

Planet Sports

Concise Indoor Soccer Rules

Kick-off

- the ball must be stationary in the centre circle
- the ball must go backwards
- opposition must not be within 2m of the ball
- at least three players on court

Goal Keeping (rules for the keeper)

- keep feet fully within the red area when handling the ball
- cannot deliberately handle/control the ball when the ball is in the goal area
- cannot control the ball with the hand(s) from a deliberate pass back (off the foot only)
- can pick up the ball rebounding off the side or back netting (from another player only)
- return the ball into play within six seconds
- place kick from dead ball (gone behind goal)

Shot At Goal

- only legal when the ball is inside the opposition's half and outside the goal area
- any uncertainty should go in favour of the attacking team
- the goal only counts if ball touches the goal net
- the player cannot follow through into goal box
- shots from male players count as one goal
- shots from female players count as two goals
- own goals count as one goal
- own goals can be scored from anywhere

General play

- no jewellery or watches to be worn on the court
- ball cannot be kicked directly into roof net
- cannot hold side netting when playing the ball or making a tackle
- if ball hits ref with advantage then keeper's ball
- if ball leaves field of play then keeper's ball
- pushing/fending off opposition players is illegal
- no tackling from behind, no backing into players
- no direct or purposeful kicks at ref or players
- no dangerous play
- no distraction/intimidation techniques
- no swearing, verbal, or physical abuse
- no deliberate sliding (may be sent off)
- cannot play the ball when on the ground
- must release ball from corner within 5 seconds
- captains must take control of their players
- no time wasting
- cannot play ball within D when in keeper's grasp
- elbows cannot be raised

Free kick

- the ball must be stationary
- kick must be indirect (no deflection off defender)
- the opposition must not be within 2m of the ball

Penalty kick

- ball placed at the top of the goal area
- penalty taker may take one step before kicking
- goal keeper cannot come directly forward to ball
- kick must be one movement
- successful penalties are worth one goal

Free Kick Infringements

- kicking the ball before it is stationary
- kicking the ball forward from the kick off
- being within 2m of ball during kick off or free kick
- kicking the ball directly into the roof net
- goal keeper handling ball outside own goal box
- goal keeper handling ball from direct pass back
- goal keeper does not release ball in 6 seconds
- kicking ball into opposition's end net on the full
- touching ball with any part of the hand or arm
- holding on to netting when playing the ball
- contact with other player when playing the ball
- any dangerous play
- pushing/fending off another player
- shepherding the ball
- raising foot above waist or toward other player
- swearing, verbal abuse, or physical abuse
- stepping into goal box around opposition's goal
- placing any part of body in opposition goal box
- tackling from behind
- contact with keeper within goal box
- raising elbows around other players

Penalty Infringements

- placing any part of body in own goal box
- playing at the ball inside own goal box
- deliberate hand ball when the ball is clearly heading toward the goal
- goal keeper catching the ball, out of the red, when it is heading for the goal
- dangerous/illegal tackle on player taking shot

Sending Off Infringements

- continued swearing, verbal/physical abuse
- continued infringements of the same type
- continued wild/uncontrolled kicking of the ball
- continued uncontrolled tackles
- sliding (at the ref's discretion)