

Indoor Soccer Rules

- Game will consist of two 20 minutes halves. Each game will have two referees. Shin guards are strongly recommended.
- 4 players on each team on the field at all times. 8 players maximum on a team on game day. Corec teams must have two women on the court at all times.
- Players can substitute in for other players anytime provided that only 4 players can be on the playing field at the moment.
- Corners will be taken from the blue lines
- No offsides
- No goalies
- No slide tackling
- No throw-ins. All out-of-bound plays will restart at the location where the ball goes out. Defense can defend the inbound play by standing two yards away from the ball and the defending player cannot move any body parts before play restarts. First offence will receive a warning, second offence will result in a indirect free kick and a yellow card will be given to the violating player;
- Every foul will result in indirect free kick. During a free kick, no more than one player can set up a wall for the kick and has to be five yards away from the ball.
- If goal is moved in any incidents, referee will whistle to stop the game and replaces the goal
- Shots must be taken in opponent's half
- No direct shots from kick-offs
- There are is a 5x2 goaltending area in front of each goal:
 - Defending player cannot step into the box and defend shots. If defending player has one foot or both feet in the box while defending a shot, it will result in a penalty awarded to the opposing team from half court
 - If an attacking player steps into the box to take a shot, it will result in an indirect free kick awarded to the defending team taken from the baseline.