



## General Rules

1. The teams consist of 5 players per side including 1 goalkeeper
2. The matches consist of 2 twenty minute halves with a 5 minute rest break
3. Minimum number of players to start a match is 4
4. The offside rule is not in effect
5. Substitutions are on the fly, with one player entering the field and one player exiting the field simultaneously
6. The ball may travel forward or backward on the kick-off
7. No slide tackles
8. The ball is considered out of play if it hits the side netting
9. Any team that hits the ceiling with the ball will be subject to a 2 minute penalty
10. All free kicks are direct
11. All restarts are to be played within five seconds of the ball being set
12. Opposing players must stand at least five feet away from the ball on a restart of free kick. Failure to do so may result in a 2 minute penalty.
13. The ball may not travel over three lines of the field without bouncing on the floor.
  - a. In the event of a three line violation, the opposing team is awarded a restart on the first line closest to the opposing goalkeeper.
  - b. Teams that are short a player as a result of a penalty are not subject to the three line violation
14. Penalty kick. As a result of a foul or intentional handball inside the goal box, the attacking team will be awarded a penalty kick. The kick will be taken at the top of the goal box and the player executing the penalty may take only one step back from the ball prior to kicking the penalty shot.
15. BLUE CARD: 2 minute penalty. The offending team will play one man down (any player the team chooses) for a duration of 2 minutes or until the opposing team scores a goal, whichever happens first
16. YELLOW CARD: 2 minute penalty. The player receiving the yellow card (including the goalkeeper) must sit out for a duration of 2 minutes regardless of any goals scored. Two yellow cards given to the same player will result in a red card
17. RED CARD: Any player that receives a red card will be ejected from the game and the team will play short a player for the duration of the match. The player may also be asked to leave the premises at the discretion of the referee and Wall 2 Wall Indoor Soccer management
18. Same rules are in effect for contact and rough play as they are in outdoor soccer
19. Referee may stop the game clock during the last two minutes of the game if a goal is scored or the ball goes out of bounds and the ball cannot be retrieved quickly
20. Fighting will NOT be tolerated. Any team involved in a fight may be subject to expulsion from the facility for the rest of the season at the discretion of Wall 2 Wall Indoor Soccer management



#### Goalkeeper rules

1. The goalkeeper may only touch the ball with his/her hands inside the penalty box
2. No slide tackles outside of the penalty box
  - a. If the goalkeeper starts the dive/slide tackle inside the penalty area and is still sliding/diving outside the penalty area, it is allowed
3. Goalkeepers may be substituted on the fly with the referees consent
4. The goalkeeper has five seconds to play the ball once it is played to them
5. The goalkeeper may not touch the ball with his/her hands after they bring it in from outside the penalty box even if the ball was last touched by the opposing team

#### Coed rules:

1. At least one woman must be on the field at all times
2. MACHO RULE: The men cannot intimidate the women by use of excessive force or hard shots (referee's discretion). The macho rule will be enforced with a yellow card