

## Indoor Soccer Study Guide

### **I. Rules of the Game**

#### • **Teams**

1. A game shall be played by two (2) teams, each consisting of not more than six (6) nor fewer than four (4) players on the field, one of whom must be the goalkeeper.

#### • **Scoring:**

1. All goals are 1 point.
2. A goal is scored when the entire ball has passed completely over the goal-line between the goal posts and under the crossbar.

#### • **Starting Play:**

1. A coin toss determines choice of side or kick-off. After half-time teams change sides and the team that did not kick-off at the start of the game will now do so.
2. After the referee's whistle, the player shall take a place kick from the center spot. The ball may be played forward, sideways, or backwards.
3. All opponents must be at least 10 feet from the ball and outside of the center circle.
4. The kicker may not play the ball a second time, including instances where the ball bounces off the perimeter wall back to the kicker, without first having touched another player.
5. A goal may not be scored from a kickoff.

#### • **Goalies**

1. The goalie box (area) is the 3 point arc (white arc on gym floor) extended to the mats
2. Once the goalies use their hands to play or save the ball they must roll the ball out to rid of the ball.
3. The goalies can't punt the ball, drop kick it or throw it.
4. If the goalies don't use their hands they can play it as a normal field player would.
5. Defensive or offensive players can not intentional play it back to their own goalie and then have the goalie use their hands.

#### • **Boundaries**

1. There are no out of bounds for indoor soccer.

#### • **Fouls**

1. Fouls will be called all fouls are an indirect kick with the exception of fouls occurring inside the goalie arc (area) those will be a penalty kick.
2. The defending team on an indirect kick will need to give the kicking team 10 feet from the spot of the ball.
3. Penalty kicks will be taken at the top of the 3-point arc or goalie arc.
4. Possible Fouls
  - Tripping
  - Pushing
  - Handball
  - Slide Tackle
  - Dangerous Play

## II. Soccer Terminology

**Direct Kick**- a free kick taken from the spot of the foul, that may be shot directly (no other player has to touch it) on goal.

**Indirect Kick**- a free kick taken from the spot of the foul, that can't be shot directly on goal. An indirect kick must be touched by a teammate or opposing player before the ball can be counted as a goal.

**Penalty Kick (PK)**-when a foul (hand ball, pushing, tripping) occurs inside the goalie area by the opposing team. A free kick that is shot directly on net, goalie versus the player taking the PK. Taken at the top of the goalie area (basketball 3 point line)

**Keeper**- another name for the goalie

**Hand Ball**- a ball that hits or contacts a player in the hand, arm, or shoulder.

**Slide Tackle**- sliding to take away the ball from another player, or sliding and then passing or shooting the ball.

**Pushing**- using your hands, arms, or body to physical move another player, while having no intention of playing the ball.

**Dangerous Play**- any type of play that presents itself that could injure or bring harm to another player. i.e. high kick (foot above waist), playing the ball while being on the ground.

**Trap**- using any legal part of your body to stop, settle or control the ball i.e. foot, leg, chest, or head.

**Hat Trick**- three goals in one game by the same player. (Natural hat trick 3 consecutive goals by the player in the same game)

**Assist**- a passed ball to a person who then scores a goal.

**Offsides**- an offensive player ahead of the last defender (not the goalie) without the ball, or without the ball in front of him or her (the offensive player).

**Corner kick**- when a ball is kicked over the endline (goal line) by the defensive team. This results in a direct kick taken from the corner of the field where the endline meets the sideline.