



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# YMCA -Indoor Soccer Rules and Regulations - 2026

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The YMCA Indoor Soccer Rules and Regulations are updated at least annually and periodically as needed.

These revised rules supersede previous Rules and Regulations and becomes effective January 1, 2026.

Modifications and changes to these rules and regulations can only be implemented through a formal rule and regulation process which includes a formal revision to these rules and regulations. Teams and Officials are not authorized to make changes without a formal approval.

Developed:

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Approved:

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## THE FIELD

1. The penalty area is marked around the goal.
  - a. A Free Kick mark will be placed at the top of the penalty area arc.
2. A mark will signify the corner spot. It will be placed in the corner within a yard of the wall.
3. The halfway line and restart lines are marked in white. The restart lines will extend along the perimeter of the field, approximately 1-yard from the wall.
4. The center spot will mark the spot on the halfway line where the ball is placed at the beginning of the halves **and after goals.**
5. **Two colored blue lines should be placed approximately** 50 feet from the goal line.
6. **6U and 8U soccer games** will be played in the fields marked with yellow lines.
7. **No gum, food, or drink is allowed on the field. Violation in this rule could result in a disciplinary action that may include excusing a player from participating.**
8. No person is allowed on the field or player area unless they are a registered player for one of the teams scheduled for that time. Excluding team coaches/trainers. **Youth teams must have an adult representative on the side where the teams are.**
  - a. Warmups will be allowed only for players on the team roster before the start of games, at halftime and in between games.

## EQUIPMENT AND UNIFORMS

### 1. The Ball

- a. The YMCA will provide the game balls. No other balls will be used in game play;
- b. U6-U8 will use a size 3 ball;
- c. U10-U12 will use a size 4 ball; and U14, High School, Adult Men, Adult Women, and Co-ed will use a size 5 ball.

### 2. Players Equipment

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- a. **All players must wear shin guards** that are completely covered by socks and must provide adequate protection for the shins.
- b. All players must wear tennis shoes, turf shoes, or indoor shoes. **No cleats are allowed.**
- c. All players must wear their YMCA approved team shirts for the session they are playing in, except for goalkeepers who shall wear shirts of a contrasting color from their team members and members of the opposing team;
- d. No jewelry will be allowed to be worn (adults excluded) during the game except for medical alert jewelry and electronic performance tracking devices provided they are covered with a sweatband; adults will assume all responsibility for jewelry worn and be at the discretion of the referee.
- e. Players shall not wear anything that is dangerous to either themselves or other players. Players shall not be allowed to participate in any game with any **type of cast or splint unless properly padded**. Removal of any type of cast or splint to participate shall disqualify the player from practice or game participation. Players may wear braces provided they are safe and if necessary, adequately padded.
- f. Failure to adhere to these requirements can result in players not being allowed to play.

## LEAGUES AND PLAYERS

1. All players must be registered and placed on the team's roster to be allowed to play.
2. All players must be dressed appropriately to be allowed to play. Players wear their team's uniform, consisting of the same colors, shin guards, and indoor footwear. The Goalkeeper wears jersey colors distinguished from all other players and from the referees.

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3. The games will start at their scheduled times. If the teams do not have the right number of players by their game time they will forfeit the game. **The game clock will start at the scheduled game time.**

## 4. U6-U8 Games

- a. Each team is allowed 7 players on the field and no less than 5 players
- b. A player must be designated as a goalkeeper; and
- c. If the opposing team has a lead of 3 goals an additional player can be added to the team that is behind. Subsequently, an additional player may be added if there is an additional 3 goal deficit in the score. A maximum of **8 players** is allowed for goal deficits.

## 5. U10-U12 Games

- a. Each team is allowed 7 players on the field and no less than 5 players.
- b. One player must be a designated goalkeeper; and
- c. If the opposing team has a lead of 3 goals an additional player can be added to the team that is behind. Subsequently, an additional player may be added if there is an additional 3 goal deficit in the score. A maximum of **8 players** is allowed for goal deficits.

## 6. **U14, High School, Adult Men, Adult Women Games**

- a. Each team is allowed 6 players on the field and no less than 4 players
- b. 11. One player must be a designated goalkeeper.
- c. **HS and Adult Players must show a photo ID prior to the game to be allowed to play**
- d. If the opposing team has a lead of 3 goals an additional player can be added to the team that is behind. Subsequently, an additional player may be added if there is an additional 3 goal deficit in the score. A maximum of **8 players** is allowed for goal deficits.

## GAME PLAY

### 1. Start of play

- a. A kickoff from the center mark starts both halves of the game and restarts play after a goal. Kickoff must be taken at the referee's signal.

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All players must remain in their half, with all opposing players outside of the center circle;

- b. The home team shall take the kickoff at the start of the game;
- c. The visiting team shall take the kickoff at the start of the second half;
- d. Kickoffs are direct kicks; and the kicker may not touch the ball before it touches another player after kickoff. If the kicker touches the ball before it is touched by another player, the opposing team is awarded a direct free kick

## 2. Scoring

- a. A goal is made when the entire ball has completely crossed the goal line;
- b. Goals can be disallowed if a player illegally handles the ball prior to it crossing the line; and
- c. Play restarts after a goal by a kickoff from the opposing team.

## 3. Halftime

- a. Halftime begins at the end of the first half and will last 3 minutes.

## 4. Ball In/Out of Play

- a. The ball is out of play:
  - i. When the ball touches netting around the field, or any of the buildings structure, or leaves the field for any reason
- b. Resume Play:
  - i. Play will resume after the ball is kicked into the side netting with a direct free kick by the opposing team at the mark closest to where the ball went out of play and within 1-yard from the wall on or behind the restart line.
  - ii. Play will resume after the ball hits the net above the field of play with a free kick placed on floor closest to where the ball left the field in **between blue lines**. If the ball hits the net above the area between the end wall and the blue line, (1) the ball was last touched by a defender, the ball will be placed at the center of the blue line and play restarted with a **direct free kick by**

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**the attacking team**; (2) if the ball was last touched by an attacker, the ball will be placed on the center of the blue line and play will be restarted with a direct free kick by the defending team. (3) **Balls kicked by the defense from behind the blue line that hit the net above the field further down the field will result in a direct free kick from the center of the blue line by the attacking team.**

- iii. The goalkeeper will **throw the ball in**, if the attacking team kicks the ball into the net behind the end wall, and between the corner marks. **The goalkeeper shall not punt or drop-kick the ball after an end of line restart.**
- iv. A corner kick will be awarded on the corner mark for the attacking team if the defending team kicks the ball into the net behind the goal, and between the corner marks.

## **5. Substitutions** are unlimited

- a. Players coming off the field must be in proximity of the side door in front of the team bench before the substitute enter the field. Doors shall not be opened and left open while a player crosses the field to substitute. **Players coming on the field cannot touch the ball until the substitute is off the field and the door is shut.**
- b. Goalkeeper substitutions can be made during a stoppage or during play (away from the area of active play). The referee must be informed before a goalkeeper substitution can take place; and
- c. Substitution Violations: see **Violations and Infractions**

## **6. Game Duration**

- a. Running Clock: Except in the case of an unusual delay, determined by the Referee, the Game Clock counts continuously through each half.
- b. **U6-U8 Games**
  - i. Games will be 3 equal periods of 15 minutes with a 2-minute break between each period.
  - ii. Game clock will start promptly at game time

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## c. **U10-U12, Middle School, High School, Adult Women, and Co-ed Games**

- i. a. Games will be two 24-minute halves with a 3-minute halftime.

## **7. Free Kicks**

- a. The referee has the authority to stop the game for any reason listed under **Violations and Infractions**; and
- b. Play will resume with a **direct free kick** at the spot closest to where the violation or infraction happened (except for penalty kicks and as specified below). Until the ball is in play all opponents must remain 10 feet from the ball.
- c. Before a free kick is taken, the ball must be stationary.
- d. Except for a dropped ball, the same player who takes a restart may not again contact the ball until touched by another player

## **8. Dropped Ball**

- a. A dropped ball may be awarded if the referee stops play and the rules do not require one of the above restarts. **A goal may not be scored directly from a dropped ball. The referee shall drop the ball for the team in possession when play is stopped.** All other players must be at least 10 feet from the ball until it is in play. The ball is dropped by the defending team goalkeeper if play is stopped in the penalty area. The ball is in play when it touches the floor.

## **9. Penalty Kicks**

- a. Penalty Kicks shall be awarded for fouls committed in the penalty area or **for denying a goal scoring opportunity between the blue line and the goal.**
- b. The ball shall be placed on the mark at the top of the penalty area and all players except the goalkeeper and the player taking the kick must be at or behind the halfway line. Prior to the kick the goalkeeper must be on the goal line at the front of the goal.
- c. Upon the signal from the referee the ball may be kicked:

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- i. The ball must be stationary on the penalty mark;
- ii. The player taking the kick must play the ball forward towards the goal;
- iii. The referee shall signal for the kick to be taken;
- iv. The player taking the penalty kick may not touch the ball a second time until it has been touched by another player;
- v. The goalkeeper cannot move off the goal line to play the ball until it has been kicked;
- vi. Players at or behind the halfway line may move towards the goal once the whistle is blown;
- vii. If the goalkeeper or a member of the defending teams violates the rules and the kick is missed it shall be retaken. If a goal is made it shall be scored;
- viii. If a member of the attacking team violates the rules and the goal is scored it shall be retaken. If the goal is missed play shall be restarted with a free kick by the defending team in the penalty area.
- ix. Penalty kicks awarded prior to time expiring shall be taken with only the kicker and goalkeeper on the field. The kick is over once the kick has completed and either a goal is scored or stopped.

## **VIOLATIONS AND INFRACTIONS**

### **1. Fouls**

- a. All fouls will be penalized by a direct free kick given to the opposing team at the point closest to where the foul was committed; except for those items designated where the restart location is specified. Until the ball is in play all opponents must remain 10 feet from the ball;
- b. Referees may also determine if the fouls warrant further action such as a card(outlined below);
- c. Referees may allow play to continue if the play resulted in an advantage for the opposing team; and

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## d. **Fouls and infractions include:**

- i. Kicking or attempting to kick an opponent
- ii. Tripping an opponent;
- iii. Jumping at an opponent;
- iv. Charging an opponent from behind;
- v. Elbowing an opponent or striking or attempting to strike an opponent;
- vi. Holding an opponent;
- vii. Pushing an opponent;
- viii. Leverage - using the body of a teammate or any part of the field to gain an advantage ( e.g. holding unto a side wall to prevent a player from moving with the ball);
- ix. Deliberately handling the ball with any part of the arm or hand when arm or hand is out of a normal playing position;
  - 1. The referee will use discretion as to whether the ball was handled illegally. This rule does not apply to the goalkeeper when the goalkeeper is inside their team's penalty area.
- x. Pushing or propelling an opponent into the side wall;
- xi. Lowering a shoulder into an opponent;
- xii. Intentionally obstructing an opponent;
- xiii. **Players U-12 and younger shall not be allowed to head the ball- if the infraction occurs in the penalty area the restart will be on the center of the blue line**
- xiv. **Any unsportsmanlike behavior, such as; swearing, spitting, inappropriate language or behavior, arguing, fighting, or threatening another player, referee, coach, fan, or staff member.**
- xv. Dissenting or arguing with a referee;
- xvi. Excessive force in kicking the ball, which is determined by the referee as being dangerous or unnecessary;

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- xvii. Taking longer than **5 seconds** to play a free kick or restart from out of bounds after the referee signals play to begin - if the infraction occurs in the penalty area the restart will be on the center of the blue line;
- xviii. Playing the ball past three lines (two blue lines and the halfway line);
- xix. Slide tackling from any player. (Exception see s.3 below)

## **xx. Goalkeeper fouls:**

- 1. Touches the ball with his/her hands when deliberately passed to them by a teammate; the restart will be on the center of the blue line;
  - 2. **The goalkeeper may not dribble the ball from outside the red penalty arc to inside the red penalty arc and pick the ball up irrespective of who the ball was played by; the restart will be on the center of the blue line.**
- xxi. Touching the ball after releasing it and before it has touched another player – Play will be restarted on the center of the blue line;
  - xxii. Goalkeeper slide tackles an opposing player outside the penalty area (This does not include the goalkeeper sliding to make a save inside the penalty area, unless the action is careless, reckless, or with excessive force); and
  - xxiii. **Goalkeepers shall not punt or drop kick the ball.** If the goalkeeper punts the ball play will be restarted with a free kick by the opposing team on the center of the blue line nearest the goal.

## **2. Denying an Obvious Goal Scoring Opportunity**

- a. When. a player denies the opposing team a goal or an obvious goal-scoring opportunity by a deliberate handball offense the player shall receive a blue card and a penalty kick shall be awarded;

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- b. When a player denies the opposing team a goal or an obvious goal-scoring opportunity by committing a foul listed in 5.A.iv, above between the blue line and the goal, the offended team shall be awarded a penalty kick and the player committing the foul shall receive a blue card (unless the foul is of such a nature that a yellow card or red card is warranted); and
- c. When a player denies the opposing team a goal or an obvious goal-scoring opportunity by committing a foul listed in 5.A.iv, above between the blue line and the halfway line the offended team shall be awarded a free kick and the player committing the foul shall receive a blue card (unless the foul is of such a nature that a yellow card or red card is warranted).

### 3. Blue Card Offenses

- a. Blue card offenses will result in a blue card being issued to the player who will serve a 2-minute penalty. The player must leave the field of play for 2-minutes without substitution. If a goal is scored during the two minute period against a team serving a two minute penalty, the team may add a player to full strength as long as the player who received the blue card remains off the field for the entire two minute penalty
- b. Blue card offenses will also result in a free kick awarded to the opposing team if play is stopped to administer the card, Otherwise the normal restart shall occur; and
- c. **Blue Card Offenses Include:**
  - i. Any foul included under **Fouls** which the referee determines is reckless.
  - ii. Unsporting behavior; **including spitting and blowing your nose on the field.**
  - iii. Encroaching- standing closer than 10 ft. on a free kick;
  - iv. Persistent infringement of the violations or infractions;
  - v. Delaying the restart of the game;

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- vi. Excessive goal celebrations;
- vii. Entering the field of play without an ordered equipment adjustment; and
- viii. Illegal substitution as outlined under **Substitutions**.

## 4. Yellow Card Offenses

- a. 1. Yellow card offenses will result in a yellow card being issued to the player, who will immediately serve a 5-minute penalty. The player must leave the field of play for 5-minutes without substitution. If a goal is scored during the five minute period against a team serving a five minute penalty, the team may add a player to full strength as long as the player who received the yellow card remains off the field for the entire five minute penalty;
- b. Yellow card offenses will also result in a free kick awarded to the opposing team if play is stopped to administer the card otherwise the normal restart shall occur; and
- c. **Yellow Card Offenses include:**
  - i. Persistent infringement of the rules;
  - ii. Show dissent with the decision of the referee;
  - iii. Unsporting behavior; and
  - iv. Any foul that is considered excessive or dangerous.

## 5. Red Card Offenses

- a. Red card offenses will result in a red card being issued to the player who will immediately leave the facility for the remainder of the game. Players receiving a red card are not eligible to participate in play until having served a one game suspension. Depending on the nature of the offense a red card can result in a subsequent multiple game suspensions or the player being suspended for the remainder of the season;

The team may not substitute for the player after the card is issued; however, when two simultaneous Red Cards carrying the same Time

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Penalties are assessed to opposing players, their Time Penalties are not served.

**b. Red Card Offenses include:**

- i.** Serious foul play;
- ii.** Violent Conduct;
- iii.** Abusive, offensive, or insulting language or actions;
- iv.** Spitting at an opponent, official or arena staff; and
- v.** Excessive and persistent infringements of the rules of the game after having received a yellow card (i.e., second yellow card).

**6. Administering Cards on Advantage**

- a. In the case where the referee has awarded an advantage, the referee may administer a card if appropriate at the next stoppage of play.

**7. Card Accumulation**

- a. Blue cards:
  - i. Cards are accumulated throughout one game and reset at the end of the game.
- b. Yellow cards:
  - i. Two Blue Cards = One Yellow Card
  - ii. Cards accumulate throughout the season and reset at end of the 8-9 week season.
- c. Red Cards:
  - i. Two Yellow Cards = One Red; (min one game suspension for double yellow)
  - ii. Cards accumulate throughout the year and reset at the end of the year;
  - iii. Two red cards in one year may result in suspension from any YMCA soccer league for an entire year; and
  - iv. A red card for a serious offense may result in suspension from any YMCA sporting league for an entire year.

**8. Coach or Team Violations**

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- a. Coaches and Teams can receive a card for any of the following behavior:
- b. a. Unsportsmanlike conduct, dissent or arguing with referee or staff member, or persistently infringing on the rules.
- c. Offenses will also result in a free kick awarded to the opposing team if play is stopped to administer the card otherwise the normal restart shall occur; and
- d. Teams and Coaches cards will be accumulated the same as players and if two reds are given in a year, that coach will be suspended from coaching for a full year.
- e. Players receiving a card while on the bench do not result in the team playing short but a player receiving a card while on the bench is not allowed to return to play until the time duration for the card is over.