



2012 WINTER INDOOR RECREATION LEAGUE RULES FOR U10, U12, and U14 DIVISIONS

LEAGUE RULES (FIFA rules will be used with the following modifications):

1. **Game Length:** Games are thirty-eight (38) minutes in length with a running clock. A two (2) minute break will be given eighteen (18) minutes into the game.
2. **Number of Players:**
 - a. U09/10 divisions: Seven (7) players per team on the field (six field players with one goalkeeper)
 - b. U11/12 - U13/14 divisions: Six (6) players per team on the field (five field players with one GK)
3. **Required Player Equipment:** All players must wear either indoor soccer shoes or non-marking sneakers, shin guards, team t-shirt (distributed by coach before the first game), and soccer shorts/training pants, or leggings. Players must bring a filled water bottle (no food or other drinks allowed in the facility).
4. **All jewelry MUST be removed before playing.** This includes any piercings, wrist bands, rings, necklaces, bracelets, and earrings.
5. **Game Ball:**
 - a. U09/10 divisions: size four (4) ball, provided by league
 - b. U11/12 divisions: size four (4) ball, provided by league
 - c. U13/14 divisions: size five (5) ball, provided by league
6. **Game Kick-off:** Games must be kept on time. Referee will whistle one minute before game time to alert coaches to place team onto court, and will whistle to signal the start of the game. Home team gets the opening kick-off; kick-off may travel backwards. No coin toss is necessary as each team should defend the goal closest to their bench.
7. **Half-time Break:** Referee will whistle to signal end of first half, then again at thirty (30) seconds before the start of the second half to ensure coaches get team on the court, and again at second half start time. Teams will change sides at half-time and visiting team will get half-time kickoff.
8. **General Rules of Play:**
 - A. All arena walls and netting is in play unless otherwise noted below. Touchlines on Turf A/B are not to be used for the indoor league. 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.
 - B. Special note: On USTC Turf B, only three (3) walls are "in-play." Any ball that goes out of bounds above the side of the field with the team benches will result in an indirect free kick for the opposing team.
 - C. Any ball directly hitting the ceiling will result in the opposing team being given an indirect free kick on the field below the spot where the ball hit the ceiling.
 - D. All restarts are INDIRECT, and must be taken within five (5) seconds of possession, and must be played *below the waist*. Failure to do so will result in change of possession.
 - E. Defending players must be at least five (5) yards away from restart.
 - F. NO OFFSIDE FOULS. Offside rules do not apply in the indoor league.
 - G. Player substitutions are "on the fly." Players who are substituting onto the field must wait to enter the field until the player is within two (2) yards of the team bench area.
 - H. Slide tackling is NOT permitted.
 - I. Handballs are not permitted.
 - J. The goalkeeper must distribute the ball within five (5) seconds of possession.
 - K. The goalkeeper may not handle the ball if a teammate passes it back to him.
 - L. Boarding is NOT permitted. Referee will call fouls appropriately and issue yellow/red cards as needed.
 - M. Foul and abusive language is NOT tolerated. Referee will call fouls appropriately and issue yellow/red cards as needed.
 - N. USTC Sport Court penalty area is the yellow box, 22' wide x 29.5' deep.
9. **Playing Time:** Because this is a developmental league, all players should receive equal playing time, and the coach should assign an assistant coach or parent to help keep track of players' time.
10. **League Mercy Rule:** While every attempt is made to provide parity amongst teams, if the goal differential *does* reach five (5) goals, then the team that is behind may play with an additional player on the field. If the score differential drops back to four (4) goals or less, then the additional player must be removed at that time.
11. **Standings:** No scores nor standings will be kept, though referees will report scores within 24 hours of the game to help to monitor "over-scoring" (not following the league mercy rule) or other acts of poor sportsmanship.
12. **Participant Expectations:**
 - a. Players will exhibit good sportsmanship, arrive at games on time with the proper equipment, and inform their coach in advance if they are unavailable for a game.
 - b. Coaches will exhibit good sportsmanship, arrive at games on time with the proper equipment, and communicate any and all necessary information to players and parents in a timely fashion.
 - c. Parents will exhibit good sportsmanship, deliver their children to the games on time, and allow the coach to provide all the direction and instruction to the players on the field, recognizing that having more than one person coaching may cause confusion to players.
13. **Weather Related Cancellations:** All weather or facility related cancellations will be posted on the website (www.wcusc.org, main page, scrolling section, article one) at least one hour before the start of the first game of the day at the facility, or as soon as poor weather hinders travel or a facility closes. Families should always check the main web page and their emails before leaving for a game.
14. **Lack of Players:** Games will still be played in spite of not having a full roster of players. Teams may exchange players in order to have enough players on each side for a game. If coaches know in advance that they do not have enough players on a certain date, they may reach out to the teams playing before or after their game in order to ask for players to help out their team with numbers. The guest player must wear their official WCUSC league t-shirt to be identified as a legal guest player. NO GUEST PLAYERS ARE ALLOWED THAT ARE NOT REGISTERED WITH THE INDOOR LEAGUE*, and guest players may *only be used*

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if your team does not have enough players to field a full team. [**Illegal guest players are not properly registered with the league and not covered for facility usage or insurance coverage.*]

15. Additional Questions or Concerns: Any comments or concerns should be sent immediately to the league administrator at:
LRHeffron@wcusc.org, 610-399-5277x3.