

ORLAND PARK SOCCER CLUB

• P.O. Box 162 • Orland Park, Illinois 60462 •



2023 Indoor Soccer Rules

FIFA rules will be used with the following modifications:

Field of Play	<ol style="list-style-type: none"> 1. Playing area is 185' x 85'. Except 1st and 2nd grade. 2. Penalty area with 10' radius at the top.] 3. Center circle with 10' radius. 4. Goals are 12' x 6' 6".
Ball	<ol style="list-style-type: none"> 1. Size 3 for first grade. 2. Size 4 for second, third, fourth and fifth grade. 3. Size 5 for sixth grade and above.
Equipment	<ol style="list-style-type: none"> 1. Players on the same team must dress in matching jerseys and socks. 2. Goalkeepers must wear colors which distinguish them from all other players and referees. 3. Shin guards are mandatory and must be totally covered by socks. 4. Only molded rubber SOCCER CLEATS or flat soled gym shoes maybe worn on the field (no metal studded/screw-in spikes and no Baseball cleats.) 5. Only sports goggles will be permitted for prescription eyewear. 6. Game ball, goalie gloves and pinnies will be provided to each coach.
Number of Players & Excessive Scoring	<ol style="list-style-type: none"> 1. 1st grade will be 5 aside or as determined by the trainers. 2. Girls: 7 v 7 (including keeper) for all levels. 3. Boys: 8 v 8 (including keeper) for 2nd through 5th grade, 7 v 7 (including keeper) for 6th through 8th grade 4. If a team is short players, they may play short sided or they can borrow players from the other team. The final score will be entered as a 1-0 loss for the team borrowing players. 5. EXCESSIVE SCORING IS NOT ALLOWED. It's both Coach's responsibility to ensure that all players from <u>both</u> teams have an enjoyable and worthwhile experience. Running up scores does neither team any good. Therefore we will be enforcing the following procedure at all grades. If team A is up by 4 goals then team B will add a player for the rest of the game. If team A is up by 5 goals then team A will remove a player (so there will now be a 2 player difference). When team B takes the lead, team A may play at full strength but team B will still play with one extra player.
Duration of the Game	<ol style="list-style-type: none"> 1. A game shall be played in two equal halves, or at the discretion of the referee: <ol style="list-style-type: none"> a. Two 25-minute halves of play for all divisions b. 3 minutes for half-time c. 7 minutes for field change 2. The clock starts at the official game time and will not be stopped for any reason. 3. Game time for grades 1st grade will be determined by the trainers.
Start of Play	<ol style="list-style-type: none"> 1. The home team defends the south goal and has the first kick off. The home team is listed on the left side all scheduled matches. 2. A goal can be scored directly from a kick off.
Substitutions & Playing time	<ol style="list-style-type: none"> 1. Free unlimited substitutions during play. 2. All players must play a minimum of one half of each game. 3. Substitutions may be made "on the fly," provided the player being substituted for is within 5 feet of the dasher board doors before the next player comes onto the field. If a player leaves the bench early OR the player coming off the field participates in play, a "too many players" on the field penalty will be issued at the discretion of the referee. A goal scored by a team with too many players will be disallowed. 4. Goalie substitutions can only be made after acknowledgement from the referee. 5. Players must enter/exit the field through the dasher board doors. NO JUMPING OVER THE BOARD. Non-compliance will result in a yellow card.

	6. Only the single doors near each bench are to be used for substitutions. Please do not use any of the double doors.
Offside	1. None.
Headers	1. No Headers will be allowed for all 1st through 5th grade teams. An indirect free kick will be given to the opposing team for any purposeful headers.
Penalty Kicks	1. Penalty kicks are to be taken from the mark inside the penalty area. 2. All players, except the defending goalkeeper, must be out of the penalty area and behind the ball.
Throw-ins	1. None. (See Free Kicks)
Fouls and Misconduct	1. Holding the boards is dangerous and is not allowed and will result in a yellow card. 2. Checking (or attempting to check) a player against the boards is dangerous and is not allowed and will result in a card. 3. Cautioned players will receive a yellow card. A second caution for the same player in a match is equivalent to a red card. 4. A penalized (Red Carded) player is to be ejected from the match and may not be substituted for. The team must play short for the remainder of the game 5. Players who are ejected for fighting must leave the arena and further sanctions will be imposed by OPSC. 6. At the discretion of the referee, unruly players may be sent from the arena.
Free Kicks	1. All free kicks are direct with the exception of headers and an illegal back pass to the goalie. A header by the defending team within the penalty area will result in an indirect free kick from the edge of the penalty area across from where the header took place. For an illegal pass back to the keeper, the indirect kick will be taken from the line of the penalty area where the ball crossed into the penalty area prior to the keeper illegally touching the ball. 2. All defending players must be a minimum of five (5) yards from the ball. 3. Balls hitting the end net will be either a corner kick or goal kick for the opposing team, depending on the last player touching the ball. 4. Balls hitting the side net will result in a free kick for the opposing team from within 3 feet of where the ball hit the net. 5. Balls going over the walls will result in a free kick for the opposing team from within 3 feet of where the ball left the field. 6. Balls hitting the ceiling will result in a free kick for the opposing team from directly beneath where it hit the ceiling but no closer to the goal than the penalty area.
Goalkeeper	1. Outdoor FIFA Laws apply when passing back to the goalkeeper. 2. To protect the ceiling lights, punting or a kick out when the ball is bouncing is not allowed. The ball must be in contact with the ground when it is kicked immediately after the Keeper has handled it. The ball will be considered in-play as soon as it is released from the Keeper. 3. A player may only be goalkeeper for one half. 4. Goalkeepers must wear colors which distinguish them from all other players and referees. 5. A Goalkeeper must be given 5 yards when he is holding the ball
Slide Tackles	1. Slide tackling is not permitted and will result in a direct free kick (or a penalty if inside the box), to the opposing team.
Coaches	1. There must be an adult coach, 21 or older, in the team box at all times during a match. No one is permitted behind the goal. 2. A maximum of two coaches will be permitted in the team box for all grades. 3. Coaches are responsible for the bench players', players parents' and guests' behavior. 4. Coaches shall be warned for unruly behavior or referee abuse. Further abuse will result in the coach or coaches being ejected and the game may be terminated. First violation = warning Second violation = Yellow Card
FIFA Laws	Game situations that are not covered in OPSC special rules are to be governed by the current year FIFA Laws.