



ADULT INDOOR SOCCER LEAGUE

Rules Summary

Rule Heading	Rule Description
Attacking Indirect Free Kick within the Penalty Area	<ul style="list-style-type: none"> • Outside 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 Handled by Goalkeeper	<ul style="list-style-type: none"> • Allowed only on kick-ins
Kick-ins & Ball Hits Ceiling While In Play	<ul style="list-style-type: none"> • Indirect Free Kick for team that did not touch 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"> • Centre of goal, on the line at the top of the penalty arc • Players (except goalkeeper) must be minimum 3m from ball and outside penalty area, and may not be in front of or in line with the ball
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)