Sliding is a 2-minute penalty.**
 - Intentional movement of one or both feet going to the turf is considered a slide.
 2. Goalkeepers may slide **only inside the box**.
 3. **No sliding into opponents** (except goalkeepers inside their own box).
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ENCROACHMENT

1. Defenders must allow **3 yards** of space on all free kicks.
 2. If the kicker requests space, they must wait for a referee's whistle.
 3. Defenders who fail to retreat will receive a **2-minute penalty**.
 4. If the kicker quick-kicks and the ball hits a defender within 3 yards, **no penalty**.
 5. Defenders may move side-to-side but **not forward**.
 6. Penalty kicks require a whistle and start from the penalty spot.
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INBOUNDS & RESTARTS

- If the ball hits the netting or goes over the wall, a free kick is awarded to the opposing team.
 - Ball is placed on the touchline, 3 feet from the wall. Team has **5 seconds** to restart or loses possession.
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THREE-LINE RULE

- If a ball crosses all three white lines in the air **without touching another player, wall, or referee**, the opposing team gets a free kick from the first white line crossed.
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PENALTY KICKS

- Taken from the penalty spot after a referee whistle.
 - Only players **on the field** may participate.
 - No substitutions allowed during penalty kicks — including goalkeepers.
 - The game may end immediately after a penalty kick is taken.
 - **No shootouts.**
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MISCELLANEOUS

1. **No spitting** on the field or benches — 2-minute penalty.
 2. **Blood is not allowed** on the field — must be properly cleaned and covered.
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YOUTH LEAGUES

1. A maximum of **2 coaches** are allowed in the bench area.
2. Players may **double-roster** if a youth team splits into two indoor teams.
3. Goals are typically worth 1 point.
 - Shots made from behind the white line or beyond midfield = **2 points** (also applies to adults).
4. See “Number of Players” section for youth formats.

GOALKEEPER RULES

1. Possession in the box is limited to **5 seconds**.
2. Goalkeepers cannot handle intentional back-passes from teammates' feet.
3. One hand-touch per team possession — no bouncing or tossing and catching.
4. Violations result in free kicks from the white line.
5. Keeper must throw ball inbounds — cannot place it down and play it.
6. Obstructing a goalkeeper's release = 2-minute penalty.
7. Violent actions with the ball may result in blue or red cards, and possible penalty kicks.
8. **Handballs** by the keeper outside the box = 2-minute penalty.
 - The **ball's position** determines the call (not the goalkeeper's body).