

Youth Indoor Soccer Rules

Note: All changes/updates for the 2025-26 season are in red.

- I. **Registration and Fees:** Individuals are registered on a first-come, first-serve basis; Arlington County residents only. A registration fee will be refunded **ONLY** with the league manager's approval. Participants dropping out of the league will forfeit their registration fees. Non-Resident youth are not allowed to play in the league.
- II. **Uniforms and Equipment:**
 - a. Teams are required to dress in matching colored jerseys; with the goalkeeper's jersey being of a different color (no numbers are required).
 - b. **Shin guards are required for participation in any league. Socks must cover shin guards.**
 - c. **Bubble:** Players will use an age **appropriate size indoor/outdoor soccer ball** (Home team is responsible for providing a ball at this location). Footwear is restricted to molded cleats (maximum ½ inch), turf shoes, or other soled athletic shoes. No metal cleats or spikes are permitted.
 - d. The following items are prohibited and may not be worn by players:
 - i. Earrings and all other jewelry, metal or plastic hair clips, ponytail holders or beads.
 - ii. Hard casts
 - iii. Exceptions based on medical need will be evaluated on a case by case basis. **Note:** Concussion preventing headwear may be worn.
- III. **Player Rosters:** All players must be officially rostered to participate in any of the team's games. Failure to comply will result in forfeiture of all games played with an ineligible player(s). Players may be added after the player registration deadline in case of injury or dropped players (must have advance approval from commissioner).
- IV. **Player Eligibility:** All players must be listed on the official team roster. Only TWO travel players (those players on **ANY** travel soccer teams from fall) are allowed on the roster. **Roster challenges** must be made prior to the start of the game or during halftime to the facility monitor with notice given to the referee. If there is believed to be an issue, it would then be brought to the commissioner's attention. Travel players include those players on other cities travel teams as well, not just Arlington.
- V. **League Point System:**

Win = 3 points
Tie = 1 point
Loss = 0 points

League games that end in a tie after regulation play will be counted as a tie. Playoff games ending in a tie will be followed by a five (5) minute sudden-death overtime period. If at the end of the overtime period the game is still tied, penalty kicks will be used to break the tie.
- VI. **League Division Tie:** Any league that ends the regular season in a tie will play for the division in a one game playoff.
- VII. **Individual Player Participation:** Players may only be on one roster in a given division **and** league. Players must be able to provide proof of grade upon request.
- VIII. **Game Schedule and Make-up Games:** Coaches will be given a chance to review the schedule and indicate problems. The team requesting the rescheduled match must request a reschedule in writing (email), or on the phone. The reschedule must be finalized at least 48 hours prior to the game in question. If both teams agree to make-up the game, they will be offered possible times by league management, IF makeup times are available or a switch can be made with other teams. It will be the responsibility of the team managers to coordinate and

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select one of the available times. Failure to do so will result in the game being forfeited. **There will be no rescheduling of an already rescheduled game.**

- IX. **Yellow/Red Card Policy:** Yellow Card: A player receiving a yellow card must leave the field for two minutes; they can be substituted for. Red Card. **Any player or coach who receives a red card must leave the playing surface and will automatically be suspended from the next game.** Players and coaches receiving a red card may be asked to leave the facility by the referee and/or staff. They may watch the game only at the discretion of the referee/staff. In addition, that player will be banned from participating until the suspension is served. Any player receiving three (3) yellow cards during a season will receive a one game suspension, but will not have to miss the current game unless the player receives a red card during the current game.

****Red Cards will result in the team playing shorthanded for five (5) minutes. After the 5-minute penalty has been served, the team may return to full strength.**

- X. **No Shows/Forfeitures:** If a team cannot play a scheduled game and has not followed the directions above for rescheduling, the opposing team will be awarded a 3-0 victory. **No reschedule will be given.** A forfeit will occur if a team does not have the minimum number of players to play within 10 minutes after the scheduled start of the game (10-minute Rule). This time will be subtracted from the first half. The 10-minute Rule states that for every three minutes off the clock, one (1) goal will be awarded to the completed team.

RULES OF THE GAME

1. **Team Size:** Team play will consist of 6 players, one of whom is the goalkeeper. Only 2 travel players (those players on travel soccer teams from fall) are allowed on the roster. Any discrepancies will be reported to the referee at the time of infraction. A minimum of 4 players is needed to start and continue a game. There are no restrictions for youth about gender make-up for Coed teams. **High School Division Boys division will play only 5 players, minimum of 3 needed to start game.**
2. **Substitutions:** unlimited substitutions are allowed during a game. Substitutions may be made “on-the-fly” (during play) as long as the exiting player is within the “touchline” by the team bench before a substitute player can come into the game. Goalkeepers can be substituted only during a stoppage of play and must notify the official that a goalkeeper change has been made.
3. **Game Length:** A game consists of two (2) 20-minute halves and a 3-minute half time. The official time is a running clock; the clock will stop during a serious injury.
4. Kick-off in the first half will be given to the **home team**. The visitors will have the kick-off in the second half. A goal cannot be scored directly from a kick off. Back passing is allowed during the kick-off.
5. **Midline Violation:** A goalkeeper cannot throw the ball in the air over the midline unless the ball touches a player or a wall.
6. **Goalkeeper Restrictions:** A goalkeeper may not pick up any ball that has been passed off the foot of a teammate. Goalkeepers are not allowed to punt or drop-kick the ball. While holding the ball in his/her hands, the goalkeeper must distribute the ball within five (5) seconds by bouncing or throwing the ball to a teammate. (Penalty; indirect free kick awarded to opposing team).

7. **Corner Kick/Goal Kick:** If the ball goes over the in-play area off the goalkeeper or a defending player, the offense will be awarded a corner kick. Corner kicks shall be taken no more than one yard from both walls. If the ball goes over the in-play area off an offensive player, the defense will be awarded a goal kick. Goal kicks may be taken from anywhere within the penalty box.

8. Fouls and Misconduct:

- **Major Offenses** (Direct Free Kick)
 - Kicking or attempting to kick an opponent
 - Tripping or attempting to throw an opponent
 - Sliding or slide tackling (knee touching floor) - **exception for goalkeepers inside of the penalty box**
 - Jumping at an opponent
 - Charging an opponent
 - Striking, attempting to strike, or spitting at an opponent
 - Holding an opponent
 - Pushing an opponent
 - Intentionally handling the ball
 - Checking an opponent into the perimeter wall
- **Minor Offenses** (Indirect Free Kick)
 - Playing in a dangerous or reckless manner
 - Obstructing an opponent
 - Illegal substitution
 - Delaying game, including goalkeeper failing to play the ball outside of penalty area within five (5) seconds.

9. **Clarification:** Some actions that are safe in an outdoor game, such as bicycle kicks and diving headers, may be dangerous in indoor play. Referees have discretion to call such actions as fouls if they believe they are unsafe. If a coach has a question regarding a foul call, they can address the official with questions.
10. **Free Kicks:** The ball is in play when it moves from foot contact of the initial player. Opposing players must stand **two (2) yards** from the ball. If a player refuses to move back to 2 yards, he/she will be issued a yellow card for delay of game. If a major offense takes place inside the goal box a penalty kick will be awarded. The penalty kick will be taken from the top of the goal area and the shooter will set one foot next to the ball before a shot can be taken (no step rule).
11. **Kick-Ins:** Kick-ins happen whenever the ball leaves the playing area, hits the wall above the blue line (Barcroft), or hits the ceiling or ceiling structure. However, play will continue if balls bounce back into the playing area off the wall or netting. All kick-ins are considered an indirect free kick; therefore a goal cannot be scored off a kick-in. A kick-in must be taken no more than three (3) feet from the wall nearest where the ball left play.
12. **Slaughter Rule:** If a team is losing by 5 or more goals, the losing coach can elect to play an additional (7th or 6th) player (not an extra goalie). The losing coach must inform the referee and opposing coach at that time. This rule will remain in effect until the losing team is within 3 goals of the winning team.
13. **Assault. Any player, coach, or other team member hitting, shoving or otherwise assaulting a Gym Supervisor or game official shall be immediately barred from further participation in league activities until formally reinstated by the League Manager.**

Administrative Matters

1. Any situations or questions not covered by these League rules, or official interpretations thereof, shall be referred to the Commissioner for a final decision. These decisions are not subject to appeal or review.
2. Code of Conduct Violations

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All coaches, players, and parents are expected to uphold the Code of Conduct agreed to during registration. Any violations will be reviewed by the league and addressed appropriately. Depending on the nature and severity of the breach, further league action may be taken, up to and including suspension or removal from league activities.

3. Any player, bench personnel, coach or team assistant who has been determined by the Commissioner to be guilty of gross or repeated misconduct shall be suspended from further League activities

FACILITY RULES

1. **Only water is allowed in the Gunston Tent. No sodas, sports drinks, juice, or food are allowed.**
2. **No gum chewing or spitting is allowed in either facility.**