



"This is a place for fellowship, friendly competition, and above all, good sportsmanship. Future state and national champions will play here. Future leaders will play here. Let our voices be raised in praise and encouragement.

Personal responsibility means we set a good example for the young players who play here. The referees and coaches are here to give their best efforts. Give them your thanks and appreciation. When the game is over, win or lose, be thankful for the opportunity for healthy competition, for lessons learned from team efforts, and for the enjoyment of time spent together."

Youth Indoor Soccer Rules 23/24

Rosters:

- All teams must turn in a roster prior to their first game
- All members (parents/guardians if under 18) of the team must complete a waiver
- Maximum roster size: U7/8 - 8 players, U9/U14 - 16 players, U15/U19 - 18 players
- A forfeit occurs if a team plays with a player not on the current roster or hasn't completed a waiver

Ball Size: U7/8 size 3 ball, U9-U12 size 4 ball, U13-U19 size 5 ball

Field of play: 55 x 35 yards (blue boundaries)

Number of players:

- U7/8 4v4
 - U9-U14 7v7, Must have 5 to start (One must be a goalkeeper)
 - U15-U19 6v6, Must have 4 to start or continue a match (one must be a goalkeeper)
- Note: A guest player can be utilized if staff is notified ahead of kickoff.

Substitutions: May sub at any stoppage with referee permission

Players' Equipment:

- Players must wear shorts, shirts, shin guards
- Soccer cleats or tennis shoes can be worn
- NO jewelry
- Players should have light and dark colored jerseys available or bring their own pinnie. **IWSP will not provide them.**
- Home team changes jerseys, if needed

Duration of the Match: Two 20-minute halves with five-minute half time.

Fouls, Misconduct, Infractions: LOTG* except no offside and no slide-tackles

Restarts:

- When the ball is out on the sideline, a kick-in is the restart.
- Goal kick or Throw: Goal kicks may be taken from anywhere within the blue arc; the goalkeeper may use a throw instead of a kick.
- During a free kick, opponents must be at least 6 yards from the ball until it is in play.

Goalkeeper Distribution: ALL restarts by the goalkeeper must be via a throw or a goal kick. No punting, or drop kicking. Ball may be placed on the ground and then kicked. Ball may go past half field, but can not result in a goal (must be touched by another player)

Cautions and Send-Offs:

- LOTG
- All participants must conduct themselves in a responsible manner.
- If a player is given a red card, the team must play down for the remainder of the game

- Cautions and send-offs are tracked and may be subject to additional sanctions.
- No spitting or gum on the field. Spitting or gum on the field will result in a yellow card
- Decisions of the referees are final.
- U11 and below NO HEADING

Sideline Expectations: A limit of 2 (1 coach and 1 assistant coach) are allowed on the sidelines. If coaches are not available there must be an adult (non player) on the sideline with and responsible for the team.

Iowa West Sports Plex management reserves the right to change these rules at any time.

*LOTG = Laws Of The Game