

WCUSC INDOOR REC. LEAGUE RULES (FIFA rules will be used with the following modifications):

1. Game Lengths:
 - a. U-07 Games are thirty-four (34) minutes in length with a running clock. There will be a two (2) minute break sixteen (16) minutes into the game
 - b. U-09, U-11, U-12, & U-14 Games are forty (40) minutes in length with a running clock.
2. Number of Players:
 - a. U-07 = Six (6) players on the field (including goalkeeper)
 - b. U-09, U-11, U-12, U-14= Seven (7) players on the field (including goalkeeper)
3. Player Equipment: Players may wear soccer cleats, indoor soccer shoes, or sneakers on the USTC Turf Fields. All players must wear shinguards.
4. Game Ball Size:
 - a. U-07 = Three (3)
 - b. U-09, U-11, U-12 = Four (4)
 - c. U-14 = Five (5)
5. Opening kick may travel backwards.
6. All arena walls & netting is in play unless otherwise noted. Any balls going out of bounds either at the team benches or over the nets will result in an indirect free kick for the opposing team. (Special note, on the USTC Turf Field B, only three (3) walls are "in-play." Any ball that goes out of bounds alone the side of the field with the team benches results in an indirect free kick for the team that did not touch the ball last.)
7. Any ball directly hitting the ceiling will result in a one (1) minute penalty, served by the offending player (except of the goalkeeper). The player may re-enter before the one (1) minute limit, if his or her team surrenders a goal in that one (1) minute penalty. Deflections will not be penalized.
8. All restarts are *indirect* and must be taken within five (5) seconds of possession.
9. Defending players must be five (5) yards away from any restart.
10. No offside fouls.
11. The goalkeeper cannot throw, punt or drop kick a ball directly over the mid-field line without touching a player, wall or the ground. The goalkeeper must place the ball on the ground in order for the ball to be able to go directly over the mid-field line.
12. The goalkeeper must distribute the ball within five (5) seconds of possession.
13. Player substitutions are "on the fly." Players substituting onto the field must wait to enter the field until the player is within two (2) yards of the bench area.
14. Boarding is not permitted, and may result in a player sent to the penalty box or ejected from the match.
15. Slide tackles are not permitted, and may result in a player being sent to the penalty box.