



US Indoor Rule Variances

Effective 10/5/16

US Indoor Official Rules will govern play unless otherwise noted by Sportsplex House Rules.

1. In the event that either team accumulates 6 penal fouls, a two (2) minute Team Time penalty must be given and a Penalty Shootout must be awarded to the opposing team. The player must serve his/her time until a goal is scored by the opposing team or until the two (2) minute time penalty has expired, at which point, the power play is over. If the same team receives three more fouls in the period then another shootout will be awarded.
2. In all divisions youth & adult, the goalkeeper may only throw the ball. No punts or drop kicks are
3. allowed.
3. In the event that a goalkeeper is injured and play has to be stopped, the goalkeeper must come out on the second stoppage of play and may not reenter until the next guaranteed substitution.
4. The goalkeeper must serve his/her own time penalties on any card.
5. A mandatory whistle is required to restart play on every corner kick, foul inside the arch, and when the ball touches the superstructure.
6. **No Slide-Tackles.** This will be considered a penal foul. (Rule 10.1.d)

Slide-Tackle: Leaving one's feet to propel one or both feet, legs, or other body parts in the direction of the opponent with or without the ball.

Penal Foul: Fouls that are assessed to players who commits offenses in a manner that the Referee considers careless, serious, reckless, or involving excessive force. Teams are allowed 5 penal fouls per half. When a team accumulates 6 penal fouls, a penalty shootout is awarded to the opposing team.

7. A Superstructure Violation occurs when the ball contacts any part of the net above the field of play. If the ball is kicked into the superstructure, the restart will be taken from the offending team's defensive red line.
8. In U6, U8, U10, U12, and U14 any player that has contact with the ball with any part of the head, whether intentional or unintentional will be considered a foul.

House Rules

Last Revised 04/19/24

1. **Administrative Red Card:** Any player and/or coach receiving an Administrative Red Card will be suspended for the remainder of that game, plus one additional game and must leave the facility at the time of the red card.
2. **Straight Red Card:** Any player and/or coach receiving a Straight Red Card will be suspended for the remainder of that game, plus a minimum of one additional game and must leave the facility at the time of the red card. The individual(s) receiving a Straight Red Card may also be required to make an appointment to meet with Kids, Incorporated personnel to discuss the future of their participation in the Sportsplex. Individuals receiving Straight Red Cards are also subject to a probation period. The team will receive a full (5) five minute penalty regardless if a goal is scored.
3. **Straight Yellow Card:** Any player receiving a Straight Yellow Card will have a four (4) minute penalty and this penalty will also count for two (2) Blue Cards. The individual(s) receiving a Straight Yellow Card must serve the **FULL** four (4) minutes (NO EXCEPTIONS) regardless if the other team scores a goal. Any carded offense after this penalty will result in a Red Card.
4. **Physical Violence or Violent Aggression:** Any act of physical violence or unnecessary act of violent aggression on the part of a player, coach or referee shall be grounds for permanent expulsion from our program. This policy also applies to any member of the Kids, Incorporated professional or contracted staff.
5. **Coach Age Constraints:** No person under the age of 18 will be allowed to be the head coach for a team. Any acting assistant coach must be at least 17 years old.
6. **Players Box:** Only the head coach and one assistant coach are allowed in the player's box for each game. Only players and coaches for that game are allowed in the box. Each player and coach must have on file a Kids, Incorporated Waiver of Claim and current picture ID on file in the Sportsplex office.
7. **Field of Play:** There should be no one in the player boxes and/or on the field of play at any time other than registered players, coaches, and/or referees. In the U8 division, one coach will be allowed on the field.
8. **Spitting:** Anyone caught spitting at another player and/or anywhere on the field of play will be issued a Straight Red Card and will be subject to the penalties outlined above.
9. **Jerseys:** Team jerseys must be the same color.
10. **Shin Guards:** Shin Guards are mandatory for play and must be covered completely by the player's socks.
11. **Jewelry:** There will be no jewelry of any kind allowed on the playing field.
12. **Footwear:** Tennis shoes and turf shoes will be allowed. Plastic cleats, or any shoe containing less than 30 cleats per shoe, are strictly prohibited.
13. **Apparel:** A player cannot wear jeans, jean shorts or any clothing with snaps to play. Also, a player may not wear any apparel with derogatory remarks.
14. **Alcohol/Tobacco/Vape:** Alcohol/Tobacco/Vaping is strictly prohibited on Kids, Incorporated property. Violators will be subject to an indefinite suspension from the facility.
15. **Outside Food & Drink:** There is to be no outside food or drink in the facility. Vending machines will be provided during league play.
16. **Field of Play:** There should be no one in the player boxes and/or on the field of play at any time other than registered players, coaches, and/or referees.

Additional Rules and General Information

Last Revised 6/13/24

NOTICE TO ALL PARENTS/GUARDIANS: At any time prior to, or during the season, Kids, Incorporated may request proof of eligibility (grade and/or age) for any participant.

1. **Field Size:** All games are played full field (200' x 80').
Any player may add onto any team at any time during the season but will pay full price.
2. **Schedules:** All schedules will be posted on our website www.kidsinc.org or you may pick up a copy of your team's schedule in the Sportsplex office. Each league will consist of 8 games per team.
3. **Team Formation:** Teams participating in our competitive indoor soccer program will be formed by coaches and/or parents seeking an advanced level of play. Kids, Incorporated is not involved in the team formation process. Each team must have three paid players on or before the Team Entry Deadline.
4. **Players:**
 - U6 and U8 divisions include seven field players and a keeper.
 - U10 and U12 divisions include six field players and a keeper.
 - U14 divisions and above include five field players and a keeper.
 - The minimum to start and continue a game is four field players and a keeper in all age groups.
 - A player may play on two teams as long as the two teams he/she is playing on are not in the same division.
 - Each team will be responsible for providing the same shade of color jerseys for each player on their team. It is also a good idea to have a dark colored jersey as well as a white jersey available for each game.
5. **Age Grouping:** For the purpose of league play, the player's age is determined by their birth year. Kids, Inc. Age Chart updated annually.
6. **Age Requirements:** Any player under the age of 18 cannot play in the adult leagues.
7. **Age Chart:** Please visit our website at www.kidsinc.org or give us a call at 374-0902 to view an age chart for the current season.
8. **Games:** All league games consist of two, twenty (20) minute halves with a two (2) minute half time. There will be three (3) minutes between games.
9. **Ball Size:** All divisions will play with a size 4 ball.
10. **Free Kicks:** Major and minor infractions are penalized by a direct kick. When a free kick occurs the opposing players must be at least 15 feet away.
11. **Time Penalties:** Time Penalties are issued for serious fouls such as delay of game, unsportsmanlike conduct and/or violent conduct. Blue card conduct will result in two (2) minute time penalties and red card penalties will result in ejection from the game and facility. A player/team issued a time penalty must play one man short for the allotted time giving the opposing team a power play. The player serving the time penalty may re-enter the game after the allotted time expires or when a goal is scored by the opposing team. A blue card for misconduct requires the player to sit out the allotted time but the team does not have to play short. The player may not re-enter his players' box until a guaranteed substitution takes place.

Guaranteed substitutions can happen when:

- A goal has been scored
- A time penalty has been awarded
- An injury timeout has been called
- At halftime

If play is inadvertently restarted with too many players on the field, after any guaranteed substitution occasion, no time penalty shall be assessed. If a team falls below the minimum number of players as a result of a time penalty, the game is a forfeit. Any time penalty remaining at the end of a half will be carried over to the next half. A player issued two blue cards in one game is automatically issued a yellow card. A player receiving three blue cards in one game is automatically issued a red card.

12. **Delay of Game:** Delay of game is called when, (1) a player deliberately puts the ball out of play, (2) the defending players line up closer than 15 feet from a free kick, (3) players taking longer than five seconds to put a free kick into play or (4) a goalie does not distribute the ball outside the penalty area within five seconds.
13. **Dissent:** A form of misconduct consisting of protesting a call by any official, this offense may result in a blue, yellow or red card depending on the severity of the offense.
14. **Misconduct:** An act deemed by the referee to be unsporting, reckless, violent, or flagrantly in the violation of the laws and spirit of the game, and punishable by a blue, yellow or red card.
15. **Foul Language:** Any Foul Language is deemed disrespectful to an official or another player. This offense may result in a blue, yellow or red card depending on the severity of the offense.
16. **Shootouts:** Shootouts are awarded for the last defender purposely fouling an attacker to prevent a goal or for the accumulation of six team fouls. If the same team receives three more fouls in the period then another shootout will be awarded. The shootout is taken from the red dot where the attacker is allowed to dribble forward and shoot on the goal. The goalie must have at least one foot on the goal line until the whistle blows. All other players must line up at midfield. Once the whistle blows the ball is in play and all players can move.
17. **Red Line Violation:** A red line violation occurs when the ball crosses both red lines in the air without being touched by a player, the wall, the net, or the referee. Change of possession and a direct kick from the line first crossed restarts play.
18. **Team Fouls:** Red line violations, two touch fouls, time penalties, illegal substitutions, delay of game, and bench penalties are not considered team fouls and will not be accumulated. The foul count is reset to zero with the start of each half.
19. **Forfeits:** After five (5) minutes from the original scheduled game time a game is forfeited if a team has not reached the minimum amount of players required to begin a game.

Adult Coed Rules

1. Each coed team will field seven players; three women, three men and a goalkeeper of either gender. The minimum to start and continue a game is five players including the goalie. A team may not have more male players on the field than female players.
2. A woman may score a two point goal from anywhere on the field. If however, the ball glances off a defender, other than the goalkeeper, only one point is awarded.
3. A male player can score one point by shooting behind the red line or by receiving the ball directly from a female player inside the red line as long as no other defending player, or a male player on his own team, touches the ball.
4. A shootout or sixth team foul is only awarded one point whether a male or female player takes the shot.

Code of Conduct

- The Code of Conduct applies to participants, coaches/volunteers, spectators, parents, contracted employees, officials, and professional staff.
- Profane, obscene, abusive, degrading/threatening language, gestures and/or taunting in the presence of anyone attending a Kids, Incorporated event is prohibited.
- Do not handle a child/participant in an aggressive or abusive manner.
- Any act of violence is prohibited.
- Accept the decision of the game officials as being fair and called to the best of their ability.
- Do not knowingly permit an ineligible player to play in any game.
- Please use good sportsmanship.
- The use of drugs, alcohol, vaping, or tobacco in any form is not permitted while attending any Kids, Incorporated event.
- No firearms or weapons will be permitted at any Kids, Incorporated event.

**AT ANY TIME, AT THE SOLE DISCRETION OF KIDS, INCORPORATED,
VIOLATION OF THE CODE OF CONDUCT IS SUBJECT TO SUSPENSION OR
EXPULSION FROM OUR PROGRAM.**

REVISED AND ADOPTED BY THE KIDS, INCORPORATED BOARD OF DIRECTORS, OCTOBER 4, 2023.