

Discovery Sports Center

Women's Indoor Soccer Rules '09-10

Discovery Sports Center Rules for Indoor Soccer are based on FIFA Laws modified for indoor play. Below are the major differences.

Key: IFK=Indirect Free Kick
DFK=Direct Free Kick

1. **Number of Players:** 6 field players and one goalkeeper as set forth below.
 - a. All players must be female
 - b. Teams must have a minimum of five (5) players to begin, continue and conclude a match. The official will start the game clock as scheduled, but provide teams with fewer than five (5), a ten (10) minute grace period, while the clock is running, to produce the minimum required five (5) players before a forfeit is awarded to the opposing team, with the resulting score registered as a 1-0 result.
2. **Ball:** Home team (1st on schedule) provides a Size 5 ball.
3. **Substitutions:** Unlimited "on the fly" without the referee's permission. Must occur from the player's bench with exiting player off the field before substitute enters the field. (IFK)
4. **Rosters:** Sixteen (16). A maximum of one (1) additional adult personnel, coach or otherwise, are allowed in the player's bench. Only players on a roster may play. Rosters are frozen at the kickoff of a team's 3rd match.
5. **Player's Bench and Coaching.** No coaching is allowed from the opposite touchline or behind the goals. Non-rostered players are not permitted on the player's bench.
6. **Equipment:**
 - a. Turf shoes and flats (including black-soled) are acceptable footwear. Molded cleats and/or studs are prohibited.
 - b. All players must wear shin guards.
 - c. Teams are required to have a dark jersey and an alternate light colored jersey. All jerseys must have a number on the back.
7. **Duration of Play:** Two (2) twenty-five (25) minute halves with a two (2) minute halftime.

TERMINATED GAMES AND FINAL SCORES

If a game is terminated because of weather or unforeseen conditions, it will be considered a complete game if the first half has been completed. The score will be final as it stands at the time the game is terminated. If the game is terminated prior to or during the first half, the score will revert to 0 - 0, and the game will be rescheduled at a later date.

8. **Kickoff:** On the whistle, ball may be played in any direction on the first touch. A player may score directly from the kickoff.
9. **Six Second Restart Rule:** A restart must occur within 6 seconds of placing the ball for a free kick, corner kick or goal kick (IFK). Goalkeepers must also release within 6 seconds after gaining possession and returning to their feet (IFK from the top of the penalty arc). Goalkeepers may use unlimited steps to bring the ball to the boundary of the penalty area.
10. **Ball Out of Play:** If the ball goes over the touchline, the restart is a throw-in where the ball went out. A goal kick (IFK) or corner kick (DFK) is taken if the ball goes over the end line. If the ball hits any overhead fixtures, the restart is a free kick (IFK) under the point of contact. Opposing players must give TEN FEET when the ball is re-started.
11. **There is no offside.**

