

Bob Smith Soccer Academy Indoor Soccer

Rules and Regulations (All Leagues & Games):

Player Passes:

All teams must be state affiliated with USYSA or US Club passes or sign electronic parental waiver forms produced by the Bob Smith Soccer Academy. Travel teams without player passes, Recreation parents & Men's players must sign waiver forms which are also on our web site. Please note: We will not be checking player passes, but we expect teams to be able to produce them and/or proof of age upon request by Bob Smith or Joe Donigan.

Length of Games:

All Youth Recreation (40) minute games, U18-U14 Travel League (42) minute games, U15-U18/High School & Travel Leagues - Two (28) minute halves, All Men's Leagues - Two (28) minute halves.

Number of Players:

All Recreation and U8-U14 is 7v7 including the goalkeeper, **U15-U18 is 6v6 including the goalkeeper unless 7v7 is agreed upon only by both teams!** The Men's Open & Over 30 league games are still 6v6 including the goalkeeper unless 7v7 is agreed upon only by both teams.

Kick-ins:

When ball goes out of bounds over the touch lines, there will be kick-ins by placing the ball on the touchline where it last left the field of play. **There is a mandatory four (4) yard required distance from the ball being kicked in from the touch line. For U10B&G to U18B&G, the ball cannot be played into the air; it must be played below the knee level or preferably on the ground of the turf.**

Goal kicks:

When the ball leaves the field of play over the end lines, there will either be a corner kick or a goal kick. Goal kicks may be played beyond the halfway line.

Restarts

(Kick-offs, kick-ins, goal kicks, corner kicks, and all free kicks resulting from fouls) are **INDIRECT**. Players must maintain a required distance of four (4) yards from all indirect kick restarts.

There is **NO SLIDE TACKLING**, except for the GK's. Players are permitted to slide to reach for or save a ball. Players cannot slide tackle to challenge another player for the ball.

There are **NO OFFSIDES**.

Substitutions:

May be made on the fly as well as during any and all stoppages (kick-offs, kick-ins, indirect free kicks, corner kicks, and goal kicks).

Goal area:

There will be a general designated goal area lined out where the goalkeeper may handle the ball. Please take note: **Referees are instructed to be somewhat lenient in favor of the GK however because the area is somewhat small.**

Goalkeepers may distribute the ball with their hands or feet, but cannot punt or drop kick the ball. U8-U9B&G are permitted to punt. They may throw or play the ball beyond the halfway line with their hands or feet. If the keeper's teammate passes the ball back with their feet, the keeper cannot use his or her hands to pick up the ball, he or she must then play with their feet. If a teammate plays back with any other part of their body (head, chest, and/or thigh), the keeper may then handle the ball. They can also only handle the ball off of shots and/or deflections. After handling the ball, keepers may choose to drop the ball and play it with their feet.

Goals may be scored from anywhere on the field.

League Code of Conduct:

Referees have full authority to enforce the Laws of the Game! Yellow cards will be given for the following offenses: unsporting behavior, dissent by word or action, persistently infringing the Laws of the Game, delaying the restart of play, failure to respect the required distance (4 yards), using offensive, insulting, abusive language, and/or gestures (potential red card), disrespect in any manner towards the referee, pushing, shoving, and any foul conduct or violent play (potential red card). Upon receipt of a yellow, the player must leave the field of play temporarily and may be replaced by another player. Red Cards will be given for the accumulation of two yellows, fighting, spitting at an opponent, and when guilty of dangerous or serious foul play. Striking or attempting to strike an opponent in any way will result in a red card offense and send off. **Bob Smith & Joe Donigan** will decide on suspensions resulting from any red card offenses as well as any cumulative yellow cards by same player.

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Rule 305. HEADING

Section 1. This rule is mandatory for all US Youth Soccer conducted events, including Regional and National competitions for the National Championship Series, and National Presidents Cup series. This rule is also mandatory for the US Youth Soccer National League, US Youth Soccer Regional Leagues, and the US Youth Soccer Olympic Development Program.

Section 2. Although not mandatory for US Youth Soccer State Associations, State Associations are strongly encouraged to adopt this Rule for state and local play.

Section 3. All Players age 10 and younger shall not head the ball directly from the air in any match or competition, nor shall these players practice heading the ball in any organized team setting. If a player age 10 or younger deliberately heads the ball in a match, the referee shall award an indirect free kick to the opposing team at the spot of the infraction. If the heading occurs within the penalty area, the referee shall move the ball outside the penalty area and award an indirect free kick to the opposing team.

Players age 11 and age 12 shall be permitted to head the ball in any match or competition. These players may practice heading the ball in an organized team practice or skill session, but coaches shall monitor this practice so that no single player heads the ball more than 25 times per week, regardless of setting.

Players age 13 and older shall be permitted to head the ball in any match or competition and these players may practice heading the ball in an organized team practice or skill session.

Players in U-11 programs and younger shall not engage in heading, either in practices or in games.

Limited heading in practice for players in U-12 and U-13 programs. More specifically, these players shall be limited to a maximum of 30 minutes of heading training per week, with no more than 15-20 headers per player, per week.

Clubs should be aware of circumstances in which individual consideration is needed. For example:

A 10-year-old playing at U-12 or older should not head the ball at all.

An 11 or 12-year-old playing at U-14 or older should abide by the heading restrictions in practice.

Referees should enforce these restrictions by age group according to the specified rules. Referees will not be assessing the age of individual players on the field; they will enforce the rules for the age group.

BUILD OUT LINE

U8, U9 & U10B&G Teams,

Effective immediately, we're going to implement a Build Out Line similar to the one used outdoors. The Build Out Line is marked midway between the penalty area line and the halfway line. When the goalkeeper has possession of the ball, either during play or for a goal kick, the opposing team must move and remain behind the Build Out Line until the ball is put in play. Our referees will enforce this imaginary 15 yard Build Out Line. It will probably take a little getting used to indoors, but we feel it will be beneficial to all teams with goalkeepers being able to distribute ball and/or players taking goal kicks without having extreme pressure from opponents. The opposing team cannot cross the build out line until the ball is touched by another player. Please see the two YouTube videos below regarding the Build Out Line which may be helpful.

<https://www.youtube.com/watch?v=sQ92KfiIwok>

<https://www.youtube.com/watch?v=aJovFMAZilo>