

HVSA INDOOR SOCCER

1. LENGTH OF GAME:

20 minute halves for all divisions with a 3 minute half-time. Each Player must play at least 1/2 of the game. No overtime. Ref will decide who gets ball first & alternate the 2nd half.

2. TEAMS:

Four (4) floor players, plus a goalkeeper (D2&D3). Teams must have 5 players to start, 4 to finish. Games must start at scheduled time. **No grace period allowed.**

3. EQUIPMENT:

Uniforms (provided shirt) must be worn. Indoor athletic shoes or sneakers must be worn. Shoes with black soles, which leave scuff marks, are NOT allowed. Shinguards are mandatory and must be completely covered by socks. Gym-type shorts or sweatpants are required (no "jams," belts, belt loops, or pockets). Shirts must be tucked inside the pants. **No jewelry of any kind, including earrings, are permitted—NO EXCEPTIONS, other than med alert items or mandatory religious items.**

REGARDING EYEWEAR: Parents, Coaches and Players should be reminded that the State of New Jersey has passed legislation requiring that children participating in certain youth sports, including soccer, who require the use of eyeglasses must wear "Rec-Specs" or other eyewear specifically designed for use in sports. Failure to comply with this law may result in the

player being denied permission to play in league competition until proper eyewear is utilized. As will all issues of equipment, the Referee will make the determination of the player's eligibility for that game.

4. For Divisions 1: There are no touchlines or end lines. The ball is out of play only when the referee blows the ball dead. **For Divisions 2, 3 & 4, only the walls behind the goal/endlines are now considered "out of bounds" and the restart will either be a goalie distribution using his/her hands or a corner kick, as appropriate.**
5. Substitutions can take place at any time during the game. Player leaving the playing area should touch hands with the substitute at the bench area prior to the substitute entering the game.
6. One Minute penalties will be given for the following:
 - a. Kicking or attempting to kick a player
 - b. Striking or attempting to strike a player
 - c. Holding or obstructing a player
 - d. Tripping a player
 - e. Pushing a player
 - f. Violent or dangerous charge
 - g. Slide tackles or leaving your feet to strike the ball.
 - h. Flagrant violations of the above listed penalties or repeat offenses will result in a yellow card AND a two-minute penalty, or a red card at the referee's discretion.
 - i. Players with untied shoes or shoes that come off during the course of play may be sent to the team area to re-tie the shoe prior to rejoining the contest. Repeat infractions: one-minute penalty, yellow card

7. All free kicks are indirect, including kick-off from center.
8. On all free kicks, opponent must stand at least five yards from the ball.
9. **The goalie must release ball into play by throwing or rolling once possession has been obtained.** (No putting the ball down and then kicking, and no punting) – Restart: indirect kick at mid-field.
10. There are no offside infractions.
11. Goalie must put ball into play with his or her hands on his or her side of the mid-court line, either by ball striking the floor or being played by another player prior to crossing the line. (Violation: Indirect free kick awarded to the opposing team at the spot where ball crossed the center line.)
12. Should a player be in the penalty area, he or she shall be released if the opposing team scores. (One player per goal scored.) If two players from the same team are in the penalty area, then the player who entered the area first shall re-enter the game first.
13. The ball shall be blown dead by the referee if it strikes an unretracted backboard located above the goal. A drop ball at the top of the key shall restart play.
14. *No food or drinks are allowed in the gym and only the players and two coaches may remain in the team area.*



INDOOR SOCCER RULES

**HOPEWELL VALLEY SOCCER
ASSOCIATION**

rev 01/19