



Indoor Recreation League Rules

Age	Format	Ball size
U4 & U5	4v4 on small field (no gk)	3
U6 & 1st/2nd Grade	5v5 on half field	3
1 st Grade	6v6 on half field	3
2 nd /3rd, 3rd-5th, 4th-5th Grade	7v7 on full field	4
6 th to 8 th Grade	7v7 on full field	5

- Warm up/practice 15-20 minutes. Games start promptly 20 min after scheduled time
- Game length is 40 minutes with a running clock
- Substitutions are on the fly or for an injured player
- Kickoffs are taken from the center spot, a goal may not be scored from the kick off
- Side net is in play
- Ceiling is out and play. Restart on spot below where the ball hits the ceiling
- Corner kick if the ball hits the net behind the goals
- Intentional passes back to the goalie in which the player picks it up is considered a handball resulting in an indirect kick from spot of the foul. Both teams will stand on the same side of the field
- All players must stand 6 yards back from the ball for all direct and indirect kicks
- Offside rule DOES NOT apply
- No cherry picking allowed
- **The Sportsmanship rule will apply and MUST be enforced by the coach**
- Players must wear the official Ela soccer uniform, shin guards, and socks
- NO CLEATS allowed, only turf shoes/gym shoes
- Players may not wear jewelry of any kind (including starter post earrings)
- Only safety glasses are allowed
- **Most importantly enjoy the game and HAVE FUN!**

NOTE: Players to PLEASE exit field immediately after game.