

Indoor Football Rules 2016



GOALIE RULES

- 1) The goalie is the only player allowed inside the green goalie circle and can handle the ball.
- 2) If the goalie breaks any rules (i.e. throws a high ball or picks up a back pass) the opposing team gets a free kick at the edge of the circle.
- 3) The goalie is allowed to dive to get the ball and is allowed to dive into someone to get the ball. The advantage will go to the goalie unless they deliberately dive into the person and not the ball.
- 4) If the goalie makes a save that ends up as a high ball the game will still continue. It will be counted as a deflection.
- 5) The goalie may be substituted whenever the team sees fit.
- 6) The goalie may leave the goalie circle at any time but will then be regarded as an outfield player and therefore is not allowed to use his/her hands.
- 7) Back passes to the goalie are allowed, however the goalie is not allowed to pick the ball up with their hands. If a goalie touches the ball with their hands as a result of a back pass, the opposition will receive a free kick at the edge of the circle. A back pass is when a teammate deliberately passes the ball to the goalie. It still counts as a back pass if a teammate shoots the ball against the wall and the goalie picks it up.
- 8) If a team member provides a back pass to the goalie, the goalie has a maximum of 6 seconds before they must distribute the ball to the outfield. If the goalie holds the ball for longer than 6 seconds, the opposition will be awarded a free kick at the edge of the green circle.

OUTFIELD PLAYER RULES

- 1) A player may only tackle from the front or from the side, any player who tackles another player from behind will be penalised.
- 2) A player that tackles and does not touch the ball will be penalised.
- 3) Slide tackling is not allowed; any player who slide tackles will be removed from the game at the referee's discretion.
- 4) Any player who pushes another player will be penalised.

- 5) Holding, pulling or elbowing another player is not allowed.
- 6) Obstruction of a player that does not have the ball is not allowed.
- 7) Any player who kicks the ball above approximately 5'10" (around shoulder or head height) will be penalised. The height of the kick will be judged by the referee and his ruling will be final.
- 8) If a player tries to stop the ball and it goes above 5'10" (around shoulder or head height) it will count as a high ball and the player will be penalised.
- 9) If the ball deflects off another player (the ball hits a player that is not moving towards the ball) and the ball travels over 5'10" (around shoulder or head height) the ball counts as a deflection and the game continues.
- 10) If the ball is hit into a player almost instantly (with the player not having time to react) and deflects above the height regulations, the game continues.
- 11) No outfield player can touch the ball with their hands. Only the goalie can and only INSIDE the green goalies circle.
- 12) If an attacking player is clear through on goal (i.e. no defender in his/her way apart from the keeper in goal), and a defending player commits a foul on the said attacking player, the offending player would have to sit out of the game for a minimum of 2 minutes and the offending team will play with 1 less player. This player may not be replaced by another player during the duration of the 2 minutes, however, if the team chooses to, that player may be substituted after the 2 min stand down period has expired.

GENERAL RULES

- 1) Teams will play full court & will have 6 players on the field at any one time, one of which must be a female player. One of the players must be a goalie.
- 2) When a player is penalised, a free kick is given to the opposing team.
- 3) There are no direct free kicks. This means players MUST pass the ball to another player. They are NOT allowed to shoot for goal.
- 4) During a free kick the opposing team has to stand at least 3 metres away from the ball. Failure to complete a correct free kick will result in a turnover of the free kick.

- 5) If a player breaks any rule, the referee may issue a warning. If the same player receives a second warning the player will have to sit out of the game for several minutes. The referee will decide when the player may return to the outfield. If the offence is severe enough, the player may not be allowed to play the remainder of that game and a substitution for that player will not be allowed. This means that the team will play with 1 less person. If a team is left with only 4 players that team will be forced to forfeit and the winning team will receive a 3-0 score (if they are winning and have more than 3 goals they will receive that score). If the referee sees fit, a player may instantly be removed from the game without any warning and a substitution may not be allowed.
- 6) A goal is awarded when the ball (or more than half of it) passes the goal line. After a player scores a goal only the scorer is allowed inside the goalie circle to allow possible momentum from the shot. If any other attacking players step inside the goalie circle after the goal has been scored, the goal will be disallowed. Anyone is allowed to enter the goalies circle until the kick off in the middle.
- 7) Shots on goal that end up in a high ball are counted as a goal if it passes the goal line. However, if it misses the goal a free kick is given to the opposing team from where the shot was taken. Chipping the ball is not allowed unless the player is closer than 1 meter away from the goalie circle. Chipping the ball means taking a shot that is higher than the 5'10" height rule (over the bottom of the blue badminton numbers on the sports hall wall), which is considered a high ball unless staying closer than 1 meter away from the goalie circle. However, if the ball does not pass the goal line, it will be considered a high ball and the opposing team will receive a free kick. A high ball shot on goal that hits the post will be counted as a deflection i.e. the game will continue.
- 8) If a player shoots a high ball (a ball higher than 5'10") then the opposing team will receive a free kick from where the player shot the ball.
- 9) Any playing of the ball on the way down above shoulder height will be penalised.
- 10) After a goal has been scored the non-scoring side will start with the ball from the middle of the field (i.e. a kick off will be issued). The ball may travel forward or backwards from the kick off. All players must be behind the person who kicks off and each player needs to be on their side of the field.
- 11) Extra time for drawn games and penalty shoot outs will only apply in elimination games in the Competitive Grade.
- 12) If the ball goes out of play the opposing team receives a free kick from the substitution doors.
- 13) If a team is more than 5 minutes late, they will be forced to forfeit. A game will not start unless both teams have 5 or more players on the field (Competitive) or 4 or more players on the field (Social). Failure to start a game will result in a forfeit.

- 14) Proper sporting attire should be worn when playing. NO SHOES NO GAME!
- 15) Always play to the whistle as the referee may sometimes continue the game due to advantage.
- 16) Halves will be 12 minutes long, with 1-2 minute half time breaks.
- 17) When a free kick is awarded, the referee will point his arm in the direction of attack for the team awarded the free kick.
- 18) When a goal is scored, the referee will raise his arm straight up to indicate a goal has been scored.
- 19) If an infringement is committed by the defending team within a 3 meter radius of their goal keepers circle, (e.g., handball, back pass, highball or any general foul) the indirect free kick taken by the attacking team must be at least 3 meters away from the goal keepers circle and the defending team must stand 3 meters away from the ball.

Prepared by Mr Russell Kwa 2016