

Norman Winter Games 2009 Indoor Soccer Technical Package

1. An indoor soccer ball shall be used. The ball shall be a yellow size 5 ball.
2. The game consists of four 6 minute quarters straight time. A one minute break shall follow the first and third quarters. A two minute half time break will follow the second quarter.

3. Nets:

The net will consist of a bench laying on its side on the floor. A goal is scored when the ball makes contact with any part of the face of the bench. A ball that contacts on the top or on the side is **not** a goal.

4. Goal Crease:

- a) The goal crease shall be marked by tape and shall measure 7 feet deep and at least 2 feet longer than the goal bench on either side. A one foot line should be marked in the centre of the crease of the goalie to stand behind when penalty kicks are awarded.
- b) No player except the goalkeeper is allowed in the crease which includes air space.
- c) The goalkeeper may use his/her hands to play the ball only while he/she is inside the crease. A goalie is considered in the crease if any part of his/her body is in contact with the floor in the crease. The keeper may play the ball outside the crease but not with their hands.

5. Players:

Open only to residents of the Norman region

Eligibility:

As of February 6th, 2009, the player eligibility shall be as follows:

- 7 players per team
- Total age of the team must not exceed 94
- A maximum of two students 15 years of age
- A minimum of two students 12 years of age
- No student over 15 years of age
- Students playing Junior of Varsity Teams are eligible

MINIMUM AGE OF 11. If a student is 10 years of age, his/her age will be 11 in arriving at the total age.

Any appeals regarding eligibility must be submitted in writing to the Norman Games Coordinator

* All players MUST play 50% of all games. Playing time must be equal between all players regardless of age or ability.

Each team puts 5 players on the floor at once: a goalkeeper, 2 fullbacks, and 2 forwards.

- a) Goalkeeper – only player allowed to handle the ball unless he/she leaves the crease area thereby becoming a regular player. Must remain in the defensive zone.
- b) Fullbacks – defenders who must remain in the defensive zone. The defensive zone includes the centre line and defensive end of the gym. Fullbacks are not allowed in their own crease.
- c) Forwards – players who must remain in the offensive zone only. The offensive zone includes the centre line and the offensive end of the gym. Forwards may not enter the opponent's crease.

Players may step on the centre line but may not cross it. If any part of a fullback's body touches the floor on the offensive side of the centre line, the player is offside. The same goes for a forward touching the floor on the offensive end. A player may reach their foot across the centre line as long as they don't touch the floor.

6. Ball Contact:

Players (with the exception of the goalkeeper in their crease) may not contact the ball with any part of their hands or arms – unless their hands or arms are in contact with the body (example: protecting their body). In the event that the ball contacts the arm or hand from a player, a free kick is awarded at the point of the infraction. This is true regardless of whether the contact is intentional or not.

7. Free Kicks:

- a) Awarded following an infraction or foul. The free kick must be taken from the point of the infraction. The team awarded the free kick decides who will take the free kick, keeping in mind rules 5b and 5c.
- b) A free kick cannot be used as a shot on goal. The ball must be passed before a goal is scored. The ball may roll through the goal crease but is

not considered a shot on goal unless it is handled by the goalkeeper or the goal is scored.

- c) Defenders must remain outside for a 2 meter area around the player taking the free kick. Failure to do so will result in a re-kick.
- * If the free kick is within 3 feet of the opponent's goal crease the defending fullbacks may stand on the outside edge of the crease but may not go inside the crease.
- d) A free kick resulting from an offside call shall be taken by a fullback of the non-offending team. The kick will be taken from the center line at the point of the infraction.
- e) The goalkeeper may pass the ball with hands or kick the ball from the floor-they may not use a drop kick.
- f) The ball may be kicked at a wall.

8. Free Kick Fouls:

The following fouls result in the awarding of a free kick to the non-offending team:

- a) Hand ball – see Rule 6. This includes a goalkeeper outside of his/her crease.
- b) Yellow Card Foul – see Rule 9.
- c) A ball kicked *out of bounds*. This ball may be played off of all walls without being considered out of bounds. In some gyms, however, there may be bleachers or other equipment behind which the ball can get stuck. This will be considered out of bounds. The free kick will be awarded to the team that did not touch it last. The free kick will be awarded at the point that the ball went out of bounds.
- d) Player going through the crease.

9. Yellow Card Fouls:

Usually anything beyond minimal safe body contact.

- a) Holding, grabbing
- b) Body checking – as in hockey.
- c) Pushing
- d) Tripping (non-intentional)
- e) Foul language not directed at any person (resulting from a competitive situation).
- f) Any kick above the waist is considered a dangerous kick.

Players may receive 2 yellow card warnings in a game. A third yellow card offensive will result in a Red Card.

10. Red Card Fouls:

Results in an automatic game misconduct.

- a) Third yellow card foul
- b) Intentional tripping
- c) Dangerous body contact (intent to cause injury)
- d) Abusive or foul language directed at any official, coach or other player.
- e) Abuse of equipment of facilities.

A player receiving a red care foul **may** be suspended for one or more games, based on the severity of the incident. This decision will rest with the commissioner.

A player receiving 2 red cards during one regional or divisional games will be suspended for the rest of the schedule and the playoffs.

A red care also results in a penalty kick.

11. Penalty Kick:

- a) Penalty kicks will be taken from a central spot 15 feet in front of the offending team's goal. The shot must be kicked from this spot and may not be forwarded toward the goal prior to the shot.

Any player on the non-offending team who is on the floor at the time of the foul may take the penalty kick.

Goalkeepers cannot be substituted to defend the penalty kick.

The ball is dead following the penalty kick.

- b) After a successful penalty kick, the team that was scored upon gets a free kick from center. After an unsuccessful penalty kick, the team taking the penalty kick gets a free kick from the center.

- * A drop ball situation will occur after offsetting penalty kicks have been awarded, providing both teams score or both teams don't score on their penalty kicks.

- c) The clock stops for penalty kicks.

- 12. The game starts with a free kick from center awarded via a coin toss. The kick is taken by a fullback. Each subsequent quarter starts with a free kick awarded on an alternate basis.

eg. Team A wins coin toss – Free Kick Quarter 1
Team B – Free Kick Quarter 2
Team A – Free Kick Quarter 3
Team B – Free Kick Quarter 4

- 13. Teams switch ends at half time only.

14. Substitutions may only be made between quarters. An exception will be made to replace an injured player. The player removed due to injury may not return in that quarter.