

Palmerston Indoor Sports Centre

INDOOR SOCCER

The game is played in 2 halves with a break at half time.

The Team

A team consists of 4 players, one of whom will be the goalkeeper. A team will need to have at least 3 players to start a game. Teams may have unlimited substitutions during the game.

General

- *With kickoffs, the ball must be played backwards. If not, the kickoff will be reversed. Once kicked from the centre circle, opposition players may gain possession of the ball.
- *The ball is considered to be live at all times off all nets, although a goal cannot be scored directly from any net.
- *A goal is scored when the whole ball has passed over the goal line.
- *If there is a free kick less than 3 metres from the goal circle, a wall can be formed on the line and the kick will be pushed back 3 metres.
- *Where a foul has occurred the umpire may elect not to award a free kick and allow play to continue under the advantage rule. The umpires decision is final.
- *The umpire will call "drop ball" if play is congested or deemed to be a dangerous situation. Players contesting for a "drop ball" must wait for the ball to bounce once, after the umpire has blown the whistle. A "drop ball" will not be called if the ball hits the umpire. The umpire is considered part of the play and therefore "play on" will be called. Any infringement on a "drop ball" i.e kicking it before it bounces, is a free kick against the infringer.
- *If a player is lying, sitting or deemed to be on the ground, he cannot play the ball, regardless of whether it was unintentional. This also includes when a player has the ball kicked into him while on the ground. Such infringement will result in a free kick.
- *A player in possession of or going for the ball may not be put off by the opposing player through means of yelling or any verbal abuse. Doing so will result in a free kick.

* Free kicks are also awarded for:

ball hitting the roof

illegal tackles

Tackling from behind or by sliding is NOT ALLOWED. Side tackling is allowed depending on the umpires discretion in the situation of a 50-50 ball.

pushing

players are not allowed to use any part of their body to deliberately push or shove an opposing player.

Please note -undue rough or dangerous play will not be tolerated. Penalties will be awarded or players will be immediately sent off. The umpires decision is final.

handball

a handball is deemed to be when the ball touches any part of the arm from the shoulder downwards. Unintentional handball will result in a free kick, intentional handball will result in a penalty kick.

obstruction

this is when a player instead of playing the ball, places himself between the ball and the opponent going for the ball, making himself an obstacle to the opponents involvement in play.

leg lifting

players are not allowed to lift their leg above hip height when at tempting to kick the ball. If no other player is in danger, play will continue, if two players lift their legs at the same time a "drop ball" will be called.

*All players must be 3 metres either side of the ball when a free kick is taken.

*A free kick *does not* have to be taken in one fluent motion.

*Free kicks must be taken within 5 seconds of the umpires whistle, or the free kick will be reversed.

*A free kick taken before the umpires whistle is blown may cause a reversal of the free kick.

Penalty Kicks

A penalty kick is awarded for:

- the goalkeeper leaving the goal circle
 - intentional handball in the attacking area of the court.
 - goalkeeper holding onto the ball for more than 5 seconds.
 - an attacking player being intentionally fouled in a clear goal scoring situation.
- *A player is only allowed to take 1 step before taking a penalty kick. If a goal was scored when taking more than 1 step, it is not counted.
- *When a player is taking a penalty shot, the goalkeeper must be stationary on the goal line until the ball has been kicked. If he moves, a retake of the penalty shall apply.
- *A penalty kick must be taken in one fluent motion. If the umpire is not satisfied that this is the case, the penalty will be disallowed and it will become the goalkeepers ball.
- *The penalty taker can directly shoot at goal again if he has missed and the ball rebounds back out from the "D", however, if rebounding from the post, the ball cannot be played back twice.
- *If an attacking player enters the goal circle whether intentional or not, a free kick will be awarded to the opposition.
- *If a defending player enters the goal circle whether intentional or not, a penalty kick will be awarded to the opposition.

Goalkeepers

- *The goalkeeper cannot kick a ball that is outside the goal area. A penalty kick applies for such a breach. The goalkeeper can however tap a ball away that is outside the goal area as long as his feet are still planted in the goal area.
- *The keeper is allowed to reach out of the "D" area to gain possession of the ball with his hands (either standing, kneeling or lying down) provided that no part of his body touches the ground outside the circle. Such infringement will result in a penalty.
- *Goalkeepers can either throw or kick the ball into play. On a kick in, the ball must bounce once in the goalkeepers half before passing the centre line. If the ball does not bounce once before crossing the centre line a penalty kick will result from such an infringement.
- *When a penalty is taken, the keeper must stand on the goal line and must not move before it is taken.
- *The keeper has 5 seconds to get rid of the ball. A penalty will be awarded for such a time wasting breach, except if a substitution has been called.

Mixed Indoor Soccer

The same rules apply to mixed indoor soccer as they do for open grades with the exception of three rules

1. A team consists of three players and a goalkeeper on court at any one time. Of the four players on court, a minimum of two players must be females at all times. (The goalkeeper can be either male or female throughout the game).
2. Only female players are permitted to take penalty shots.
3. Male players are restricted as to where they can score a goal from. Females can score a goal from anywhere outside the goal circle whereas males must score from behind the marked line. A goal scored by a male which was not taken from behind the marked line will be disallowed and it will become a goalkeepers ball.