

Novato Youth Center Indoor Soccer Rules

- 1) The painted green lines around the goal are the keepers box.
- 2) There are no boundaries. If the ball escapes out the door it is put back in play with an indirect kick.
- 3) When a ball goes behind the basketball area and drops into the penalty box – it is a goalie ball. If the ball hits the ceiling or the lights, it is played by the opposing team, directly beneath the hit.
- 4) All shots must be taken on the offensive half. No goals are scored within the keeper's box (the green box) – including penalty kicks. All penalty kicks are indirect. No drop balls inside the penalty box.
- 5) There are no offsides. You must mark your player well.
- 6) Yellow cards are an automatic 5-minute cool down period. A red card sends you home. No substitutions are allowed for red-carded players.
- 7) No sliding tackles, shoulder charges, or high kicks (above the waist)
- 8) Handing the ball to stop a goal is an automatic yellow card.
- 9) A shot at kickoff is bad sportsmanship and will not be counted as a goal.
- 10) Coaching must be informative. Infractions will be yellow carded.
- 11) Teams may borrow players from the opposing team. Opposing teams must loan players to the shorthanded team to achieve an equal number of players. If there are an odd number of players – the extra player may play for his own team.
- 12) Game time is forfeit time.
- 13) Keep your attitude good. It is not enough that players do not mean to hurt each other – they must mean to NOT hurt each other.
- 14) If your team is ahead by 5 goals one player must be added to the opposing team until a four-goal difference is attained.
- 15) If a shoe leaves a foot the player must leave the field for two minutes, to give the player time to properly tie his shoes.

Have fun!!!!