



ADULT INDOOR



SOCCER LEAGUE



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Rules Summary

Rule Heading	Rule Description
Attacking Indirect Free Kick When Offence Occurs Inside the Penalty Area	<ul style="list-style-type: none"> Same as IFAB LOTG for goal area. Ball is placed: <ul style="list-style-type: none"> Outside the penalty area Parallel to infringement Perpendicular to goal line
Casts	<ul style="list-style-type: none"> No casts allowed, even if padded
Free Kick & Kick-in Required Distance	<ul style="list-style-type: none"> At least 5m from ball
Intentional Pass-back from Teammate Deliberately Handled by Goalkeeper	<ul style="list-style-type: none"> Allowed only on kick-ins Otherwise, it is a technical infringement as per IFAB LOTG
Kick-ins & Ball Hits Ceiling While In Play	<ul style="list-style-type: none"> Indirect Free Kick for team that did not touch the ball last
Kick-off, Goal Kick & Corner Kick	<ul style="list-style-type: none"> Direct Free Kick
Match Duration	<ul style="list-style-type: none"> 2 x 25 minutes, 1-minute half time interval (hydration break, switch ends)
Misconduct: Caution (yellow card)	<ul style="list-style-type: none"> Individual penalty: Player must remain off the field for a minimum 2-minute cool-down time penalty Team penalty: The team of the player that is cautioned plays a player short for 2 minutes <ul style="list-style-type: none"> Team time penalty expires if opposing team scores a goal Individual time penalty continues
Misconduct: Dismissal (red card)	<ul style="list-style-type: none"> Individual penalty: The player/technical staff is ejected from the match Team penalty (technical staff member dismissed): No further in-game penalty. Team penalty (player dismissed): The team plays a player short for duration of match
Number of Players on the Pitch	<ul style="list-style-type: none"> 5 minimum, 7 maximum In co-ed: <ul style="list-style-type: none"> minimum 1 male or 1 female, and maximum 4 males or 4 females
Offside	<ul style="list-style-type: none"> No offside
Penalty Kick	<ul style="list-style-type: none"> On the penalty mark, outside of the penalty area Players (except goalkeeper facing the kick) must not be in front of or in line with the ball. An invisible line extends through the penalty mark to act as a restraining line.
Slide Tackle Challenge	<ul style="list-style-type: none"> No challenging opponent by sliding with feet Refer to slide tackling document
Substitution Distance	<ul style="list-style-type: none"> No more than 5m from substituting player Not gaining an advantage through the substitution (i.e. Defender steps off field in attacking end and substitute enters in defending end to break up the attack)

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