

2014
Emerson Indoor Recreation Soccer
Guidelines for Indoor Play

Facilities

Field Setup: Emerson High School Gym

1. Left side of gym while facing the American Flag
 - a. Volley Ball Nets on the left side of the gym must be taken out into the corridor and they must be laid down horizontally on the ground.
 - b. Cones must be moved into the corridor as well.
 - c. The bleachers located on the left side must be completely closed against the wall (The custodian is responsible for operating the bleachers, so seek his assistance if they are not in the proper position).
 - d. Any hand rails attached to the bleachers must be turned inward and not extended out facing the soccer field. This is very important especially for younger kids as it may cause a serious head injury.
 - e. Anything else in front of the entrance doors should be removed into the corridor as well i.e. small nets or chairs.
2. Right side of gym while facing the American Flag
 - a. Please use the wrestling mats to help create a barrier to keep the ball in play as much as possible.
 - b. The proper position for the bleachers on this side would be to have the first 3 rows closed (The custodian is responsible for operating the bleachers, so seek his assistance if they are not in the proper position).
 - c. Any hand rails attached to the bleachers must be turned inward and not extended out facing the soccer field. This is very important especially for younger kids as it may cause a serious head injury.
3. Overhead within the gym
 - a. All basketball backboards should be in a horizontal position and out of the way of play (The custodian is responsible for operating the basketball backboards, so seek his assistance if they are not in the proper position).
4. Fuzzy Ball Goals
 - a. The Goals will be located inside the High School Girls Locker room. Once the door is unlocked by a custodian; the Goals will be inside the utility closet located directly behind the door you just walked through. Coaches Bags will be stored at the high school with the Soccer Goals (please do not bring the bags home).
 - b. At the end of each pipe you will find black and red letters which fit into each other. Black goes with black and red goes with red and at the end you will have 2 goals.
 - c. The nets are simple as well; the tag on the net belongs in upper right hand corner while facing the goal. Attach the nets using the Velcro provided.
 - d. Place the goals in between the gray line at each end and make sure the goals fit right under the padding on the walls. This will keep them from tipping over.

Field Break Down: Emerson High School Gym

- 1) Left side of gym while facing the American Flag
 - a. Everything that was moved out in the corridor must be returned to their original location i.e. volley ball nets, cones, other goals, etc.
- 2) Right side of gym while facing the American Flag
 - a. Put the wrestling mats back where they were found.
- 3) Fuzzy Ball Goals
 - a. Break the goals down again and place them back in the bag.
 - b. They must be returned to the Girls Locker room utility closet. You will need to find the custodian to unlock the door prior to storing the Goals.
- 4) Coaches Bags and fuzzy soccer balls
 - a. Please store these in the Girls Locker room Utility closet along with the goals.

Teams: Emerson Indoor Soccer (in town only)

- 1) Kindergarten -Coed
- 2) 1st and 2nd Grade- Coed
- 3) 3rd and 4th Grade -Coed
- 4) 5th and 6th Grad -Coed
- 5) 7th and 8th Grad -Coed

Conduct of Games:

- 1) The basic concept behind this program is to provide the kids with an opportunity to play indoor winter soccer. The must remain a fun and learning environment for the kids, so excessive pressure by the parents, spectators and the coaches will not be tolerated.
- 2) Smoking or Drinking (Players are allowed to bring water) in the gym is not allowed. A wet floor can be very dangerous for all.
- 3) If at any point during a game a team is leading by more than (10) goals, good sportsmanship demands that you play your substitutes. Winning by more than 10 goals is not fun or good for team moral, so as coaches and assistant coaches try to keep the games as competitive as we can.
- 4) There is no restriction on clothing as long as a numbered team shirt is worn. Goalies must wear a neutral shirt color. Kneepads or sweatpants to protect against floor burns are acceptable.
- 5) Number of players competing is as follows:
 - a. Kindergarten - goalie and 6 players (7v7) 1 Coach allowed on the Court
 - b. 1st and 2nd Graders - goalie and 6 players (7v7)
 - c. 3rd and 4th Graders - goalie and 5 players (6v6)
 - d. 5th and 6th Graders- goalie and 5 players (6v6)
 - e. 7th and 8th Graders- goalie and 4 players (5v5)
 - f. Coaches and/or assistants can change the number of players on the field if a team is short players and both teams are in a agreement.

Safety:

- 1) No games should be conducted without the presence of a first aid kit. It is the responsibility of each team to have a first aid kit at all times.
- 2) At all times, one person from the Emerson Soccer Board shall be present and shall be responsible for the proper availability of the facilities, available in case of emergencies and deal with problems of the physical plant.
- 3) All players shall wear shin guards and eyeglass straps. Those requiring glasses are encouraged to wear sports safety glasses. Hats are not permitted.

Referee:

- 1) The League will create a pool of qualified referees. This group of referees shall attend an orientation and Instructional Program, as prepared by a qualified instructor.
- 2) The REFEREES ASSIGNMENT COMMITTEE may suspend or decertify a referee for failure to perform his or her duties in accordance with the written instructions received during the training session(s) or for other serious infractions.

Who May Play?

- 1) All players listed on a team's roster may dress and play in all games.
- 2) Substitutions can be done at any time during the game. No stoppage of play is required.
 - a. Only two players may be substituted at one time when play is in progress. Goalkeeper substitutions must be made only at a stoppage of play.
 - b. During stoppage of play, any number of players can be replaced.
 - c. Players replaced must be off the floor before substitutes come in. A violation of this rule will result in a corner kick.

Length of Games:

- 1) Games will be played in two halves (20 minute halves) with a four-minute break at half-time.
- 2) There are no time-outs. The clock runs continuously except when a lengthy delay is caused:
 - a. in order to attend to an injured player.
 - b. to correct a problem with the playing area.
 - c. to correct a crowd control problem.
- 3) The referee, at his own discretion, may add time to the game to make up for time delays as outlined above and elsewhere in the rules.

Application of Outdoor Rules:

- 1) All outdoor rules (FIFA) apply indoors with the following exceptions:
 - a. no offside rule applies
 - b. no corner kicks (see exception later).
 - c. All free kicks are "INDIRECT". The ball must travel at least the distance equal to the width of the ball before another attacking player may play the ball. An infraction of this rule will result in the awarding of a free kick to the opposition at the same point.

- d. Opposing players must be 10 feet away from the ball on a free-kick, a kick in, and a kick off.
- e. When a ball goes 'out' over a sideline, the opposing team is awarded a kick-in, (not a throw-in).
- f. Fouls, deliberate 'hands' etc. by a defending player inside his own penalty area results in a penalty kick, which is taken from a spot 20 feet from the goal line for Divisions 6, 5 and 4 and 23 feet from the goal line.
- g. All outdoor rules pertaining to fouls, unsportsmanlike conduct apply. Infractions result in a free kick.
- h. The start of the game, the second half and play after a goal, is restarted in the center of the gymnasium. Opposing players must be 10 ft. from the ball at the start. The ball must be moved forward at the "kick-off".
- i. Sliding and/or slide tackles are NOT permitted even if properly executed, except by the goalie within the box.
- k. All FIFA outdoor rules regarding pass backs to the goalkeeper now apply. An infraction results in an indirect free kick taken by the opposition from a point on the penalty area line closest to the place of the infraction.

Rules Regarding the Ball in Play:

- 1) Whenever possible, play should not be interrupted. The ball bouncing off walls at the sides and ends are in play.
- 2) Each gymnasium will have its own special "ground rules" pertaining to what is "out". These must be explained to the referee and coaches prior to the start of the game.
- 3) Striking the ceiling results in a free-kick, below the point where the ball struck the ceiling.
- 4) If a defending player strikes the ceiling within his own penalty area, a corner kick is awarded.
- 5) A ball striking ANY part of a basketball assembly ABOVE the goal is a dead ball resulting in a goalie throw-in.
- 6) A ball lodged behind the goal results in a goalie throw-in.
- 7) If a ball is unplayable after going over the end-line the defending goalie gets the ball for a throw-in, regardless who kicked the ball over the end-line.
- 8) If, in the opinion of the referee, a defender deliberately kicks the ball into the end-line obstruction or behind the goal in an effort to gain a goalie's throw in, the defending team is penalized with a corner kick.
- 9) A ball striking a spectator is considered "out" only if, in the opinion of the referee, the spectator purposely re-directed the ball. A ball that goes into the bleachers but then back into play will not automatically result in stoppage of play.
- 10) On a free kick, kick-in, penalty kick, or kick-off, the kicker may not play the ball again until another player has touched the ball even though it may have hit a wall, goal post, or grandstand. A violation will result in a free kick for the opposition.
- 11) When any free kick is taken, the ball must travel at least the distance equal to the width of the ball before another attacking player may play the ball. An infraction of this rule will result in the awarding of a free kick to the opposition at the same point.

Limits on Scoring:

- 1) To score from a kick-off, a free-kick, or a corner kick, the ball must be touched first by a second attacking player.
- 2) An attacking player cannot score from his own half of the gymnasium, unless the ball is touched by another attacking player in the defenders half of the gymnasium.
- 3) A game shall be terminated upon reaching a ten (10) - goal differential. In such case the winning coach shall be given a yellow card and his team will be penalized one point in the standings. A repeat offense results in a second yellow card for the coach, which constitutes a red card with the applicable penalties.
- 4) A deliberate "own-goal" will be considered unsportsmanlike conduct and will result in a yellow card issued to the coach and the team will lose one point in the standings.

Rules Applying to the Goalie:

- 1) Goalie must wear a neutral colored shirt.
- 2) Goalies return the ball into play with a "throw-in".
 - a. The ball must strike the floor, a wall, or a player prior to crossing the half-line. Otherwise a free-kick is awarded to the opposition at the half-line where the ball crossed the line.
 - b. A goalie's AWARDED throw-in may not be touched by a player from either team until the ball has passed outside the penalty area. A violation results in another goalie's awarded throw-in.
- 3) The goalie must throw-in the ball from the point where he caught the ball, or where he arose from the ground. A goalie may not run up to the edge of the penalty box to throw-in. A goalie may take reasonable evasive action to avoid collisions. An infraction of this rule results in a corner kick.
4. If a goalie is awarded a throw-in without having first captured the ball (the ball hitting the basketball assembly, ball lodged behind the goal etc.) he must take the throw-in from behind the goalies TOUCH LINE which is located three (3) feet in front of the goal line. Violation results in a corner kick.
5. If a goalie touches the ball with his hands outside the penalty area, the opposition is awarded a free kick from the point of the infraction.
6. If a goalie kicks or punches the ball from inside his penalty area over the half-line without first touching a wall, the floor, or another player, the opposition is awarded a free-kick at the half-line at the point where the ball crossed the line. A goalie, however, may take a free kick from inside his own penalty area, in which event, this rule does not apply.
7. Outside the penalty area, the goalie is like any other "field" player. However, once the goalie has touched the ball with his hands, he may not kick the ball over the half-line regardless of the fact that he is outside the penalty area. (This rule is designed to prevent the goalie from rolling the ball to himself outside the penalty area in order to kick it over the half-line). An infraction of this rule results in a free kick at the half-line.

Courtesy and Discipline:

- 1) Team that is on the field and ready to play first will be awarded the kick to start.
- 2) When a kick-off, a kick-in, a free kick, a corner kick, an awarded keeper's throw-in, or a penalty kick is awarded, play may not resume until after a referee's whistle.
- 3) A referee may issue a yellow card to a player, coach, or assistant coach for a serious infraction of the rules or a repeated minor one. A "yellow-carded" player is benched for a minimum of two minutes and may not return to the game until advised by the referee. A substitute may take the "excused" player's place. Two yellow card infractions by a player within a single game constitute a red card. Further, three yellow cards accumulated by a player during the season will result in an automatic one game suspension. Two yellow carded infractions by a coach within the same season shall result in a one game suspension.
4. Excessive offensive behavior may be penalized by a game misconduct penalty (a red card), where the player or coach is removed from the game. A substitute can replace the banished player. A banished coach must leave the building. Such a remedy should be only used in very extreme cases where the safety of other players is involved. It is up to the coaches to instill a spirit of good sportsmanship that will prevent such an occurrence.
5. A player who is red-carded as described above is automatically suspended for at least one game or more dependent on the ruling of the GAMES CONDUCT COMMITTEE. A coach who is red-carded will be automatically suspended for a minimum of two games. The GAMES CONDUCT COMMITTEE reserves the right to impose additional sanctions. A second red card automatically banishes the coach for the season. If warranted, the GAMES CONDUCT COMMITTEE may impose additional disciplinary action including additional suspensions and fines. Suspensions carry over to the next season. All suspensions apply to any league sponsored game.
 - a. The GAMES CONDUCT COMMITTEE shall consist of at least one Coach, one Director and one Trustee appointed by the President.

Behavior of Coaches and Spectators:

1. Proper conduct and good sportsmanship on the part of players, coaches and spectators is expected by the League. Offensive language and unruly behavior will not be tolerated and will be sanctioned severely by the League. Coaches are responsible for the conduct of their respective players as well as their team's parents and fans. Failure of coaches to maintain and control their spectators may result in sanctions once the matter is forwarded to the GAMES CONDUCT COMMITTEE. Referees are instructed to maintain order on the field and sidelines. They will be the sole arbiter in such situations and will report disorderly conduct to the GAMES CONDUCT COMMITTEE. Moreover, the referee, in his/her sole discretion may eject a coach or spectator. In such case the ejected person must leave the building. Failure to promptly respond to the referee's instructions will result in that team's forfeit of the game. Further sanctions may result after the GAMES CONDUCT COMMITTEE completes its investigation.

Summary:

- 1) A Free-kick from the center line is awarded when:
 - a. the goalie's throw in crosses the center line without first touching a player, wall, or floor.
 - b. the goalie kicks or punches the ball over the center line from inside his own penalty area and the ball does not first touch a player, a wall, or floor before crossing the center line.
 - c. the goalie kicks the ball over the center line from outside his penalty area after having touched the ball with his hands without touching a wall, player, or the floor.
2. A corner kick is awarded when:
 - a. a team has too many players on the floor.
 - b. a substitute enters a game before the player he is replacing is off the floor.
 - c. a defending player kicks the ball onto the ceiling within his own penalty area.
 - d. a defending player deliberately kicks the ball behind his own goal or an end-line obstruction in an attempt to cause a goalie's throw-in.
 - e. a goalie takes too many steps after gaining control of the ball.
 - f. a goalie fails to remain behind his touch-line when taking an "awarded" throw in (see below).
3. A goalie is "awarded" a throw in (which he must take from behind the touch line) when:
 - a. the ball strikes any part of the basketball assembly OVER the goal.
 - b. when an illegal goal is scored.
 - c. the ball is lodged behind the goal or in an end-line obstruction.

The rules are based on the PVISL (Pascack Valley Indoor Soccer League) rules as found on the website www.PVISL.com.

For specific questions please contact a Board Member at www.emersoneagles.net