



Indoor 7v7 HS 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:

- 7 players per side consisting of 6 field players and a 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:

- U13 - HS groups are determined by birth year.
- 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

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 5v5 format.

COACH / ADULT:

- All teams must have a coach / adult supervisor on the bench with the team at all times. All High School aged teams must have a coach / adult supervisor on the bench that is 21 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 and goalie helmets are optional.

ROSTERS:

- Roster max of 18 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:

- 5 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 without permission is an automatic forfeit.
 - Using players out of age range for division will result in a forfeit unless the player is approved by league (ie a rec team organized by grade playing in a pre-competitive or competitive bracket).

PLAYER BENCHES:

- Players will set up their bench areas in the designated player benches.

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 change field direction at half time and alternate kickoff.
- 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 are on the fly, this includes goalkeeping substitutions. Referees will not stop play for goalkeeping substitutions.
- A substitute may not enter the pitch until the player leaving the pitch leaves through the substitution zone located at the bench door. Do not sub in over the wall - use the door area.
- Any substitute who enters the pitch over the wall OR before the player being replaced has come within 3 feet of the wall may be shown a yellow card.

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 box the ball will be placed on the penalty box/arc closest to the point of contact. The resulting kick-in will be indirect.
- **The ball is out of play when any portion of the ball hits a wall. The wall is out of bounds!**

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.
- Opponents must be at least 5 yards away from the ball.

GOAL KICKS

Are taken when the ball wholly crosses the end line (or touches the wall) and not under the crossbar and between the goalposts and after being touched last by the attacking team.

- The ball must be placed on the ground anywhere within the goalkeeper arc/box
- Once the ball is set the Goal kick must be taken within 4 seconds or result in a change of possession from the arc as in indirect kick.

CORNER KICKS:

- Corner Kicks are direct. The ball must be placed directly on the corner dot and the kick must be taken within 4 seconds. 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:

- May be indirect or direct. The ball must be stationary before the kick may be taken. Once the ball has been set, the kicking team has 4 seconds to play the ball. All defenders must be no closer than 5 yards from the ball. If an indirect infringement occurs in the penalty arc the ball is placed on the goal arc nearest the foul.
 - **Indirect Free Kicks:** When a player plays in a dangerous manner, impedes an opponent, prevents the goalkeeper from releasing the ball with his/her hands, goalkeeper takes more than 4 seconds to release the ball when in possession in his own half, or any restart after play has stopped to caution or eject a player.
 - **Direct Free Kicks:** When a player kicks an opponent, tackles an opponent, trips an opponent, jumps at an opponent, charges an opponent, strikes an opponent, pushes an opponent, holds an opponent, spits at an opponent or handles the ball deliberately.
 - **Penalty Kicks:** are taken from the center of the Goalkeeper Arc and must be taken by a clearly identified kicker. Defenders may not be nearer to the ball than 5 feet and even or behind when the kick is taken.

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. ***Goalkeepers are allowed to slide inside the Goalkeeper Arc to make a save.

OFF SIDES:

- There shall be no offsides rule in effect.

GOALKEEPER HANDLING:

- Goalkeeper cannot use his/her hands on a pass back from a player
- Cannot hold onto ball for more than 4 seconds
- Goalkeepers are allowed to slide inside the Goalkeeper Arc.
- NO Punting allowed. Goalkeepers may throw, bounce, roll the ball or put the ball on the ground and kick.
- A goalie who obtains possession of the ball outside of the penalty area (not from a pass back from own team) may bring the ball back into the penalty area and handle it.

HEADING:

- NO HEADING of the ball u11 and under age groups. If playing in a combined league, the rules of the older age group will apply.
- 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. 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.