FAST FEET INDOOR SOCCER LEAGUE INFORMATION 2026-2027

LOCATION:

Boys & Girls Club of Story County, 210 S 5th Street, Ames, IA 50010

EQUIPMENT:

Indoor shoes only (**NO CLEATS**).

Do **NOT** bring balls into the building as game balls will be provided.

Teams can wear their regular uniform, or we will provide pinnies for those that do not have uniform.

Shin Guards **MUST** be worn. No shin guards = NO play!

FACILITY RULES:

NO food or gum to be taken/chewed in the gym.

NO running/playing around in facility. Participants are restricted to the gym space and restrooms only.

CONTACT INFORMATION:

Gary Eyles, (515) 360-5117 or amesdoc@gmail.com

WEATHER CANCELLATION:

- Emails will be sent out as soon as possible
- Notice published on Ames Soccer Club website www.amessoccer.org
- Posted on social media Ames Soccer Club Facebook and Twitter

FAST FEET SOCCER LEAGUE RULES

1. The league will provide the futsal game ball (smaller and heavier than regular outdoor balls).
2. Format is 7U – 14U 5 vs. 5 includes goalkeeper on larger goals, U15-U19 is 4 vs. 4 includes goalkeeper on large goals.
3. Home team (1st team listed on schedule) will kick-off. Kick-offs can be played backwards.
4. Uniforms or pinnies will be used to designate teams; goalkeepers will wear a different color to that of both teams.
5. Players should arrive approx. 10 minutes before their designated time. There will be a five-minute break between games for a quick warm-up. NO warm-ups in the facility other than on fields.
6. There will be a running clock, and score displayed during the games.
7. Duration of play is 40 minutes straight with no half-time.
8. Substitutions are on the fly: players being replaced **MUST** be off the field before substituting players can enter the game.
9. NO slide-tackles.
10. NO offsides.
11. Kick-ins for out-of-bounds on sidelines.
12. Goal kicks or corner kicks for out-of-bounds on end lines.
13. Goal kicks can be taken from anywhere along the white line, the ball must be stationary.
    a. Only attackers are allowed in the goal area (three-point line).
    b. The defending team cannot touch the ball in the goal area until it has been touched by an attacker.
    c. Any offense by the defending team will result in a retake of the goal kick.
14. **ALL** restarts are indirect (i.e., ball cannot be scored directly into goal without touching another player).
15. The only exception for a direct kick to be awarded is for a foul inside the goal area which will result in a penalty kick being taken from the free throw line.
16. Goalkeepers are **NOT** allowed to score (and this includes during the run of play).
17. Defending players must be at least 3 yards from the ball on restarts.
18. If the ball hits the ceiling an indirect kick will be taken from the closest point to where the ball hit the ceiling.

- If the ball hits the basketball rim above the soccer goal;

- If last touching attacker = goal kick.
- If last touching a defender = corner kick.

19. After a goal is scored, restart with a kick-off at the halfway line.
20. Pass back rules to goalkeeper is same as outdoor.
21. NO punting or drop-kicks by goalkeepers. Distribution is from the hands or rolling ball to ground and playing with feet.
    a. Violation of this rule = indirect free kick from center spot
22. U7-U12 No heading. Indirect free kick will be given for deliberate attempt to head the ball.
23. If a team gets a lead of six goals the opposing team has the **OPTION** of adding a player on the field (U7-U14 age groups ONLY). If the team that adds a player proceeds to reduce the score to a two-goal difference, they must then remove the extra player. This is designed to try and keep games competitive.
24. Red card = player must leave the field and cannot be replaced (team plays short). The player MUST sit out their team's next scheduled game.
25. Points System:
    a. Win = 3 pts
    b. Tie = 1 pt
    c. Loss = 0 pts
26. Play-offs. In some age groups there will be end-of-season play-off games. To decide play-off positions:
    a. Points total
    b. Head-to-Head competition (not used if more than two teams are tied)
    c. Goals scored minus goals allowed (Maximum of eight goal differential per game, example 12-1 win will be scored as 9 – 1 win)
    d. Fewest goals allowed
    e. Most shut outs
    f. Kicks from mark
27. In play-off games ties will remain as a tie.