

INDOOR 4v4 SOCCER LEAGUE RULES

FIFA rules apply unless modified below

Player Registration

- All players must be **registered before participating in league play.**
 - Players may only play on the **team they are rostered on.**
 - No guest players allowed
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Rosters

- Teams may add players during the season at a prorated rate
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Players and Substitutions

- Teams may have **up to 8 players** on a roster.
 - **4 players are on the field at a time.**
 - **No goalkeepers** are used.
 - Substitutions may occur at **any dead ball** or on the fly with referee approval.
 - Players must enter the field at their team's goal area.
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Gender Rules

- All leagues are coed
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Equipment

- **Shin guards are required** for all players.
 - Players without shin guards will not be allowed to play.
 - Teams are responsible for providing a game ball unless otherwise noted.
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Field Dimensions

- LSC Indoor field size is **56 feet wide by 95 feet long**.
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Goal Box

- The goal box is **8 feet wide by 4 feet deep**, directly in front of each goal.

Goal box rules:

- No player may **touch the ball while inside the goal box**.
 - Players may run through the box, but:
 - If a **defender touches the ball** inside the box, a **penalty kick** is awarded.
 - If an **offensive player touches the ball** inside the box, a **goal kick** is awarded to the defense.
 - If the ball stops inside the box, a **goal kick** is awarded to the defense.
 - Any part of the player or ball touching the line is considered **inside the goal box**.
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Game Duration

- **5/6 age group**
 - 32 minutes total
 - Four 8-minute quarters
 - **7–12 age groups**
 - 40 minutes total
 - Four 10-minute quarters
 - Goals must fully cross the goal line before time expires to count.
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Offside, Sliding, and Heading

- **No offside.**
- **No slide tackling.**

- **No heading** is allowed.

Heading Rule

- If a player deliberately heads the ball, the opposing team is awarded an **indirect free kick** at the spot of the offense.
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Five-Yard Rule

- Defenders must remain **five yards away** on all restarts.
 - If the ball is too close to the goal box, it will be moved back five yards in line with the restart.
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Kick-Ins

- All sideline restarts are **kick-ins**, not throw-ins.
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Indirect Kicks

- All restarts are **indirect**, except:
 - Corner kicks
 - Penalty kicks
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Goal Kicks

- Goal kicks may be taken from **anywhere along the end line**, outside the goal box.
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Kickoffs

- Kickoffs may be taken in **any direction**.
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Penalty Kicks

- Penalty kicks are awarded when a clear scoring opportunity is denied.
- The kick is taken from **midfield**.

- All other players must remain behind midfield.
 - If no goal is scored, the defending team is awarded a goal kick.
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Player or Bench Ejection

- Referees may eject players or bench personnel for misconduct.
 - A red card results in removal for the remainder of the game and may include additional league discipline.
 - Teams continue play with **3 players** when possible.
 - If a coach or staff member is ejected and cannot be clearly identified, the head coach present will be held responsible.
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Sportsmanship

- Players, coaches, and spectators are expected to behave respectfully at all times.
 - Referee abuse or repeated poor sportsmanship may result in removal from the facility or league discipline.
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Forfeits

- A forfeited game is recorded as a **5-0 win** for the opposing team.
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Miscellaneous

- Any situation not covered in these rules will be decided by **League Directors**.