LAWS OF THE GAME – Youth Indoor Soccer

(Modified: July 29, 2026)

Schedules and Results for the league will be posted online at www.uscore-soccer.com

RESPONSIBILITIES OF THE COACH

1. Read and know the rules. Have a team meeting to ensure all members of the team know the rules.
2. Control teammates and your spectators.
3. Represent your team at any league meetings and during games. There may or may not be league meetings.
4. Ensure that all team members are properly registered and have been added to the team roster and game day roster. Do not play illegal players.

UNIFORMS

1. The uScore Soccer Recreational kit is required by all players in uScore Recreational Leagues, unless an approved alternate jersey has been granted by the Soccer Director. In select leagues, teams provide their own uniforms.
2. The HOME team wears the LIGHT color shirt. The AWAY team wears the DARK color shirt.

ROSTER AND ELIGIBILITY

1. Players can only play for one team in a given league for recreational leagues. There is no limit to players playing in multiple leagues. Select leagues may have unique rules.
2. Violation of any of the above may mean forfeiture of the game and/or season.

SIDELINE PERSONNEL

1. Only approved and verified coaches can be on the sideline for games. Siblings, parents, etc are not allowed on the player sideline.

TEAM FORMATION

1. Teams are formed as follows:
    a. U5 - U6 | 4v4 | Small Goals (4v4 no GK)
    b. U7 | 4v4 | Big Goals (3v3 plus GK)
    c. U8-U9 | 5v5 | Big Goals (4v4 plus GK)
    d. U10-U14 | 7v7 | Big Goals (6v6 plus GK)
2. A game may start with as few as 4 players on 7v7 field and 3 players on 4v4 or 5v5 field.
3. There is no grace period for late teammates.

KEEPING GAMES COMPETITIVE IN YOUTH LEAGUES

1. In Youth Recreational Leagues, referees and coaches should understand that upon a 5-goal differential, the trailing team may add an additional player. When the game gets within 3 goals, the additional player must be removed. We do this in the interest of keeping games competitive.

RULES

1. **Players and Game Length**
    a. Substitutions are made “on the fly”, but players may not enter the field of play until the player coming off is within 5 ft. and not involved in the play during the substitution. The referee will use discretion if there is a substitution violation.
    b. A game consists of 2 periods of 22 minutes for 5v5 and 7v7 leagues. For 4v4 leagues, games are 20 minutes. The clock runs continuously. There is a 2-minute break between periods. The referee has the option to turn off the clock in the final minute of each half and control the time themselves in the event of a close game. This allows the referee to manage teams which may be trying to delay the game for their benefit.
2. **Restarts**

   a. A kick-off is used at the beginning of each period and after each goal. The first touch does **not** have to go forward. Kick-offs are indirect.
   b. All fouls in all Youth Leagues will result in Indirect Free Kicks (except for Penalty Kicks). The opposing team must be 7 yards away from the ball on a free kick, or half the distance to the goal.
   c. Infractions occurring within the Penalty Box that are Indirect in nature will be taken from the nearest spot on the Goalie Arc.
   d. Penalty Kicks are taken from the dash inside the arc in Youth Leagues.
3. **A Ball Out of Play** refers to any time the ball hits the net or leaves the field of play. A sideline restart allows the player to restart the game by passing the ball in with their feet. Players may have one foot on the dotted line for a restart. The ball must be near the dotted line but doesn't have to be on it or inside it.
4. **Goals**
   a. Goals are scored as one point. A goal is scored when the entire ball has passed over the goal line, between the goal posts and under the crossbar, provided it has not been intentionally thrown, carried, or propelled by the hand or arm of a player on the attacking side.
5. **Fouls**
   a. **No Slide Tackles -** Slide tackles are defined as a player leaving their feet, and finishing the play on the ground, in an attempt to challenge an opponent with a ball. When it is determined that a player is extending their leg(s) to block a shot or a pass, and there is no danger of collision with an opponent, the referee may not call a violation. Slide tackles do not pertain to goalkeepers within the Goalkeeper Area. When a goalkeeper leaves the area, they are treated like a field player. (Restart Result = Direct Kick)
   b. In accordance with US Soccer Mandates, **Heading is not allowed in U12 and Younger Leagues**. The result is an indirect free kick from the spot of the foul.
   c. **3 Line Violation** occurs when a player kicks a ball that goes passed all three lines **in the air** without being touched by another player (teammate or opponent). An indirect free kick is awarded to the opposing team. The ball is placed on the center of the line, closest to the kicking team's goal in the attacking half. (Restart Result = Indirect Kick)
   d. **A Roof Ball** is a ball that is touched by a player and then hits the beams, lights, net, or any other part of the roof without being deflected, whether intentional or unintentional. The restart occurs below the nearest spot to where the ball hit the roof. (Restart Result = Indirect Kick)
6. **Goalkeepers**
   a. Goalkeepers may only throw the ball or set it down to play it. Punts and Drop Kicks are not permitted. (Restart Result = Indirect Kick – or a redo at the referee's discretion)
7. **Offside**
   a. Will not be called on 4v4 or 5v5 fields.
   b. Will be called on the 7v7 field beyond the attacking yellow line (in the final third) only.
   c. Will not be called on a rebound if a shot hits the wall between the two corner kick marks.
   d. Will be called on a shot if a player is in a position that interferes with the GK's attempt to make a save.
   e. There is no offside in Select Leagues.
8. **Restraining Line**
   a. The yellow (4v4 or 7v7) or white (5v5) restraining lines will be used. This means that when the GK gets the ball in their hands, or on a goal-kick restart, the opposing team cannot pressure the opposing team beyond that line until the ball is received by the opposing team. If the restart goes beyond the line, then pressure can be immediate.
   b. If the GK sets the ball down at their feet, then this becomes a live ball and the opposing team can pressure.
   c. Once the GK sets the ball down, they cannot pick the ball up again, unless an opposing player touches the ball first.
   d. There is no restraining line enforcement in Select Leagues.
9. **Referee Decisions**
   a. Referee decisions are final. There will be no video reviews of any kind at any time when it pertains to referee decisions.

b. Expect a few referee errors (also expect coach errors, player errors, and parenting errors). It is a part of soccer and a part of life. We all must learn to properly manage our disagreements.

10. **Yellow Cards**
    a. Yellow Cards can be given by the referee for the following infractions:
        i. Serious or Intentional Foul (Restart Result = Direct Kick)
        ii. Use of foul language after a verbal warning is given to the entire team. (Restart Result = Indirect Kick)
        iii. Show of Disrespect to officials, fans, the facility, or opponents. (Restart Result = Indirect Kick)
        iv. Spitting on the field of play. (Restart Result = Indirect Kick)
        v. Persistent violation of game rules.
    b. **When a Yellow card is shown** to an individual on the field or the bench area, it means that the team must play a man down for the next two (2) minutes. For a bench area player receiving a yellow card, the team must select one player on the playing field to sit out for the obligatory 2 minutes. If the team who is playing with fewer players gets scored on, then they may immediately return a player to the field (except for the player who was sent off). If the team has no other players, then they will continue to play short until the time penalty is served. If a GK is given a yellow card, they must serve the penalty. Another player may rotate into the goal, provided they are marked as a GK by having a different color shirt. The team still must play down until the penalty is served.

11. **Red Cards**
    a. Red Cards will be given to players for:
        i. Fighting, Retaliating, or Attempting to Start a Fight
        ii. Violent conduct: kicking or striking another player
        iii. Verbal or physical abuse of a referee, teammate, opponent, fan, or employee of uScore Soccer
        iv. Spitting at an Opponent
        v. Players or coaches with gum on the sideline, or on the field.
        vi. A Second Yellow Card
    b. If a red card is shown, the receiving player is suspended for the remainder of the game, and the team must play down a man for 3 minutes regardless of if the red carded player was on the field or on the bench when the card was shown. If the red-carded player is in the bench area, the team must select one player on the playing field to sit out for obligatory 3 minutes. After the 3 minute period, a substitute may join the game.
    c. Red Carded players MUST sit out the next game. No Exceptions!
    d. <u>The management may issue a multiple game suspension for any action that the management deems as appropriate.</u> These actions include, but are not limited to: fighting, retaliating, foul and/or abusive language directed at another player, referee, manager, or patron, or conduct detrimental to the business. If the management deems necessary, they may ban a player from the facility for multiple weeks which would mean the player would miss all games in all leagues for that period of time.

12. **Complaints**
    a. Use the complaint form at the front desk to issue your formal complaint. All complaints must be supported by matters of “fact” and not opinion-based judgments. For example, “we think the ref called too many fouls”, is not a matter of fact, but rather an opinion. “The ref doesn’t like me,” is an opinion.
    b. The front desk staff are not able to solve many problems immediately. Please write down the complaint, and it will be read by the management; provided it is a fact-based complaint validated with supporting evidence.

13. **Refunds**
    a. There are no refunds given for games missed due to injuries, illnesses, suspensions, or travel.

Glossary of Fouls

D = Direct; I = Indirect

Boarding is pushing, charging, or crowding an opponent into the perimeter wall. What might be a legal shoulder charge in the middle of the field may be boarding if it runs an opponent into the wall. Boarding can result in a Yellow Card if the referee deems the foul as severe. (D)

Delay of Game is called when a player or team is deliberately trying to slow down the progress of the game. Holding the ball after a goal and kicking away the ball after a foul are examples of delay of game. Other "Delay of Game" calls may be determined as necessary by the referee. The referee may add time after this infraction is called. (I)

Double Touch is the violation that occurs when a player taking a kickoff or other restart plays the ball a second time before it is touched by another player (teammate or opponent). You cannot double touch the ball on a kickoff or restart (including goalkeeper throw in) even if it hits the wall or referee before it comes back to you. (I)

Goalkeeper on the Ground - The goalkeeper is the only player allowed to play the ball while on the ground as long as, in doing so, he is not creating a dangerous play and remains within the arch. (I)

Hand Ball is a foul that is called when a player intentionally hits the ball with his hand or arm or when it is unintentional but causes a direct advantage for said player. A player may not deliberately carry, strike, or propel the ball with his hand or arm (except the goalkeeper inside his own arch). A player who prevents a goal being scored by intentionally handling the ball is given a yellow card 2 minute time penalty, and a Penalty Kick is awarded. (D)

Obstruction is impeding the progress of an opponent when not being able to play the ball yourself. You are obstructing if you run between your opponent and the ball or use your body as an obstacle but cannot play the ball yourself. (I)

A **Roof Ball** is a ball that is touched by a player and then hits the beams, lights, or any other part of the roof without being deflected, whether intentional or unintentional. The penalty is 1 minute. The team may not substitute during this penalty. (I)

Shadowing the Goalkeeper is a foul that occurs when a player follows the opposing goalkeeper inside the arch and obstructs the goalkeeper from the play. (I)

Slide Tackling is not allowed. In the interest of safety, if a knee touches the ground in a player on player contact scenario, a "slide" may be called based on referee discretion. The result is a restart and possibly a Yellow Card if the referee deems the foul to be severe. (D)

Violent Conduct is physical force that injures or abuses any individual or damages facility property. Violent Conduct is also any verbally or physically threatening action towards any individual. Violent Conduct may lead to the removal of a player from the game and the league. (D)