



Mount Holly Parks & Recreation Indoor Soccer Rules

1. 10U and 13U will be played 5 vs. 5 with no goalie. If short players you may play 4 vs. 4 with no goalie.
2. Goal size will be 4' X 6'.
3. Substitutions can be made on the fly.
4. Each player shall play a minimum of 50% of the game.
5. Footwear will either be tennis or basketball shoes. Shin guards are mandatory; no jewelry is to be worn.
6. Two eighteen-minute halves, with a three-minute halftime will constitute a game. The referee will be timekeeper for all games. The score will not be kept.
7. There will be a goal box (area that's 10' wide and 6' long), directly in front of the goal. There is no ball contact through or in the goal box. If the ball comes to rest in the goal box, a goal kick is awarded regardless of who touched the ball last. Any part of the ball or player's body on the line is considered in the goal box and is an extension of such. If a defender touches the ball in the goal box, a goal is awarded to the offensive team. If an offensive player touches the ball within the goal box, a goal kick is awarded to the defensive team. If the referee determines the offensive team is waiting for the ball as it goes through the box, the referee shall blow it dead and award a goal kick to the defensive team.
8. Goals can only be scored from the offensive side of halfcourt.
9. There will be no offsides, but "cherry picking" is not allowed.
10. Heading is not allowed.
11. Sliding is not allowed.
12. In all dead ball situations, including kickoffs, defending players must stand at least five yards away from the ball. If the defensive player's goal area is closer than five yards, the ball shall be placed five yards from the goal area in line with the place of the penalty.



13. There will be throw-ins, but the ball cannot be thrown into the goal. It must be contacted first.
14. All dead ball kicks are indirect with the exception of corner & penalty kicks.
15. Goal kicks may be taken from any point on the baseline.
16. Kickoffs are indirect and may be taken in any direction.
17. A penalty kick shall be awarded if, in the referee's opinion, a scoring opportunity was nullified by an infraction. It is a direct kick taken from the center of the midfield line, with all players behind the mid-field line and the player kicking the ball. This is a dead-ball kick, if a goal is not scored the defense obtains possession with a goal kick.
18. Deliberate handling of the ball that denies the opposing team a goal or an obvious goal-scoring opportunity will result in the following- a penalty kick will be awarded- the player committing the foul may be sent off and shown a red card.
19. Two yellow cards in one game result in suspension from the game and following game. One red card will result in suspension from the game and following game. If a player or coach is suspended a second time, they will be expelled from the league.
20. Any intentional pushing or shoving, especially within three feet of the wall or net, may result in a yellow or red card depending on the severity.

Instances that may occur, but not specified within these rules, shall be left to the discretion of the referee or supervisor.