



Indoor Soccer Rules 2025/26

- Preschool/Kindergarten will play 4v4 or 5v5 (up to the coaches) and use a size 3 ball
 - This division has different rules. Ask Seth for more information.
- 1st/2nd grades will play 6v6, including a goalie and use a size 4 ball (No heading).
- 3rd/4th grades will play 7v7, including a goalie and use a size 4 ball (No heading).
- 5th/6th, 7th/8th and High School/Adult will play 6v6 and use a size 5 ball.
- 7th/8th grade division must have always at least 1 girl on the field (or play with 5 players).
- All games consist of (2) 24-minute halves (regular season games may end in tie, tournament games will go to a 5-minute 3v3 golden-goal overtime, then penalty kicks if needed).
- Rules will follow standard FIFA/USSF outdoor soccer rules except what is noted below.
- Kickoffs are indirect.
- Kick-ins from a ball out of bounds are indirect (this does not include corners).
- Opponents must be at least 5 yards from the ball on any free kick, unless on their own goal line.
- Max goal differential is 6 goals - If you lead by 6, the other team may add a player, if you lead by 9, you must remove a player - running up the score will not be tolerated.
- No offside.
- All subbing will be done “on the fly” - player leaving field should be within a reasonable distance (5-10 ft) from the bench before substitute comes onto the field (no advantage should be gained) - indirect free kick if there is an infraction.
- No sliding except a goalie may slide within his own penalty box to make a save with hands - sliding will result in an indirect free kick.

- All players must wear shin guards and same-colored shirts. Indoor soccer shoes or tennis shoes are acceptable. Cleats are not allowed.
- If a player receives a yellow card, they must sit for 2 minutes, and the team will play short for that time period.
- If a player or coach receives a red card, they will miss the following game as well.
- If the ball hits the ceiling, batting cage, etc., a free kick from that location will be the restart unless it is in the penalty area (in this case, restart will be a corner kick/goal kick).
- No player, including the goalkeeper, can play the ball directly from their own penalty area into the opponent's penalty area. Restart will be a goal kick for the opposing team.
- Goalies cannot punt the ball. The ball must be on the ground for the goalie to kick or they can throw/roll the ball.
- Games that are canceled due to inclement weather might not be rescheduled. With limited time and space, make-ups will be attempted but not guaranteed.
- The final week of games will be determined by standings. The top teams will play for the championship and everyone else will play a consolation game (3 points for a win, 1 point for a tie, tiebreakers determined by head-to-head result, Goal Differential, Goals Allowed, coin).