

FAIRFAX SPORTSPLEX SELECT SOCCER INDOOR RULES

As of October 2, 2025

1. FIFA laws will be used except as specifically modified by the Fairfax Sportsplex.
2. NEW We follow US Soccer Guidelines on Heading. NO HEADING ALLOWED for U11 and below. An indirect free kick will be awarded to the opposing team from the spot of the head if it is deliberate. If an accidental heading occurs, a drop ball will be awarded.
3. The Referee's calls on the field are FINAL and not open for debate or discussion.
4. Slide tackling and body charges are forbidden. You may not play the ball while lying, kneeling, or crouching on the ground. A player lying on the ball is to be called for dangerous play, and a kick is awarded to the other team. The keeper may slide to block the ball while in the box. The keeper's safety will be considered first in all charges and tackles in the box.
5. FIFA's pass-back rule to the goalkeeper is in effect. The keeper may only handle the ball with the feet on a direct or controlled pass back of the foot from their team.
6. The keeper may not kick, throw, or drop-kick the ball over the half-field line once it has been handled. The ball must be placed, rolled, or bounced to be played over half. Once the Goalkeeper drops the ball, it is a live ball. The keeper may dribble the ball into the box and pick it up if it is not a pass back from his team.
7. The ball is out when it hits the net. A free kick is awarded no more than 3 FEET away from the wall at the point where the ball went out of bounds. If it is along the back wall, either a goal kick or a corner kick is awarded. A goal kick must be placed on the smaller box inside the goal box, and a corner kick is taken from on top of the white spot in the corner.
8. A distance of three yards away from the ball is required for defending a free kick. Players must request the space for the referee to enforce the rule.
9. A goal kick may not travel over the half line unless it is deflected off a player or the Wall. A goal may not be scored from over the halfway line unless deflected off a player. The wall does not count as a touch.
10. All free kicks are indirect unless a penalty kick is awarded. Penalty kicks are taken from the top of the penalty box. One foot is stationary on the line next to the ball, and the other takes the kick. The kick must be one continuous movement without pause. The kick will be started by the ref's whistle, and FIFA follow-up is allowed.
11. The kickoff may travel backward. The game consists of two 25-minute halves. The clock runs for injury time.
12. The team listed first on the schedule is the HOME team and will change shirts in case of a conflict.
13. Substitutions are made on the fly; the referee's permission is not required. Players should meet at the door. Too many players will result in a free kick to the other team, and a blue or yellow card can be used if the situation calls for it.
14. **BLUE CARD** is a warning. Players must leave the field for 2 minutes, but the team may substitute. **YELLOW CARD** player must sit out 2 minutes, and the team plays short regardless of any goals. **RED CARD** players must sit out the rest of the game and all games at the Sportsplex for 1 week. A longer suspension may be imposed by management.
15. Coaches are responsible for the behavior of spectators and players. The coach may receive a card for inappropriate behavior of any person on your team or watching your team. In addition, if the situation warrants it, the referee or Management may end the game for the safety of all.

16. Coaches and players are responsible for players knowing the rules. Displays of temper or dissent are cause for ejection from the game and possibly the Sportsplex. Anyone starting or retaliating in a fight will be red-carded and suspended, as determined by the management.

17. Any verbal abuse or comments of a racial nature directed at the Referee, Staff, or players will result in a red card and suspension for 1 - 2 weeks from ALL Sportsplex Activities.

18. No spitting or nose-blowing is allowed on the fields or floors. The referee will card this during the game.

19. No Cleats.

20. There is a 5-minute grace period before the game is declared a forfeit. The clock will start at 2 minutes past the hour.

21. Any team picking up players not on the current roster on file may be given a forfeit for that game. Keep a copy of your roster with you at each game.

22. Please place trash in the trash cans provided. Respect your soccer facility !!!

23. Finals OVER-TIME (5 Minutes Over Time, Golden Goal *Flip coin for possession*)

2nd OVER-TIME-3 PENALTY KICKS

24. At no time will any derogatory, negative, or insulting language be tolerated towards any player, coach, spectator, or staff member. Any player heard using inappropriate or negative language by the referee can receive a card. If that language continues, a red card can be issued to the player/coach for their language. If you hear any negative language, please report it to the referee so that they can be on the lookout to make sure no further negative language is said during the game. This includes but is not limited to taunting, racial comments, derogatory nicknames, general disrespect to a player/team/spectator/staff member etc.

LEAGUE RULES

RULES FOR FORFEIT

A 5-MINUTE GRACE PERIOD IS ALLOWED. The clock should be started, BUT not until it is clearly on the hour of the game being played. The count MAY NOT It started before the hour.

PLEASE BE SURE THAT YOUR WATCH IS ACCURATE!!!!!!!!!!

For 6V6 GAMES, Teams must field 4 players.

YOUTH LEAGUES

All players MUST wear shin guards. If there is a player without them, they MUST leave the field until they put on shin guards.

Game Ball Size

U9 - U12 Number four ball

U13 - U19 Number five ball

****Age Group****

An age group consists of teams categorized based on the birth dates of their players. The relevant birth dates are calculated from January 1 to December 31 of each year. For details, please refer to the age group chart in Appendix I. Age groups are U9, U10, U11, U12, U13, U14, U15, U16, U17, U18, and U19. In some cases, older divisions may be combined. The age of a team is determined by the birth date of its oldest player, unless the team is playing on a provisional roster with the President's approval.