



5 v 5 Indoor SOCCER

Number of Players –

- Each team on the field shall consist of five players. One player is the goalkeeper and one of the players must be female and one must be male.
- All players must be on the team official roster submitted prior to the first game of the season in order to play. Additionally, all players must have read and signed the SBS waiver form before stepping onto the field.
- A team may borrow another player from another team in the league if they are short players; however, a team may not borrow players if their team size is to exceed 5. When borrowing a player from another team the original team must have at least 3 players from their original team.
- Your team can also use a sub if you need to, but the sub needs to come to the game with a signed waiver. No subs are allowed during the playoffs.
- A team must have a minimum of 4 players to start a game.

Duration of Games –

- Games will last for 50 minutes each and will consist of two 23-minute halves, running clock, with a 4-minute half time (approx).
- The half may be shortened if the referee deems it necessary.
- In the case of a tie during championships both teams will play for a shoot out. 3 shots each.
- During the regular season games may end in a tie.
- In the playoffs games will go into a 5 minute golden goal period if time permits. If no goal is scored or time does not permit an overtime period, games will go into a shootout. Each team will have 3 shooters. Of the first two shooters, one must be male and one female. If the game is tied after each team's 3 shooters have gone, the shootout will continue with players who have not shot yet, until a winner is determined.

Ball In and Out of Play –

- If a ball travels beyond the sidelines it is deemed out of bound and shall be put back into to play with a throw in. Corner THROWS will be used when the ball travels beyond the goal line by a defensive player in their field half. (Defensive team THROW



if ball travels beyond the goal line by offense in opposing team's field half)

- Unless the referee blows the whistle the ball is in play.
- All throw-ins are indirect.
- When a ball goes out of play on the sidelines, the opponent of the player who last touched the ball will take a throw in. The player taking the throw in must keep his/her feet outside the side line, with feet flat on the ground and the throw must be executed with the ball over the thrower's head with two hands.

Methods of Scoring –

- A goal may be scored while in play and as long as there are no infringements of any soccer rules.
- A goal is considered when the ball crosses the goal line with its entire circumference. The referee will determine a goal with a long sounding whistle.

Fouls and Misconduct –

- Safety and fun are the primary concerns of all SBS leagues. Players must play under control at all times.
- If a player intentionally or unintentional(referee's decision) kicks, pushes, trips, or does anything that causes harm to another player, then he/she has committed a foul. Any form of misconduct will result in a penalty kick.
- Fouls to be penalized with a Yellow Card consist of slide tackling of any kind, kicking or attempting to kick a ball while being held by the goalie, malicious pushing/tripping, intentional hand balls, foul or abusive language, or playing in any manner that is deemed to be dangerous by the referee.
- Fouls to be penalized with a Red Card consist of intentional aggressive bodily contact with another player. For example, don't get up from a challenge that you think was a foul and shove another player. Receiving two Yellow Cards will result in a Red Card.

Serving Penalties –

- If you receive a Yellow Card you must immediately leave the field and your team must play one player down for ten minutes or until the offending team is scored upon. The same gender ratio is still required. The player receiving a Red Card may be suspended for an additional game depending on the nature of incident.



- If the same player receives two Red Cards over the length of the season you will be asked to leave the league.
- If a TEAM receives three Red Cards over the length of the season they will not be able to play in the playoffs regardless of record.
- If a TEAM receives four Red Cards over the length of the season they will be removed from the league and possibly face further disciplinary action if deemed necessary by the League Manager.
- Remember, this is a social league; ideally we never need to enforce any of the red card repercussions, so keep it clean and keep it fun. No one likes “that guy” (or girl).

Penalty Kicks –

- Penalty kicks are conceded when a defending player fouls or commits a handball inside the penalty box. During a penalty kick the only two players inside the penalty box are the penalty taker and the goalkeeper.

Goalkeeper –

- Goalkeepers have 10 seconds to put the ball back into play after gaining control.
- Goalie throws and kicks must hit the ground or a player prior to crossing midfield.
- A goalie may only touch the ball with their hands within the box.
- A goal “throw” cannot be touched by another player until the ball has left the goalie box.
- A goalie is permitted to slide as long as they are in the goalie box. If a goalie slides outside of the box then they are treated as a field player and are subject to penalty. If a goalie originates his slide inside the box, makes contact with the ball while in the box, and finishes the slide outside of the box, it is OK. However if contact with the ball is made outside of the box, the play will result in a penalty.

Other –

- No Offsides.
- All players must wear the SBS official team shirt given to you at the start of the season. Players may not be able to play without this shirt.
- Shin pads are encouraged to be worn at all times.
- No metal cleats!
- It’s all about the fun!



SBS reserves the right to modify the rules at any time if deemed necessary.