

# Planet Sports

## Definitive Indoor Soccer Rules

### Kick-off

- the ball must be stationary in the centre circle
- the ball must go sideways or backwards
- the opposition cannot cross the 2m line until the ball has been kicked
- any opposition player still retiring at the time of kick-off cannot make a play for the ball until he/she has retired beyond the 2m line, regardless of when the kick-off is taken
- if a team does not have at least three players, the game will be started as scheduled
  - one goal is awarded to the opposition for every minute that the team is late
  - after five minutes, the opposition will automatically be assigned the win
  - the referee has full discretion on how to handle this situation
  - a “no show” will be recorded as a 5-0 win for the team that turned up

### Goal Keeping (rules for the keeper)

NOTE: The goal area is the D around the goal

NOTE: The goal box is the rectangle around the goal (usually red or white)

- can only pick up or control the ball when both feet are fully within the goal box of their own goal
- cannot punch or deliberately handle the ball within the goal area
  - may push the ball with open hand if both feet are in the goal box
- cannot control the ball with his/her hand if a team member **deliberately** and directly passes the ball back using their foot
- can touch or pick up the ball when passed back from a team member off any other part of the body
- can touch or pick up the ball when passed back by kicking the ball against the side or back netting first
- if the ball is retrieved from behind the goal, the keeper must take a place kick from within the goal box
  - the ball must be stationary before being kicked
  - the ball must be passed (the goal keeper cannot run with it themselves)
  - all opposition players must remain outside the goal area until the ball has been kicked
- throw, kick, or run the ball out of the goal area within six seconds
  - a warning **may** be given by the ref after four seconds
  - the keeper cannot drop-kick the ball – it must be placed on the ground before kicking
- cannot step outside the goal box when holding the ball
  - the ball may be blocked in the goal area provided he/she does not **play at the ball**
  - the ball may not be deliberately controlled unless the keeper is within the goal box
- cannot kick the ball into the opposition back net on the full – it must touch the ground or a player first (not just the side net)
- cannot slide or go to ground outside of the goal box

### Shot At Goal

- shots at goal are only legal when the ball is inside the opposition's half and outside the opposition goal area
  - no shots are allowed from within the goal box
  - if a shot is taken within the goal box, play is stopped and the keeper must take a place kick
- the goal will count if the ball is on the line (half way or goal area) when it is kicked
- any uncertainty should go in favour of the attacking team
- the goal only counts when the ball touches any part of the goal net
- the goal will not count if the player follows through into the goal box
- the goal will not count, even if it comes off the keeper, if it is last touched (kick, header, etc) from an illegal position
  - the original shot/kick **must** be from a **legal** position
- shots from male players count as one goal
- shots from female players count as two goals, even if the ball comes off the keeper
- own goals count as one goal and can be scored from anywhere

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### General play

- no watches, dangly, protruding, or facial jewellery is to be worn on the court
  - players may be asked to remove these items at any time
- the ball cannot be **deliberately kicked using the foot** directly into the top (roof) net
  - deflections and headers are allowed
  - a deliberate kick is defined by a swing (forwards or backwards) at the ball with the foot
- if the ball hits the ref and either team gains or loses an advantage, then the ball is given to the keeper of the team who last played the ball (deflections are not counted)
- if the ball leaves the field of play, then the ball is given to the keeper of the team who last played the ball (deflections are not counted)
- when playing the ball or making a tackle a player cannot hold on to the side netting
- when playing the ball, opposition players may **not** be fended off, even with the shoulder
- pushing or shoving a player with any part of the body is not allowed
- a player cannot place his/her hand or arm on another player (when tackling or defending)
- tackles from behind the player with the ball are not allowed
  - the tackling player must be in front of or beside the player with the ball
  - the tackling player cannot attempt to play the ball through the player's legs or by stretching their own leg around the other player
  - the player with the ball cannot back into a defender/tackler
- direct and purposeful kicks/throws at the ref or other players is not allowed
- deliberate distraction or intimidation techniques are not allowed (at ref's discretion)
- consideration should be given to female players (from male and female players alike)
  - this rule does not apply when a player is deliberately obstructing the goal
- dangerous play is not allowed – this includes, but is not limited to, the following:
  - uncontrolled "flying" tackles are not allowed
  - wild kicks from any player are not allowed
  - overhead or bicycle kicks are not allowed
- verbal or physical abuse towards players or the ref is not allowed
- swearing or offensive behaviour is not allowed
  - the referee may issue a first warning
  - subsequent infringements will be treated as a yellow card (minimum of two minutes off court)
  - ongoing infringements will be treated as a red card
- the clock will not be stopped
  - subject to the referee's discretion
- the ref has the option to call "play on" or "advantage" for any infringement
  - a direct shot on goal ends advantage
  - advantage is played for as long as the ref deems necessary
- sliding is not allowed (ref may send the player off immediately)
- a player cannot play the ball when on the ground (kneeling, lying, sitting, etc)
- captains must take control of their players (back chat, etc), otherwise sending off may result
- players must attempt to stay on their feet at all times
  - the exception is the goal keeper within the goal box only
- kicks from within a player's own half cannot hit the opposition's back net on the full
  - the ball must touch the ground or a player first (not just the side net)
- cannot deliberately waste time
  - for example, by holding the ball in the corner
  - in such cases the ref will give a time warning, then the ball will be given to the opposition goalie
- if a player has the ball in a corner, it must be cleared or played within **five** seconds
  - the opposition must give the player room to play the ball
  - if the player is not attempting to play the ball, an opposition free kick will be awarded
  - if the opposition is not allowing play of the ball, a free kick will be awarded to the trapped player
- the ball cannot be played at when the keeper legally has it within his/her grasp

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- the ball cannot be kicked when doing so would risk injuring the keeper legally reaching for it
- elbows cannot be raised when near other players
- play will be stopped immediately for serious injuries (head, groin, etc)
  - the clock is not stopped during this time
- play will be stopped for up to 30 seconds when a player is bleeding
  - the player must use this time to clean up the injury and/or leave the court
- if a team does not have at least three players, the game is started as scheduled and the opposition is awarded one goal for each minute the team is late
  - after five minutes, the opposition is awarded an automatic win
- if a team cannot field a team or does not show, the opposition will be awarded a 5-0 win

### **Free kick**

- the ball must be stationary
- to be taken from the point of infringement, but no closer than halfway in the opposition's half
- the shot must be indirect, it cannot be a direct shot at the goal (or opposition players)
  - deflection off a defender into the goal will not count
  - a direct shot will result in the ball being given to the opposition goalie
- the opposition players must remain 2m beyond the ball (in all directions) until it is kicked
- if an opposition player deliberately kicks or throws the ball away, an advanced free kick may be awarded
  - continuous infringements of this type may result in a penalty or sending off

### **Penalty kick**

- the ball is to be placed at the top of the goal area
- the penalty shooter may take up to one forward step before kicking the ball
  - the penalty kick must be one smooth movement – no double stepping or feinting
- the goal keeper can only move sideways, vertically, and diagonally; he/she cannot come forward to the penalty shooter
- successful penalties are worth one goal (regardless of whether it is taken by a male or female)
- all other players must remain outside the goal area, at least one metre from the shooter

### **Free Kick Infringements**

- kicking the ball before it is stationary for a kick off or free kick
- kicking the ball forward from the kick off
- deliberately kicking the ball directly into the top (roof) net
  - a free kick is awarded from where the ball hit the roof net
- being within 2m of the ball before the opposition has kicked the ball for a kick off or free kick
- making a play for the ball before fully retiring beyond the 2m line during the opposition's kick off
- goal keeper deliberately handling the ball within the goal area and any part of their foot is outside the goal box
- goal keeper picking up or handling the ball when it has been directly passed back
- goal keeper runs the ball themselves from a place kick (after the ball has gone dead behind the goal)
- goal keeper does not play the ball out of the goal box within six seconds of controlling the ball
- goal keeper kicking the ball into the opposition's back net on the full
- touching the ball with any part of the hand or arm (shoulder is allowed); the exception is when the ball is deliberately kicked at a player's hand/arm
  - except when the ball is clearly heading for the goal or to a player
- holding on to the side netting when playing the ball or tackling
- placing hands or arms on another player when playing the ball or tackling
- contact with another player when attempting to play the ball (ie. kicking, pushing with the hands)
- direct or purposeful kicks/throws at the ref or other players (except for shots on goal)

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## **Definitive Indoor Soccer Rules**

- dangerous play, such as "flying" tackles and bicycle kicks
- endangering the safety of any player (particularly the females)
- kicking the ball into the opposition's end net on the full from a player's own half
  - a free kick is awarded from the halfway line
- fending off or blocking other players (whether in control of the ball or not)
  - no shepherding of the ball
- pushing or shoving other players
- raising a foot above the waist or dangerously toward another player or players (ref's discretion)
- verbal abuse against the ref or other players
- swearing on the court (even if not directed at anyone)
- stepping into the goal box around the opposition's goal (ball goes to the keeper)
- placing any part of the foot within the goal box around the opposition's goal (ball goes to the keeper)
- touching the ball with any part of the arm or hand (except where the ball has been kicked at the player and he/she does not play at the ball)
- defender makes a play for the ball and the attacker backs into defender then free kick to defender
  - the defender can only attempt the tackle if the attacker backs or turns into him/her
- playing the ball when on the ground
- deliberately not staying on your feet (except for the keeper within the goal area)
- deliberate time wasting
- tackling from behind
- contact with the keeper while attempting to play the ball within the goal box
- raising elbows around other players, particularly when it results in dangerous play

### **Penalty Infringements**

- placing any part of the foot within the goal box around a player's own goal
- playing at the ball inside the goal box around a player's own goal
- deliberate hand ball when the ball is clearly heading toward, and likely to go into, the goal
- goal keeper catching/holding the ball, outside the goal box, when the ball is heading toward, and likely to go into, the goal
- goal keeper deliberately handling the ball when it is outside the goal area
- making a dangerous or illegal tackle (including a slide tackle) on a player taking a shot

### **Sending Off Infringements**

- continued verbal abuse against the ref or other players
- continued swearing (even if not directed at anyone)
- any physical abuse against the ref or other players
- continued infringements of the same type (provided warning has been given)
- continued wild/uncontrolled kicking of the ball towards other players
- continued uncontrolled tackles
- deliberate sliding (at the ref's discretion)
- any play the ref deems as dangerous
- three infringements in one game

yellow card: player is sent off for between one and eight minutes of playing time (at the ref's discretion)

- no sub is allowed during this time

two yellow cards: the player is sent off for the rest of the game

- the player may be replaced with a sub after a minimum of two minutes

red card: the player is off for the remainder of the game and stood down for one week

- a sub may be brought on after the end of the current quarter

All infringements will be recorded by the referees and tracked by the Centre

Continued or regular infringements by any player may result in appropriate disciplinary action

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### Subs

- up to two players from other teams on the same competition night may be used
- only one of these two players can be from a higher grade
- the opposition team captain has the option to accept any exceptions to the sub rules

### Player Eligibility

- Each season will consist of qualifying rounds followed by semi-finals and finals, with optional quarter-finals prior to the semi-finals (depending on Centre management discretion)
  - The quarter-finals, semi-finals, and finals is referred to as the “finals series” below
  - The finals series may be split into multiple groups
- Any player who plays for more than one team in the qualifying rounds must, at the first time he/she plays for additional teams, rank all of those teams in order of rating/priority
  - The highest priority team cannot be changed during the qualifying rounds, unless arranged with the Centre management
- In order to be eligible to play in the finals series, a player must meet either of the following conditions
  - Played at least half of the qualifying rounds
  - Played every week for the last third of the qualifying rounds, if they joined part-way through the season
  - A game will only count for a player if he/she has played at least half of the game
  - Be granted permission to play by each of the opposing teams' captains throughout the finals series
- A player with more than one team in any one finals series group will only be allowed to play for their top rated team in that group. If that team is eliminated, the player may play for their next highest priority team which is still in the finals series
  - The reasoning behind this is that each player can only play for one team in the final – if one of the teams is unable to field a full strength team for the final, then it makes a farce of the series
- Any objections or requests for exceptions to these rules must be submitted in writing to the Centre management **prior** to the start of the finals series