

The following UAC rules will be strictly enforced for all leagues played on the Main Field. Failure to comply will result in a team forfeit.

• **BASIC INDOOR SOCCER RULES**

- NO HANDS
- NO SLIDE TACKLING
- NO JEWELRY, ARMS BANDS, EARRINGS
- NO CLEATS ALLOWED.
- SHIN GAURDS MANDATORY.
- KEEPERS CANNOT USE HANDS ON PASS BACKS FROM THEIR OWN TEAM.
- NO PUNTING ALLOWED
- SUBSTITUTIONS WILL BE UNLIMITED AND ON THE FLY. THE PLAYER LEAVING MUST BE WITHIN 10 FT BEFORE ENTRY OF A SUB.
- RED CARD IS AN AUTOMATIC 1 GAME SUSPENSION.
- 2 YELLOW CARDS IN A GAME IS AN AUTOMATIC 1 GAME SUSPENSION
- 3 CUMULATIVE YELLOW CARDS IS A 1 GAME SUSPENSIONS
- **NO TOLERANCE FIGHTING POLICY. (Absolutely no fighting tolerated. Any party involved will be banned from league and facility)**

GAME RULES FOR FULL MAIN FIELD

8V8(2) 25 MINUTE HALVES. 2 MINUTE HALF TIME

THROW- INS

ALL KICKS-INS AND FREE KICKS ARE INDIRECT, EXCEPT ON YOUR OFFENSIVE 3RD OF THE FIELD.

IF THE BALL HITS CEILING, INDIRECT KICK AT THE SPOT WHERE THE BALL HITS.

FOULS COMMITTED IN THE GOAL BOX WILL RESULT IN A PENALTY KICK JUST INSIDE THE GOAL BOX.

KEEPERS ARE NOT ALLOWED TO DISTRIBUTE PAST 2/3rds OF THE FIELD WITH THEIR HANDS. NO PUNTING/DROP KICKING ALLOWED.

3 LINE OFF SIDE RULE: BALL CANNOT CROSS 3 LINES WITHOUT TOUCHING A PLAYER **ON A DEAD BALL**. (cannot play the ball from your defensive third of the field directly into your offensive third of the field on a dead ball, including goal kicks)

GAME RULES FOR DOME FIELD

8V8 FOR AGES 10 AND YOUNGER.

7V7 FOR AGES 11-14

6V6 FOR AGES 15+

KICK INS OR THROW INS ALLOWED

IF BALL HITS THE CEILING, INDIRECT KICK AT THE SPOT WHERE BALL HITS

FOULS COMMITTED IN THE GOAL BOX WILL RESULT IN A PENALTY KICK JUST OUTSIDE THE GOAL BOX

KEEPERS NOT ALLOWED TO DISTRIBUTE PAST MIDFIELD WITH THEIR HANDS

GAME TIMES

MATCH GAME TIMES WILL BE STRICTLY ADHERED TO

A TEAM MUST HAVE A MIN OF 6 PLAYERS TO START

A 10 MINUTE GRACE PERIOD ALLOWED BEFORE A FORFEIT

Thank you UAC Management