

# **ERRC Youth Indoor Soccer Rules**

## **Age Divisions:**

6U (5-6)

8U (7-8)

10U (9-10)

12U (11-12)

## **6U Division:**

- 6U division will play 5 vs 5 (No Goalie)
- All participants must wear athletic footwear. No boots or hard sole shoes. Shin guards are required. NO CLEATS.
- Running clock with 4, 7-minute quarters. Running clock, will only stop for injuries
- Coaches can use the 7-minute mark of each half to meet with their teams and substitute.
- No score will be kept for this age group
- Goals are scored when the entire ball crosses the goal line
- The field will consist of the entire gym surface. No out of bounds. Players can play the ball off the walls
- One coach is allowed on the court if needed
- Kick-offs may be played in any direction. Home team gets the ball first. 2<sup>nd</sup> half the away team starts with the ball.
- There is no offside rule. Penalties to enforce are handballs and pushing/rough contact.
- No heading the ball
- Breakaway fouls (i.e. push from behind) with the opportunity to score or handball to save a goal will result in a penalty kick from the penalty mark (Labeled on the court). Other common fouls (non-break away fouls) will result in an indirect free kick.

- When an indirect kick is awarded, it is taken from the spot where the foul was committed. The player taking the kick cannot touch the ball again until it has touched another player.. Must pass to another teammate.

## 8U Division:

- 8U division will play 5 vs 5 with a goalie. 4 on the field, 1 in the goal
- All participants must wear athletic footwear. No boots or hard sole shoes. Shin guards are required. NO CLEATS.
- Running clock with 4, 7-minute quarters. Running clock, will only stop for injuries.
- Coaches can use the 7-minute mark of each half to meet with their teams and substitute.
- Goalies will wear a different color penny provided by ERRC staff
- Goalie can only pick up the ball with their hands in the goalie box (Basketball Key, rectangle inside the 3-point line) Anything outside the goalie box, the goalie must only use their feet to pass the ball to a teammate. While inside the goalie box, the goalie can roll the ball to a teammate, no punting!
- Once the goalie has possession of the ball, all opposing players must retreat to the middle of the court
- No score will be kept for this age group
- Goals are scored when the entire ball crosses the goal line.
- The field will consist of the entire gym surface. No out of bounds. Players can play the ball off the walls
- Coaches must stay inside the coaching box while the game is being played.
- Kick-offs may be played in any direction. Home team gets the ball first. 2nd half the away team starts with the ball.
- There is no offside rule. Penalties to enforce are handballs and pushing/rough contact.
- No heading the ball
- Breakaway fouls (i.e. push from behind) with the opportunity to score or handball to save a goal will result in a penalty kick from the penalty mark (Labeled on the court). Other common fouls (non-break away fouls) will result in an indirect free kick.
- When an indirect kick is awarded, it is taken from the spot where the foul was committed. The player taking the kick cannot touch the ball again until it has touched another player.. Must pass to another teammate.

- There are no slide tackles. This means no sliding in front or behind a person to steal the ball.

## 10U Division:

- 10U division will play 4 vs 4 with a goalie. 3 on the field, 1 in the goal
- All participants must wear athletic footwear. No boots or hard sole shoes. Shin guards are required. NO CLEATS
- Running clock with 4, 8-minute quarters. Running clock, will only stop for injuries
- Coaches can use the 8-minute mark of each half to meet with their teams
- Substitution can be done on the fly. Coaches must open the door and call which player to substitute out
- Goals are scored when the entire ball crosses the goal line.
- Score will be kept for this age group. We will have an end of the season tournament on June 3<sup>rd</sup>
- Goalies will wear a different color penny provided by ERRC staff
- Goalie can only pick up the ball with their hands in the goalie box (Basketball Key, rectangle inside the 3-point line) Anything outside the goalie box, the goalie must only use their feet to pass the ball to a teammate. While inside the goalie box, the goalie can roll the ball to a teammate, no punting!
- Once the goalie has possession of the ball, all opposing players must retreat to the middle of the court.
- The field will consist of the entire gym surface. No out of bounds. Players can play the ball off the walls
- Coaches must stay inside the coaching box while the game is being played.
- There is no offside rule. Penalties to enforce are handballs and pushing/rough contact.
- No heading the ball
- Breakaway fouls (i.e. push from behind) with the opportunity to score or handball to save a goal will result in a penalty kick from the penalty mark (Labeled on the court). Other common fouls (non-break away fouls) will result in an indirect free kick.

- When an indirect kick is awarded, it is taken from the spot where the foul was committed. The player taking the kick cannot touch the ball again until it has touched another player.. Must pass to another teammate.
- Overtime will be decided by (3) penalty kicks

## 12U Division:

- 10U division will play 4 vs 4 with a goalie. 3 on the field, 1 in the goal
- All participants must wear athletic footwear. No boots or hard sole shoes. Shin guards are required. NO CLEATS
- Running clock with 4, 8-minute quarters. Running clock, will only stop for injuries
- Coaches can use the 8-minute mark of each half to meet with their teams
- Substitution can be done on the fly. Coaches must open the door and call which player to substitute out
- Goals are scored when the entire ball crosses the goal line.
- Score will be kept for this age group. We will have an end of the season tournament on June 3<sup>rd</sup>
- Goalies will wear a different color penny provided by ERRRC staff
- Goalie can only pick up the ball with their hands in the goalie box (Basketball Key, rectangle inside the 3-point line) Anything outside the goalie box, the goalie must only use their feet to pass the ball to a teammate. While inside the goalie box, the goalie can roll the ball to a teammate, no punting!
- Once the goalie has possession of the ball, all opposing players must retreat to the middle of the court.
- The field will consist of the entire gym surface. No out of bounds. Players can play the ball off the walls
- Coaches must stay inside the coaching box while the game is being played.
- There is no offside rule. Penalties to enforce are handballs and pushing/rough contact.
- No heading the ball

- Breakaway fouls (i.e. push from behind) with the opportunity to score or handball to save a goal will result in a penalty kick from the penalty mark (Labeled on the court). Other common fouls (non-break away fouls) will result in an indirect free kick.
- When an indirect kick is awarded, it is taken from the spot where the foul was committed. The player taking the kick cannot touch the ball again until it has touched another player.. Must pass to another teammate.
- Overtime will be decided by (3) penalty kicks