



Indoor 4v4 Soccer Rules - Updated November 19, 2025

LIGHT BLUE = Home DARK BLUE = AWAY

Sporting LS is designed to provide teams and players an opportunity to enjoy the game of soccer in a friendly environment. We are all here to keep touches on the ball during the winter months and to get competitively balanced matches in a positive environment. Aggressive play and dissent towards referees, teammates, or opponents will not be tolerated. The league will not provide awards for standings so please keep the spirit of the game positive and have fun.

GENERAL:

- FIFA Laws of the game shall apply except as amended herein.
- Lack of knowledge of these rules will not relieve a coach, team official, parent or player of a team from the responsibilities and possible penalties herein. All clubs, team officials, parents and players participating in play agree that they are bound by these rules.

FORMAT:

- 4 players per side consisting of 4 field players and no goalkeeper

DURATION OF GAME:

- Games consist of two, 24-minute halves with a brief 2 minute halftime.
- Duration of games may be shortened based on unusual circumstances and at the discretion of League Commissioners.
- The clock shall only be stopped for serious injuries and a decision will be made by commissioners / referee about remaining time. The league must take into consideration the day's schedule of games. Time may not be added to keep games on schedule.
- League games can end in a tie.

AGE GROUPS:

- U5 through U10 age groups determined by birth year. Rec teams are organized by grade so when rec teams play in pre competitive brackets some of their players may be older.
- If a player's age is questioned via protest, proof of age must be supplied immediately by one of the following:
 - Birth Certificate, Passport, Driver's License or State ID

- MYSa or KYSA Player card with picture

COACH / ADULT:

- All teams must have a coach / adult supervisor on the bench with the team at all times. This person shall be on the roster, have a waiver of liability on file and be 18 years of age or older.

THE BALL:

- All leagues will play with official Futsal balls.

PLAYER EQUIPMENT:

- Players must have jerseys of a similar color and style.
- It is recommended that the HOME team wear white or light colors and the visiting team wear dark colors.
- Color Conflict - Visiting team is required to change team colors.
- Shin guards are REQUIRED and must be covered completely by socks.
- Indoor turf, flat soled soccer shoes, or molded soccer cleats are allowed (no screw ins, no football "toe" cleats).
- Earrings, jewelry, hair beads, braids, dreadlocks, headbands, bandanas, ponytail holders, etc...being allowed each game is left up to the discretion of the referee. If he/she deems it to be dangerous, unnecessary or possibly being used as a weapon, the referee may instruct the item to be removed, taped, or pinned up. Failure to comply will result in that player being removed from the game until the problem is corrected.
- Cast, knee braces, anything except shin guards made of rigid material must be covered with at least ½ inch foam and must be approved by the referee. All edges must be completely covered so they do not show.
- Protective headgear is optional.

ROSTERS:

- Roster max of 10 players.
- Only Rostered Players will be allowed to play. Teams must complete TEAM ROSTER FORM
- Player(s) may be added to the roster prior to the start of the third league game.
- Player(s) may only be deleted from the team roster prior to the first league game.
- Players are allowed to cross roster on teams that split to form two teams AND we allow players to roster on more than one team .
- Players are allowed to play in multiple divisions and be rostered on multiple teams but they must be rostered to each team.
- Playing with non-rostered players is against the rules unless the opposing team agrees to allow them prior to the start of the game. This would be typically done to avoid a forfeit. If the opposing team agrees to play the game will be scored as played.

MINIMUM PLAYERS TO START GAME:

- 2 Players
- A FORFEIT WILL BE AWARDED IF A TEAM HAS FAILED TO FIELD THE MINIMUM NUMBER OF PLAYERS WITHIN SIX (6) MINUTES OF GAME START TIME.
- Additional Reasons for Forfeits
 - Not enough players to start or continue a game.

- Misconduct of players, coaches and/or spectators may result in a Forfeit if determined by league commissioners and referees.
- Using non-rostered players is an automatic forfeit.
- Using players out of age range for division will result in a forfeit.

PLAYER BENCHES:

- At Zsports there are designated player benches for 4v4 field
- At Apex Sports Hub players will set up their bench areas in the area between fields. Each team should take a side to allow both teams to substitute from the midline of the field. Sidelines are tight so we need all balls and additional equipment secured in bags and organized neatly away from the sideline.

START OF PLAY:

- The team listed on the game schedule as Home Team will kick off first.
- A kick off will start the game and restart the game after a goal has been scored.
- Teams will not switch sides at half time.
- The kickoff is an indirect kick and may not be scored directly.
- **The ball may be played in any direction from the kickoff including backwards**

SUBSTITUTIONS:

- Substitute players are to remain in the player bench area until ready to substitute into the game
- All substitutions can be made on the fly OR on out of bounds dead balls (referee can stop play).
- A substitute may not enter the pitch until the player leaving the pitch is within 1 yard of the substitution door.
- Players can not jump the wall to substitute.

OUT OF BOUNDS:

- The ceiling will be considered out of bounds. When the ball hits the ceiling, the play will be called dead and the ball will be placed on the field directly below the point of impact. If the ball touches the ceiling within the goalkeeper arc the ball will be placed on the arc closest to the point of contact. The resulting kick-in will be indirect.
- We will play the wall in the 4v4 league. When the ball touches the side and end netting the ball is considered out of bounds. An indirect kick is awarded on the touchline, penalty box or corner spot. All kick-ins are indirect with the exception of a corner kick. Players have 4 seconds to put the ball in play or it will result in a turnover to the opposing team.
 - NOTE: Zsports has walls around the 4v4 field
 - NOTE: Apex Field 1 and 3 will have one side of the field with a wall - we will play off that wall. If the ball goes into the goals built into the wall the ball is out of bounds. Balls out of bounds will be restarted with kick ins.

KICK-INS:

- All kick-ins are indirect. The ball must be placed on the line or no more than 10 inches behind the line and the kick must be made within 4 seconds.
- A kick-in that goes directly in the opposing goal is a goal kick for the opposing team.
- A kick-in that goes directly in the defensive goal is a corner kick of the opposing team.

GOAL KICKS:

- Are taken when the ball wholly crosses the end line and not under the crossbar and between the goalposts and after being touched last by the attacking team. A goal kick is an indirect kick and is taken from anywhere on or within the goal box.

BUILD OUT LINE:

- The 4v4 league will utilize a build out line during games. The build out line will be the half field line. On all goal kicks, opposing players must retreat behind the half field line and cannot cross until the ball is played AND has been touched by an offensive player. The build out line is to promote playing the ball out of the back and to help young players develop passing and technical abilities.

CORNER KICKS:

- Corner Kicks are direct. The ball must be placed directly on the corner arc and the kick must be taken within 4 seconds of the ball being placed. If the kick is not taken within 4 seconds the restart becomes a goal kick for the opposing team.

KICK-OFFS:

- A goal may not be scored directly from a kick-off. The ball must be played at least one revolution. Kick-offs will be allowed to be played in any direction.

FREE KICKS:

- All dead-ball kicks (kick-ins, kick-offs, free kicks) are indirect with the exception of corner kicks and penalty kicks.

FIVE YARD RULE:

- In all dead ball situations, defending players must stand at least 5 yards away from the ball. If the ball is closer to the goal than 5 yards the ball will be placed five yards from the goal box in line with the direction of play prior to the penalty.

PENALTY KICKS:

- Shall be awarded if, in the referee's opinion, a scoring opportunity was nullified by an infraction (the infraction does not automatically result in a card). Penalty kicks are direct kicks taken from the center of the midline with all players (on both teams) behind the midline. Penalty kicks are dead ball infractions. If a goal is not scored, the defense obtains possession with a goal kick.

GOAL SCORING:

- **Goals can only be scored on the offensive end of the field - must cross half field to score unless touched**
- If a player on the defensive half kicks the ball across the midline and the ball hits another player (offensive or defensive) and the ball goes in the goal, a goal is awarded.
- If the ball is kicked from the defensive half and is not touched before the ball rests in the goal, a goal kick is awarded to the defensive team.

COMPETITIVE BALANCE RULE:

- The goal for everyone is to have matches that are competitively balanced. If a team falls 5 goals behind at any given point in the game, they are allowed to add one field player for every 5 goals down. Teams winning by large margins may allow the opposing team to add additional players to the field until the

match becomes balanced. If the score returns to a 4 goal difference, both teams must return to the normal 4v4 format.

SLIDE TACKLING:

- **No slide tackling allowed** - slide tackling will be defined as anything other than the feet touching the ground when attempting to take the ball away from an opponent. Players may slide to save balls from going out of bounds when other players are not challenging. The rule is no tackling.

OFF SIDES:

- There shall be no offsides rule in effect.

HEADING:

- NO HEADING of the ball u10 and under age groups.
- Any instance where there is intentional contact with the ball and a player's head will be whistled a dead ball and an indirect kick will be awarded to the opposing team.
- All heading incidents are at the discretion of the referee.
- If heading occurs in the box then there shall be an indirect free kick at the edge of the goalkeeper arc closest to the incident

YELLOW CARD / CAUTION:

- The offending player is shown a yellow card - they must sub off following a yellow card. If a player is shown two yellow cards in a match, he / she is shown a red card.

RED CARD / SEND OFF:

- The offending team plays with one less player for two full game minutes or unless scored upon before the two-minute penalty expires. The offending player serves a minimum one-match suspension. Suspension will be determined by official and league management.
- Assaulting a referee, official, participant or spectator will be suspended indefinitely from all league participation.
- An "Assault" shall be defined as an attempt to commit a battery upon a person; and an act which is close to accomplishment shall be sufficient to constitute an assault upon a person. Local authorities will be notified.
- Should a coach of a team be unable to control a player's or spectator's actions after a red card is issued, the coach will also be suspended as outlined above.
- Fighting: Zero tolerance policy - anyone fighting will be ejected from said game and suspended for a minimum of two games and up to permanently. Anyone threatening or stalking another player, coach, staff, referee or spectator will also be ejected and reported to the local authorities.

REFEREE AUTHORITY

- Referee authority applies to enforcing the laws of the game. All calls are the judgement of the Referee and are final. Any and all calls made by the Referee are not subject to protest. The Referee has the ability to present a red card prior to, during, and after a game. If a referee has issued 3 red cards within a game, he or she is to halt the game and contact the league. At which point, the league management has the

discretion to terminate the game. It is the sole authority of the league management to determine a player/team suspension.