



ACTION INDOOR SPORTS STADIUMS

1. GAME FORMAT

- 1) A game is played between two teams.
- 2) Each match is comprised of four eight, nine or ten minute quarters and shall include the following intervals:
Quarter Time Interval 30 Seconds
Half Time Interval 60 Seconds
Three Quarter Time Interval 30 Seconds
- 3) All matches are played on courts that are divided into two halves and that are completely enclosed by a set of fully tensioned nets all of which form a part of the playing area.
- 4) Teams must change ends at the completion of each quarter.
- 5) The aim of the game is to score more goals than your opposition.

2. TEAM FORMAT

- 1) A team may use a maximum of seven players in any given match, with a maximum of four players permitted on the court at any one time.
- 2) A team is comprised of: One Goal Keeper
Three Outfield Players
Three Substitute/Interchange Players (Optional)
- 3) No team may take the court with fewer than three players.

3. MIXED TEAMS

The rules contained in this book apply equally to all teams in all grades, but in the case of Mixed teams, the following specific rules shall apply:

- 1) A maximum of two male players and a minimum of two female players must be on the court at all times while a match is in progress.
- 2) Female players are not permitted to be Goal Keepers.
- 3) All goals scored by female players will result in a score of two points and all goals scored by a male player will result in a score of one point.

4. PLAYER APPAREL

- 1) Outfield players must wear matching shirts at all times whilst on court and while such shirts may vary in style, the colour and printing of each shirt must be identical (player names and numbers are permitted).
- 2) A team's Goal Keeper must wear a significantly different coloured shirt to those worn by their Outfield players.
- 3) Where a team does not have a full set of matching team shirts, all Outfield players of that team must wear bibs (supplied by the Stadium) to identify which team they are a member of.
- 4) Players must wear either long or short sports pants, with female players having the additional option of wearing a sports skirt.
- 5) Jeans and any other such pants not designed or suitable for playing sport in are not permitted to be worn.
- 6) All players must wear soft soled sports shoes that will not mark or damage the court surface.
- 7) A penalty of one goal will be added to the opposition teams score for every item of incorrect team apparel, with the maximum team penalty for incorrect uniforms in any one match being three goals.
- 8) The Umpire will be the initial judge of the correctness of a uniform, but in the event of a dispute, the Stadium Manager on Duty at the time shall have the final decision.

5. PLAYER'S AREAS / OFFSIDE

- 1) Goal Keepers must stay within the boundaries of their team's goal semi-circle at all times.
- 2) Outfield players may move freely throughout the court but are not permitted within either goal semi-circle.
- 3) All players either with or without the ball shall be deemed offside if any part of their body is grounded outside of their designated playing area.
- 4) Outfield players are not permitted to play the ball either on or off the ground if it is outside of their designated playing area.
- 5) Goal Keepers are permitted to reach outside of the goal semi-circle to gain possession of the ball, but only in so far as they do not break any of the rules detailed in Rule 11(4).
- 6) On the line is considered offside.
- 7) Outfield players will not be ruled offside for being inside the goal semi-circle in so far as they do not interfere or obstruct the Goal Keeper in any way.
- 8) A Goal Keeper will not be ruled offside if their momentum after attempting to save a shot from within the goal semi-circle

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takes them outside of the goal semi-circle.

- 9) A free kick will be awarded if any player is ruled offside.

6. PLAYER INTERCHANGE/SUBSTITUTIONS

- 1) A team may interchange one, two or three players during any interval between any period of play or in the case of injury or illness.
- 2) Any player from a team may replace a Goal Keeper if they are forced to leave the court due to injury or illness, and if they are replaced by a player that is already on the court, this player may also be replaced by an interchange player not on the court at the time when the Goal Keeper became injured or fell ill.
- 3) Players that have been interchanged may rejoin the game.
- 4) Players that have left the court through injury or illness may only rejoin the game if they were not substituted at the time of leaving the court.
- 5) If a player arrives after their match has started and their team is playing short, such a player is only permitted join the game while it is in progress if they first notify the Umpire and wait until such time as the Umpire indicates that they may enter the court.
- 6) All teams must commence playing as soon as they have three players ready and waiting to take the court.
- 7) A penalty kick will be awarded when any player is penalised for incorrectly entering the court.

7. STOPPAGES

- 1) The game clock will only be stopped during a period of play if a player falls ill or is injured, and only if such player has not been substituted or resumed playing within one minute of play first being stopped.
- 2) When play is able to be resumed, the game will continue from where the ball was when play was stopped, with the team in possession of the ball at the time play was stopped retaining possession.
- 3) If at the time of stoppage, the Umpire was unable to determine either who was in possession of the ball, or the ball was off the ground, play will be restarted by way of a drop ball taken at half way.

8. BLOOD BIN

- 1) The Umpire will order any player that is either bleeding or blood marked to leave the court immediately in order to either receive treatment and/or change any clothing or equipment necessary.
- 2) Any player sent to the blood bin may be substituted.
- 3) At the time that a player is blood binned, the Umpire will;
 - a) Stop the Clock for a maximum of two minutes.
 - b) Ensure any that any equipment that is blood marked is replaced IMMEDIATELY.
 - c) Restart the clock after two minutes have lapsed or the blood binned player has been substituted or returned to the court, whichever occurs first.
- 4) All blood binned players wishing to return to the court during the same period of play in which they were sent from the court may only do so:
 - a) After they have first notified the Umpire of their intention to rejoin the game
 - b) The Umpire is satisfied that they are safe and fit to re-enter the game
 - c) The same player that took their place on court at the time of being blood binned has left the court.
- 5) Blood binned players wishing to rejoin the game after the period of play in which they were sent from the court has ended, may only do so during an interval between periods of play and only once the Umpire is satisfied that they are safe and fit to re-enter the game.

9. UMPIRES

- 1) An Umpire will be provided for each and every game you play, with two Umpires being used if deemed necessary by Stadium Management.
- 2) The Umpire has sole control of your game and their decision is final and shall be given without appeal.
- 3) If the ball comes into contact with an Umpire, play shall continue unless the Umpire rules that such contact has interfered with the course of the game. In this instance the Umpire will call for a drop ball between two opposing players.
- 4) The Umpire will use their whistle to:
 - a) Start each period of play
 - b) End each period of play
 - c) Indicate when a goal has been scored
 - d) Indicate when an infringement of the rules has been made
 - e) Indicate a stoppage in play due to injury, illness or blood bin
- 5) The Umpire will:
 - a) Adjudicate these rules both consistently and without bias.

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- b) State any infringement made, the resulting penalty and may also use hand signals to clarify their decisions.
- c) Refrain from penalising an infringement of the rules when by doing so the non-offending team would be placed at a disadvantage. In this instance the Umpire may call advantage or use a hand signal to indicate that an infringement has been observed but is not being penalised.
- d) Answer any questions regarding the clarification of rules at the end of each period of play but not during, unless such clarification can be made without interrupting the course of the match or cause to be a distraction to the Umpire.
- e) Advise each team of the current score at the end of each period of play if for any reason the electronic scoreboard is either not in use or showing an incorrect score.

10. START OF PLAY

- 1) The match clock will commence at the scheduled start time for each match.
- 2) Teams that are not ready to play at this time will be penalised one goal for every complete sixty seconds that the non-offending team was on the court and ready to play after the official game clock had been started. Each goal penalty is recorded as goals scored by the opposing team.
- 3) Any team that is not ready to start play by the end of the first quarter of their scheduled game will be defaulted.
- 4) A team that does not have three players available to take the court at the start of their game may use a player from another team, in so far as that player is not from a team within the same grade. If the fill in player used is from a higher grade, that player must be replaced as soon as the late player is present and ready to play.
- 5) The team positioned on the court first and ready to play shall have the choice of starting goal ends, but if agreement to this cannot be reached between the two teams, starting ends will be decided by the Umpire.
- 6) Play is started at the beginning of each period of play by an backwards kick taken from the middle of the centre line dividing the court.
- 7) When any kick is taken to start a period of play, all players must be positioned within their own team's defence half, and no player from the team not taking the kick shall be closer than three metres from the ball prior to the kick being taken.
- 8) The Umpire shall toss a coin to determine which team shall have the kick off to start the match.
- 9) Teams will change goal ends during each interval, and the team to take the kick off to restart play in each period will alternate based on the team that took the kick off starting the match.
- 10) Play will be restarted after a goal has been scored by way of the ball being directed back into play by the Goal Keeper from the team that has just conceded the goal.

11. GENERAL PLAY

- 1) Outfield players are not permitted to:
 - a) Touch the ball with either their hands or arms
 - b) Lift their leg above hip height when attempting to kick the ball
 - c) Attempt to play the ball while either lying, sitting or kneeling on the ground
 - d) Attempt to tackle a player from behind a 180 degree plane
 - e) Attempt to tackle a player by sliding
 - f) Push another player
 - g) Back up to another player either with or without the ball
 - h) Use excessive body force against any player either with or without the ball
- 2) When delivering the ball back into play, the Goal Keeper must:
 - a) Either kick, throw or roll the ball within five seconds of gaining possession of the ball
 - b) Ensure that the ball bounces at least once before crossing the centre line
- 3) When the Goal Keeper delivers the ball back into play to one of his own players, the ball must touch at least one other player from either team before being played back to the Goal Keeper.
- 4) Goal Keepers are permitted to reach outside of the goal semi-circle to gain possession of the ball, but only in so far as they:
 - a) Do not use any net for support
 - b) Do not touch either the court surface or net outside of the goal semi-circle with any part of their body

12. NET USE

- 1) The net is considered to be an extension of the playing floor, with the lines of the court extending up the nets.
- 2) The nets may be used by a player to:
 - a) Regain balance
 - b) Avoid contact with another player
 - c) Gain possession of the ball
 - d) Pass the ball to another player

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- 3) Players are not permitted to:
 - a) Climb the nets
 - b) Jump into the net in any way that may damage the net
 - c) Hold onto the net whilst either possession of the ball or attempting to tackle a player that has possession of the ball.
 - d) Pass the ball whilst any part of their body is leaning on the net.
- 4) A free kick will be awarded to opposition team when a player is penalised for breaking the rules of net use.

13. FREE KICKS

- 1) All infringements of the rules are awarded as indirect free kicks unless the infringement occurs within two metres of the offending team's goal semi-circle, in which case they will be awarded as a penalty kick.
- 2) All free kicks shall be taken from the spot where the infringement occurred.
- 3) A free kick will be awarded if:
 - a) The ball is handled by any player other than the Goal Keeper
 - b) An Outfield player is ruled offside within the opposing team's goal semi-circle
 - c) A player touches any net with their hand whilst in possession of the ball or while attempting to tackle a player that is in possession of the ball
 - d) A player lifts their foot above hip height while attempting to kick the ball
 - e) A player attempts to tackle an opposition player from behind or by sliding
 - f) A player pushes or uses excessive body force against another player either with or without the ball
 - g) A player intentionally moves into the path of another player to obstruct their movement through the court.
 - h) A Goal Keeper receives the ball from a player in their own team that they have just passed the ball to, without the ball being touched by another player from either team. In this instance the offending player is deemed to be the player to which the Goal Keeper originally passed the ball
- 4) When a free kick is taken, all players from the offending team must be at least two metres from the ball until such time as the free kick has been taken.
- 5) When a free kick is awarded, the offending player must stand down against the closest net in line with where the free kick is to be taken and may not move until such time as the free kick has been taken.
- 6) A free kick may be taken by any member of the non-offending team other than the Goal Keeper.

14. PENALTIES

- 1) All penalties are taken from the penalty spot marked two metres out from the offending team's goal circle and are awarded if:
 - a) A free kick is awarded within two metres of the offending team's goal semi-circle
 - b) There is an infringement of the offside rule by a Goal Keeper
 - c) A Goal Keeper fails to direct the ball back into play within five seconds of gaining possession of it
 - d) The ball does not first bounce in a team's defence half before crossing the centre line after being directed back into play by their Goal Keeper
 - e) An Outfield player is ruled offside within their own goal circle
 - f) An player enters the court illegally
 - g) A player fouls an opposition player while they are attempting a shot at goal from within the offending player's defence half.
- 2) When a penalty shot at goal is to be taken:
 - a) The Goal Keeper must be positioned in the middle of the goal with both feet grounded, and cannot move from this position until such time as the player taking the penalty has played the ball.
 - b) All Outfield players from both teams must remain either level with or behind the ball until such time as the player taking the penalty has played the ball.
 - c) The player taking the penalty is only allowed to take two paces immediately prior to playing the ball.
- 3) A Goal Keeper is not permitted to take a penalty shot at goal during normal time or over time period.
- 4) If any of the rules detailed in Rule 14(2) above are broken, the Umpire can either order the penalty to be retaken, or rule no goal if the infringement was made by a member of the team awarded the penalty.
- 5) If a penalty shot at goal is unsuccessful, the ball is deemed live and play continues.
- 6) Each team is only permitted to make a maximum of three infringements during each period of play, with a fourth and any subsequent infringements resulting in a penalty kick being awarded to the opposing team.

15. DROP BALL

- 1) The Umpire shall call for a drop ball:
 - a) When play is either congested or deemed to have the potential for injury to any player

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- b) After a stoppage in play and the Umpire is unable to determine which team was in possession of the ball
- 2) When performing a drop ball, the two players:
- The two players shall be determined by the Umpire
 - Must stand facing the way their team is attacking
 - Must be at least one metre apart
 - Wait for the ball to hit the ground before attempting to play the ball

16. PLAYERS SENT FROM THE COURT

- In addition to the other penalties detailed in these rules, Umpires also have the ability to issue players with either “Yellow” or “Red” cards. These cards will only be issued by an Umpire if in their opinion the normal penalty for the infringement being penalised is insufficient, or if the player being penalised is found to be constantly infringing the rules of the game.
- Any player receiving a “Yellow” card from an Umpire must leave the court for the length of time specified by the Umpire at the time of being sent off. The period of time is at the Umpire’s discretion and is determined by the degree of the offence being penalised.
- Any player receiving a “Red” card from an Umpire must leave the court for the duration of the match.
- Any player receiving two “Yellow” cards in the same match will automatically be issued with a “Red” card from the Umpire.
- All players receiving a “Red” card must stand down from their team’s next competition game, and may also face further disciplinary action from Stadium Management.
- With the exception of the Goal Keeper, no player that is sent from the court is permitted to be replaced.
- If a Goal Keeper is sent from the court, they can only be replaced by a player that is already on the court, and the team must play a player short until such time as the player sent from the court is permitted to rejoin the match.
- Stadium Management reserves the right to impose any length of playing restriction it deems appropriate on any player for either repeated or serious breaches of the rules contained in this book, and any such restrictions shall be final and not subject to appeal.

17. PROFESSIONAL FOULS

- A professional foul is any offence that the Umpire believes has been intentionally committed to affect the outcome of a game and any such offence can be penalised at any stage of a game.
- A professional foul can be awarded by an Umpire when a team:
 - Intentionally wastes time to delay play
 - Intentionally breaks any rules of the game in order to place the non-offending team at a disadvantage
- When a professional foul is penalised, the Umpire will:
 - Stop the clock for a maximum of two minutes
 - Award the non-offending team with a penalty kick at goal
- After the kick has been taken, and regardless of whether it is or is not successful, the clock and play will be re-started by a free kick taken at the half way line by the non-offending team.

18. DISCIPLINE

- The breaking of rules or the employment of any actions not covered by the wording of these rules, in any manner deemed contrary to the spirit of the game will not be tolerated.
- If a player breaks any of these rules either between the scoring of a goal and the re-start of play or between the awarding and taking of a penalty, the Umpire shall penalise the infringement immediately unless by doing so this would place the non-offending team at a disadvantage.
- In addition to any other penalties detailed within these rules, the Umpire also has the ability to award either a five metre forward gain in court position or a penalty shot at goal to an opposition team when any player deliberately and/or consistently persists in playing in what is considered to be a non-sportsmanslike manner.

19. ETIQUETTE

- To gain full enjoyment out of any sport, regardless of the reason for participation, each game must be played in good spirit and with a degree of self control.
- Foul and abusive language or behaviour will not be tolerated under any circumstances. Such behaviour is detrimental to any sport and will be penalised by the Umpire. Repeated offences could result in either a player or team being ejected from the game or competition in which the behaviour occurred, and banned from competing in any future events held within any Action Indoor Sports Stadium.



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20. POINTS SCORING SYSTEM

- 1) The following points scoring system will be applied to the Round Robin Section of all seasonal competitions:

Win	4 Points
Draw	2 Points
Loss	0 Points
Default Win	4 Points
Default Loss	-4 Points

- 2) In addition to the above points, any team losing a match by three goals or less will be awarded one bonus point.

21. LADDER POSITION

- 1) When determining the order of teams at the conclusion of all Round Robin matches, the positions will firstly be determined by points, secondly by the number of matches won, thirdly by the number of bonus points awarded, and lastly by goal difference.
- 2) For this purpose, a draw is considered as half of a win, and goal difference is calculated by dividing the goals scored by a team by the goals conceded by that team for a percentage result.

22. OVER-TIME

- 1) Over-time will only be played when an elimination match is drawn at the conclusion of normal playing time.
- 2) Normal playing rules apply to any period of over-time with the following exceptions:
- Over-time will consist of one five minute period of play.
 - Players may be interchanged prior to the start of the overtime period
 - The first team to score during an overtime period will be declared as the winner of the match
- 3) If there is no score at the end of the overtime period the two teams will then take part5 in a penalty shoot out

23. PENALTY SHOOT OUT

- 1) The four players on court at the end of the over-time period are the only four players permitted to take part in a penalty shoot out and Goal Keepers are not permitted to change.
- 2) During a penalty shoot out:
- All shots must be taken at the same end of the court
 - Each player from each team, including the goal keeper, must take one shot at goal
 - No team may take two shots in succession
 - All players that are not taking part in a shot at goal, must be positioned in the opposite half of the court
 - Each team decides the order in which their players will shoot
 - The ball can only be played at once by the player taking the penalty
 - The team that scores the most goals during a penalty shoot out is deemed the winner of the game.
- 3) If the scores are still tied at the end of the penalty shoot out, a sudden death shoot out will take place

24. SUDDEN DEATH SHOOT OUT

- 1) The four players on court at the end of the penalty shoot out are the only four players permitted to take part in a sudden death shoot out and Goal Keepers are not permitted to change.
- 2) During a sudden death shoot out:
- All shots must be taken at the same end of the court
 - All players that are not taking part in a shot at goal, must be positioned in the opposite half of the court
 - Players from each team will be split into pairs, with a pair consisting of one player from each team
 - Each team decides which pair each of their players will shoot in, and the order in which the pairs shoot is maintained throughout the shoot out.
 - Each player from each pair has one shot at goal
 - If neither player from a pair scores, the next pair will have one shot at goal each
 - If both players from a pair score, the next pair will have one shot at goal each
 - If only one player from a pair scores, the scoring players team will be declared the winner of the match

END OF RULES

All teams should also make sure that they read a copy of our Stadium Policy so that they are fully aware of all playing conditions pertaining to our seasonal competitions.