



## **INDOOR SOCCER – Mixed**

1. A team consists of five (5) players including a Goalkeeper. There must be at least two (2) players of each sex on the field at all times.
2. Substitutions are allowed once the referee has been notified from outside the playing area. Substituted players must exit and enter at the designated point.
3. To commence play the team mentioned first may kick the ball in any direction. Opposing players must be one metre from the centre mark, and all players must be within their own half of the playing area. A goal may be scored direct from the kick off.
4. After a goal has been scored the other team has a centre kick off.
5. The ball is in play at all times except when it has crossed the goal line; goes out of the playing area or rises above head height. The referee shall have sole discretion of head height. Heading of the ball is not allowed.
6. A goal is scored when the ball has completely crossed the goal line. A goal is disallowed if a player of the attacking side whilst within the goal area last touched the ball.
7. There is no offside, throw in, goal kicks or corner kicks.
8. The Goalkeeper may return the ball into play by under arm or side arm throw. Provided that the Goalkeeper has not handled the ball, they may return it to play by kicking the ball off the floor. The Goalkeeper is not permitted to use an over arm or deliver the ball above head height and must remain in the goal area.
9. When a player is taking a free kick all opposing players must be at least two metres from the ball until it is in play.
10. A penalty kick is taken from the penalty mark and only the defending Goalkeeper may be in the goal area. The Goalkeeper must not move their feet off the goal line until the ball has been kicked. Infringement by the Goalkeeper will result in either the score counting or a replay of the penalty kick.



### **Indoor Soccer – Mixed (continued)**

11. A player receiving the ball from the Goalkeeper can not return it directly to the Goalkeeper until the ball has been touched by any other player on the court.
12. No player is permitted within the goal area except the Goalkeeper.
13. Any infringement of rules will incur a penalty of a direct free kick.

#### **EQUIPMENT AND SAFETY**

- SYG will supply all equipment.
- **It is strongly recommended that mouth guards are worn during play.**