



Indoor League Rules

2025 Update

Foreword

We have adopted these rules to help the flow of the game and to create an atmosphere where the game of indoor soccer in South Baltimore can be enjoyed by Players and Fans alike. These rules are set forth by the Board of Directors of the SBYSL and are enforced by the referees appointed by the board for each game.

Referees and coaches are, indeed, strongly urged to attend all league meetings about the rules.

Among other things, the Rules' intent is to promote the adoption of standards for indoor soccer, which will further promote its identity, growth and, above all, fun for those of all skill levels and ages.

We ask all players, coaches, spectators, referees, and Board Members to keep in mind that this league is a volunteer run league and everyone is here for the kids and the promotion of the League as a whole. This being said, we would like everyone to play hard, play fair and above all, HAVE FUN!

Coach Conduct

Coaches are expected to conduct themselves in a manner that promotes a positive learning environment for recreational soccer. They are expected to treat all of the players, coaches, parents, and referees in a fair manner and abide by the rules that are defined by the SBYSL board. Any issues with a coach's conduct will be subject to a review by the board and may result in suspension or loss of coaching privileges.

League Rankings and Playoffs

In the event that teams finish the regular season tied, head to head record will be used to determine the standings. A coin flip will be used if a third tie break is required. At the end of the season we will have a playoff to determine the overall champion.

Player/Coach Cards

Any player or coach that receives a red card will be ejected from the current game and must sit out the next game. Individual Blue and Yellow cards will be tracked throughout the SBYSL season. Players or Coaches that accumulate 5 points in Blue/Yellow cards will be required to sit out the next game. Each blue or yellow card is worth 1 point. Bench cards do not count toward a player or coach. Once a player has sat out a game, the accumulated points reset to zero.

Rule 1 - The Field of Play

See Official Field Diagram for standard dimensions for the field, goals and markings.

Rule 2 - The Ball

| Division | Size |
|---------------|------|
| Coed 2nd/3rd | 4 |
| Coed 4th/5th | 4 |
| Coed 6th-8th | 5 |
| Girls 3rd/4th | 4 |
| Girls 5th-7th | 5 |

Ball Change: The ball may not be changed except by the Referee.

The game ball is delivered to the Referee prior to each game. At the end of each half, the ball is maintained by the Referee. Upon the game's conclusion, the Referee returns the game ball to the person or team which supplied them.

Rule 3 - The Players

Teams (Winter 2025-'26)

| Division | Total Players on Field (incl. goalkeeper) | Minimum Players |
|--------------|--|-----------------|
| Coed 2nd/3rd | 7 | 6 |

| | | |
|---------------|---|---|
| Coed 4th/5th | 7 | 6 |
| Coed 6th-8th | 7 | 6 |
| Coed 9th-12th | 6 | 5 |
| Girls 3rd/4th | 7 | 6 |
| Girls 5th-7th | 7 | 6 |

NO COACHES ALLOWED ON THE FIELD WITHOUT REFEREE PERMISSION IN ANY AGE GROUP

No players or spectators on field during halftime. Post-game: Players and spectators must yield to the oncoming teams. If time allows, oncoming teams can use the field for a few minutes prior to kick off for warm-ups.

Two coaches are allowed inside the Players Box. No coaches are allowed behind the goal or along the floor area.

Any players that will not be participating in the game but will still be in the bench area are to be reported to the referees by the coach before the start of the game. The referee will report that information to the opposing coach for monitoring.

Home/Visitor Designation and Bench Areas

Teams will be assigned a Home or Visitor designation for each game on the official league schedule. Teams should utilize the bench directly opposite their designation on the facility scoreboard.

Illegal Players

All players who participate in the game must be registered in the SBYSL league and age group that they are participating in. Pick up/Pool players must be identified by coaches and both coaches must agree prior to the game for the player to participate in the match. Coaches who use illegal players will be subject to disciplinary action by the SBYSL board.

Pool Players

Teams are allowed to use pool players who are in the same age group and who are registered with SBYSL. Each team can add up to 3 total pool players to bring the team's total available players to the minimum number plus two. Pool players must be coordinated and approved by the division VP.

Equal Time Penalty

ALL COACHES MUST TRY TO GIVE ALL PLAYERS EQUAL PLAYING TIME. Any team in violation will receive a loss for the game in question and also have 3 points removed from their team in the standings and a possible coach suspension.

Substitutions

Each team may substitute field players freely; provided that, during play, players must substitute off the field of play within the box in the area of their Team Bench.

A goalkeeper substitution can only occur after a timeout, injury, scoring stoppage, or end of the period. All players must enter/leave the field through their bench box doors.

Guaranteed Substitution

There will be a 20 second Guaranteed Substitution at the following stoppages.

- After a Goal
- After a penalty/card has been assessed (not one resulting in a penalty shot)
- After an Injury (the injured player must sub off if the coach tends to them)
- Any “superstructure” violation

The referee in the box will raise his hand over his head during guaranteed substitutions, and will look to the coaches. Coaches should yell “SUB” and the referee in the box will hold play for up to 20 seconds to complete the substitution. If the coach does not yell within a few seconds, the referee in the box will signal for play to resume, and normal substitutions must be made. Substitutions must not delay/disrupt the flow of the game. Violations may result in an illegal substitution penalty or a bench blue card.

There will be no substitutions allowed at the following stoppages:

- Any 3 line violation (offending team only)
- Penalty Shot

Player Requiring Treatment for Injury

The Referee sends any field player to his Team Bench who requires treatment for injury or blood (regardless whether the blood is his own or another’s, or is on his body or uniform) unless the injury results in a penalty kick. Injuries to the Goalkeeper will be assessed and given the option of remaining in the game or going to the bench. This occurs at the first opportunity recognized by the Referee, whether at the game’s next stoppage or his order when (i) the injury is deemed critical, (ii) by the location of the injured player, he is likely to interfere with play, or (iii) the injured player’s team has control of the ball. Any player sent off for treatment may not reenter until fit to return and until, if applicable, the expiration of the player’s Time Penalty. The Referee shall approve any blood treatment prior to allowing the player to reenter the field. If allowed by the Referee and permitted by administrative policy, a player whose uniform is stained with blood and untreated may wear alternative clothing.

Slaughter Rule – Additional Player

Any team that is losing by 5 or more goals will have the option of adding an additional field player. In the event that the losing team cuts the deficit below 5 goals, the additional player will be removed and play will continue under the normal game conditions.

Rule 4 - The Players' Equipment

Uniforms

Players wear their team's uniform, consisting of the same colors, shin guards UNDER socks, and indoor footwear (flat bottom shoes are required).

Goalkeeper

The Goalkeeper wears jersey colors distinguished from all other field players and from the referees.

Dangerous Equipment

Jewelry and other accessories that may cause injury are prohibited.

Loss of Equipment

If a player loses a piece of equipment (shin guard, shoe, etc.), they cannot participate in play – they must retrieve the equipment and then leave the field for a substitution if it cannot be replaced immediately. Continuing to play without required equipment may result in a dangerous play foul, with the free kick for the opposing team.

(Note: the league highly recommends that players with braces use a mouth guard. Players who require glasses should try to use sport goggles, contacts, or a restraint. Both of these items are recommendations and will not prevent a player from participating.)

Rule 5 - The Referee

Referees

One Referee or two Referees officiates each game, along with a timekeeper. So long as a Referee is on the facility compound of an assigned game, he shall execute – or delegate to other Game Officials the execution of – these Rules.

Decisions of Fact and Rule

The decisions of the Referee regarding facts connected with play and interpretation of Rules are final. The Referee may change any decision prior to a Restart upon his own reconsideration (including after consultation with the other Referee on the field).

Powers

The Referee's power to assess penalties, and otherwise assure fair play and maintain control of a game, extends to violations of these Rules committed during play, during stoppages, and as players and other team personnel proceed to and from the field of play. This includes the power to:

- Award or Disallow a Goal: The Referee determines whether or not a goal is scored.

- Suspend or Terminate the Game: The Referee stops, suspends, or terminates the game at his discretion by reason of the elements, interference by spectators, an unsafe condition, or other justifiable cause.
- Stop the Clock: The Referee stops the Game Clock due to an unusual delay (subject to administrative policy.)
- Prohibit Field Entry: The Referee ensures that no unauthorized person enters the field of play during a game.
- Summon Security: The Referee asks facility security guards to prevent any spectator, including team personnel, from interfering with the play of the game for: (1) Violent conduct, including tossing objects onto the field of play; (2) Foul or abusive language or behavior; or (3) Persistent unseemly behavior.

Game Report

Subject to administrative policy, the Referee files a Game Report, including information on any disciplinary action and other incident (e.g., serious injury) or circumstance occurring before, during, or after the game.

Rule 6 - The Duration of the Game

The game is to start ON TIME and ONLY play the specified amount of minutes. Please leave the field after your amount of game time. This will give the next team a couple minutes to stretch and prepare for their game. Please give courtesy for the next team to prepare for their game!

Periods

- Coed 2nd/3rd: 4 x 10-minute periods
- All other age groups: 4 x 12-minute periods

Overtime

No overtime will be played. Games can result in a tie.

Running Clock

Except in the case of an unusual delay as determined by the Referee, the Game Clock counts down continuously through each period.

Halftime and Breaks

- Between 1st and 2nd period: 1-minute break
- Between 2nd and 3rd period (halftime): 3-minute break
- Between 3rd and 4th period: 1-minute break

The Referee may restart play early if teams are ready.

Timeouts

Each team may have one 30-second time out per game. Timeouts may only be requested at the following times:

- At a stoppage in play, by the coach of the team with possession

- When the ball is live and the goalkeeper has undisputed possession of the ball, by that goalkeeper's coach
- After a goal is scored, by either coach

In the Coed 2nd/3rd division, coaches may call timeout regardless of team possession.

Rule 7 - The Start and Restart of Play

Restarts take place by a Kickoff, Free Kick, Goalkeeper Distribution, or Dropped Ball. The team opposing that which is responsible for the stoppage takes the Restart. Except for a Dropped Ball, the same player who takes a Restart may not again make contact with the ball until touched by another player. Other than for Kickoffs or as provided below, Restarts occur within three feet (3') from the spot of the ball at the moment of stoppage.

Kickoff

A Kickoff from the Center Mark starts play at the beginning of each period and after every goal. Immediately prior to the Kickoff, all players remain in their respective halves, and all defending players are outside of the Center Circle. Once the Referee signals the the restart of play by blowing the whistle, a player of the team having the Kickoff has 5 seconds to play the ball. A player who starts play may not again play the ball until it touches another player. The ball may be played either forwards or backwards.

The Visitor Team takes the Kickoff for the first and third quarters and the Home Team takes the Kickoff for the second and fourth quarters.

Teams change defensive ends after every period.

Free Kick

A team receives a Free Kick after stoppages other than when a Dropped Ball or Goalkeeper Distribution is required. Before the team takes the Free Kick, the ball must be stationary. All opposing players are at least 10 feet from the spot of the Free Kick (or, if within 10 feet of the opponent's goal, along the goal line). The Referee whistles the restart for all Free Kicks taken from any circle mark and after stoppages due to an injury, time penalty, or other incident within the Referee's discretion. In the instance of a Time Penalty or ejection, the Referee whistles the Restart after the player serving the Time Penalty has sat down in the Penalty Area or the ejected person has left the area visible to the field of play.

The spot of the Free Kick is that provided above, except:

- Within Own Penalty Box: Goalkeeper Distribution.
- Within Opponent's Penalty Box: at the Top of the Arch.
- Illegal Pass Back to Goalkeeper: A Free Kick occurring after an illegal pass back to the Goalkeeper is taken at the Top of the Arch.
- Delayed Penalty:
 - according to the ensuing stoppage, as normally administered, or

- ii. in case the defending team obtains possession of the ball during play, at the spot of the original offense.
- e. Kick-In: a yard from the wall at the point nearest where the ball crossed over the Perimeter Wall.
- f. Corner Kick: When the whole of the ball, having last touched a defending player, crosses an end of the Perimeter Wall between the Corner Flags, the opposing team takes a Free Kick from the Corner spot, nearest to where the ball exited play.
- g. Three-Line Violation: from the offending team's Restart Mark.
- h. Superstructure Violation: from the Restart Mark nearer to where the ball was last touched.
- i. Goalie Drop Kick Violation: at the Top of the Arch.
- j. Repeated Failures to drop back to the Build Out Line: at the midfield center spot.

(NOTE: The Restart Marks are located at the center points on the non-midfield lines.)

Dropped Ball Restart

If play is stopped inside the penalty area, the ball will be dropped for the goalkeeper

If play is stopped outside the penalty area, the ball will be dropped for one player of the team that last touched the ball at the point of the last touch

For unintentional headballs (in all divisions below Coed 9-12th), a drop ball restart will be given to the opposing team.

AK: For unintentional head balls, a drop ball restart will be given. If an act occurs in the box that is unintentional, a drop ball restart will be given outside of the box. If a header is used to deny a clear goal scoring opportunity, a penalty kick may be given.

In all cases, all the other players (of both teams) must be at least 10ft away

If the ball touches the referee (or another match official) and goes into the goal, team possession changes or a promising attack starts, a dropped ball is awarded

The referee drops the ball at the position where it was when play was stopped, unless play was stopped inside the goal area in which case the ball is dropped on the goal area line which is parallel to the goal line at the point nearest to where the ball was when play was stopped. The ball is in play when it touches the ground.

Goal Kick or Goalkeeper Distribution

Play restarts with a Goalkeeper Distribution anywhere within the Penalty Box after an attacking player has last touched the ball before crossing an end perimeter wall. During a goalkeeper distribution, all opponents must vacate the goal box area. Any potential interference will result in a free kick from the center mark.

Note: For Coed 2nd/3rd and Girls 3rd/4th, see Build Out Line rule 13

Rule 8 - The Ball In And Out Of Play

Ball In Play

The ball is “in play” once each Kickoff or Restart legally begins and the ball makes any discernable movement. The ball remains “in play” until a stoppage, recognized by the Referee.

Restarts Within Defensive Penalty Arch

For Restarts by a team within its Penalty Arch, the ball is not “in play” until the game is properly restarted and the ball is propelled beyond the Penalty Arch by the player taking the Restart.

Ball Out Of Play

The ball is “out of play” once any stoppage occurs which the Referee acknowledges or orders, whether for goals, Fouls, Time Penalties, injuries, out of bounds, Three-Line Violations, or Superstructure Violations.

Three Line Violation

A Three-Line Violation occurs when a player propels the ball in the air across the two Red Lines and the Halfway Line toward the opponent's Goal without touching the Perimeter Wall, another player or a Referee on the field of play. Exception: the goalkeeper is permitted to throw the ball over three lines.

Superstructure Violation

A Superstructure Violation occurs when the ball contacts any part of the roof or roof netting above the field of play. The side nets are not considered a superstructure violation only the ceiling netting.

Rule 9 - The Method of Scoring

Goal

A team scores a goal when the whole of the ball legally passes over the Goal Line between the goalposts and under the crossbar. A goal may be scored directly from a Kickoff or Restart.

Interference

No goal is allowed if an outside agent alters the path of the ball on its way over the Goal line.

Winning Team

The team scoring the greater number of goals during a game is the winner.

Rule 10 - Fouls and Other Violations

10.1 Penal Fouls

A Foul, resulting in a Free Kick, is assessed to a player who commits any of the following offenses in a manner that the Referee considers careless, serious, reckless, or involving excessive force:

- a. Holds an opponent
- b. Handles the ball (except by the Goalkeeper within his Penalty Box)
 - i. Deliberate handling the ball remains an offense
 - ii. The following situations, even if accidental, will be a Free Kick:
 - 1. The ball goes into the goal after touching an attacking player's hand/arm
 - 2. A player gains control/possession of the ball after it has touched their hand/arm and the scores or creates a goal-scoring opportunity
 - 3. The ball touches a player's hand/arm which has made their body unnaturally bigger
 - 4. The ball touches a player's hand/arm when it is above their shoulder
 - iii. The following will not usually be a Free Kick (unless one of the above situations applies):
 - 1. The ball touches a player's hand/arm directly from their own body/foot or the body/foot of another player who is close/near, and the Referee determines the contact had *de minimis* impact on possession
 - 2. The ball touches a player's hand/arm which is close to their body and has not made their body unnaturally bigger
 - 3. If a player is falling and the ball touches their hand/arm when it is between their body and the ground to support the body (but not extended to make the body bigger)
- c. Plays in a dangerous manner
- d. Slide tackling
- e. Impedes the progress of an opponent ("obstruction")
- f. Prevents the goalkeeper from releasing the ball from his/her hands ("goalkeeper interference")
- g. Kicks an opponent
- h. Trips an opponent
- i. Jumps at an opponent
- j. Charges an opponent
- k. Strikes or elbows an opponent

- I. Pushes an opponent

10.2 Unsporting Behavior

A Free Kick results for the following offenses:

- a. Illegal substitution: Attempting to enter play without the required Referee consent. Referee consent is indicated by a whistle, raised hand, or verbal communication by the Referee. Disrupting the flow of play or too many players on the field will be penalized as an illegal substitution.
- b. Equipment violation: Entering play without completing an ordered uniform adjustment.
- c. Leverage: Using the body of a teammate to propel oneself to head the ball, or placing both hands on the boards to create playing space.
- d. Encroachment: Entering the protected area of an opposing player taking a Free Kick after initial warning by the Referee.
- e. Trickery: Passing the ball back to a goalkeeper by trickery (Rule 10.3(b)).
- f. Dissent: Committing any of the following offenses, whether before, during, or after the game:
 - i. Referee Abuse: Words or actions directed by any player or team personnel at an official in dissent.
 - ii. Breach of Penalty Area Decorum: Delay in entering the Penalty Area; failure to sit and remain seated in the Penalty Area after a Warning; or premature or unpermitted exit from the Penalty Area.
 - iii. Entering the Referee Crease without the Referee's permission.
 - iv. Other: Behavior which, in the Referee's discretion, does not warrant another category of penalty.

10.3 Goalkeeping

Goalkeeping Restrictions:

Infractions (a), (b), and (c) shall cause the Referee to stop play and award a Free Kick to the opposing team as outlined below.

- a. Ball Played to Goalkeeper's Hands from Teammate: A goalkeeper is not permitted to touch the ball with his hands if it has been deliberately kicked to the goalkeeper by a teammate. A player may pass the ball to his own goalkeeper using his head or chest or knee, etc. A player may not use a deliberate trick to pass the ball (including from a Free Kick) to the goalkeeper with the head, chest, knee, etc. to circumvent the rule. Free Kick is awarded to the opposing team at the Free Kick mark (top of the arc) for violation of this rule.
- b. Illegal Procedure Handling: A goalkeeper who receives the ball outside of the penalty area shall not handle the ball inside the penalty area. Free Kick is awarded to the opposing team at the Free Kick mark (top of the arc) for violation of this rule.

- c. Handball Outside Penalty Area: Deliberate handball violations committed by the goalkeeper outside the penalty area shall be interpreted to be "severe in nature" and a two (2) minute power play time penalty must be assessed against the goalkeeper who, in the opinion of the referee, intentionally handles the ball to break up a promising attack or save a shot at goal outside of the penalty area regardless of the position of his body. A penalty kick will be awarded resulting from any such two (2) minute power play time penalty. Situations whereby the goalkeeper first handles the ball within the penalty area but his momentum carries him outside the penalty area while handling the ball shall not be deemed "severe in nature" and no time penalty shall be assessed. The two (2) minute power play time penalty assessed to the goalkeeper shall not be served by the goalkeeper but rather by a teammate (coach's choice). NOTE: goalkeepers outside of the penalty area who are playing as field players and commit an unintentional handball offense will be penalized as a field player.
- d. Goalkeeper Striking: If, during play, the goalkeeper either intentionally strikes an opponent by throwing the ball violently at him/her or pushes him/her with the ball while holding it, the Referee shall assess a two (2) minute power play time penalty. As a result, a penalty kick will be awarded. The two (2) minute power play time penalty assessed to the goalkeeper shall not be served by the goalkeeper but rather served by a teammate (coach's choice).
- e. Goalkeeper Joining an Altercation: In situations where there is an altercation, the goalkeepers of both teams must remain in their respective penalty areas, or retreat into their respective penalty areas during such altercation. Any violation shall result in a five (5) minute misconduct non-power play penalty assessed against the offending goalkeeper. The five (5) minute misconduct penalty assessed to the goalkeeper shall not be served by the goalkeeper but rather served by a teammate (coach's choice). Referees may assess additional penalties based on players' participation in the altercation.
- f. Goalkeeper Delay: If a goalkeeper is in possession of the ball in his/her team's own half (defensive half) of the field or receives the ball while in this area, he/she must release the ball from his/her possession within five (5) seconds. For violation of this rule, a Free Kick is awarded to the opposing team from the spot on the field where the violation occurred or from the Free Kick mark (top of the arc) if the violation occurs inside the penalty area.

Goalkeeping Privileges

- a. Obstructing Goalkeeper: If a player intentionally obstructs the opposing goalkeeper in an attempt to prevent him/her from putting the ball into play, the referee shall award a Free Kick from the center mark.
- b. Charging Goalkeeper: In cases of body contact in the penalty area between an attacking player and the opposing goalkeeper not in possession of the ball, the Referee shall stop the game if in his/her opinion the action of the attacking player was intentional, and award a Free Kick from the center mark.

- c. Endangering the Goalkeeper: A player who intentionally commits a foul against the goalkeeper which, in the opinion of the Referee, falls short of serious foul play (send-off) but nevertheless endangers the goalkeeper beyond what is considered to be the normal hazard of play, shall be assessed a two (2) minute power play time penalty. A Free Kick will be awarded from the center mark.
- d. The goalkeeper may bounce the ball while in possession in the penalty area.

Penalties Assessed To Goalkeeper

The goalkeeper will not serve any time penalty assessed to him/her. Any two (2) minute power play time penalty assessed to the goalkeeper, shall be served by a teammate (coach's choice). Any five (5) minute non-power play misconduct penalty assessed to the goalkeeper shall be served by a teammate (Coach's choice). A 6th attacker who receives a time penalty is required to serve their penalty time.

Note: Although the goalkeeper is not to serve his/her own time penalties, the time penalty violations are charged to the goalkeeper for the purpose of accumulation toward send off.

10.4 Team Violations:

The Referee issues a Team Penalty for the following violations by a team or unidentified person:

- a. Leaving Team Bench: Players leave a Team Bench to join a fracas or confrontation with the opposition or a Game Official;
- b. Bench Dissent: After an initial "Warning," one or more unidentifiable players verbally abuse the Referee.
- c. Other: Unsporting Behavior, which, in the Referee's discretion, does not warrant another category of penalty (e.g., too many players on the field.)

10.5 Advantage Rule

The Referee allows play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from an attacking advantage.

10.6 Flagrant Fouls

A Penalty Kick is awarded for the following Fouls committed by a defender in his defensive half of the field:

- a. A Foul within the Penalty Arch or Goal for which he receives a Time Penalty;
- b. A Foul from behind against an attacking player, having control of the ball and one or no defensive players between himself and the Goal; and
- c. Any Foul where he is the last player on his team between the attacking player with the ball and the Goal

10.7 Cautionable Offenses

The Referee issues a Yellow Card for serious or reckless violations of Rule 10.1 and for the following:

- a. Deliberate Handball: Handling the ball deliberately (or by a Goalkeeper outside of his Penalty Arch);
- b. Goalkeeper Endangerment: Endangering a Goalkeeper within his Penalty Arch by sliding or charging into him, regardless whether he is in control of the ball;
- c. Boarding: Propelling an opponent into the perimeter wall, whether or not intentionally;
- d. Unsporting Behavior: Violating Rule 10.3 by any team personnel;
- e. Team Penalties: Violating Rule 10.4; and
- f. Provoking Altercation: Making physical contact with an opponent (e.g., pushing or poking), short of fighting, as defined in Rule 10.9, or using the ball in so doing, particularly in the case of a Goalkeeper

10.8 Ejectionable Offenses

A person receives a Red Card for Fouls, which the Referee considers violent or committed with excessive force, and for:

- a. Third Yellow Card
- b. Elbowing: Intentionally elbowing an opponent above the shoulder;
- c. Vicious Slide Tackling: A tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him;
- d. Fighting;
- e. Leaving Team Bench or Penalty Area to engage in a fracas or confrontation with the opposition or a Game Official;
- f. Extreme Unsporting Behavior: Committing particularly despicable behavior
- g. Aggressive playing called twice on any player by a Referee

Head Coach is responsible for him-/herself, his/her coaches, his/her players, and the team's fans. Anyone that is Ejected is GONE from that game and the NEXT ONE!!

Rule 11 - Time Penalties

The following penalties apply to offenses for which a Card is issued (subject to further action by the Administrative Authority):

- a. Yellow Card : 2-minute Time Penalty and a warning of the subsequent possibility of an ejection;
- b. "Administrative" Red Card (for a player's third Yellow Card): 2-minute Time Penalty and ejection.
- c. "Straight" Red Card: 5-minute Time Penalty and ejection.

Players are designated by their teams to serve Time Penalties of their team, their Goalkeeper, non-player personnel, and of teammates who receive Red Cards. Otherwise, the person who commits a carded offense serves the penalty. Players serving Time Penalties serve their Time Penalties, seated, until their expiration and the Referee permits their release.

Short-Handed Play

For each Time Penalty being served by a player, his or her team plays with one fewer field player until its expiration; provided that, a team may not have fewer than the minimum required, regardless of the number serving Time Penalties. Should a player receive a Time Penalty, while two or more teammates are already in the Penalty Area, his or her team continues to play with the minimum while he or she joins his teammates in the Area.

Exceptions

Under the following circumstances, Time Penalties either expire prior to their completed countdown, or have the beginning of their countdowns delayed:

- a. Powerplay Goal: If a team is scored upon having fewer players on the field of play, due to one or more players serving Time Penalties, a player from the team is released from the Penalty Area into the field of play, unless otherwise prohibited, and the player's Penalty or Penalties are wiped out. If the team has two players in the Penalty Area, only the player whose Time Penalty or Penalties are recorded earlier is affected.
- b. Multiple Penalties: If two teammates are serving Time Penalties when another teammate is penalized, his Time Penalty does not begin to count down until at least one of the teammates' Time Penalties has expired and his or her Time Penalty is next to begin.
- c. Simultaneous Ejections: When two simultaneous Red Cards carrying the same Time Penalties are assessed to opposing players, their Time Penalties are not served.
- d. Maximum Time Penalty: No player may receive more than 5 minutes for penalties arising at the same time on the Game Clock, irrespective of the number or nature of accumulated offenses or the fact that one or more teammates may be designated to serve such time.
- e. End of Game: All Time Penalties carry over between periods and expire at the end of the Game.

Delayed Penalty

In instances where the Referee would issue a Blue Card, but for the Advantage Rule, the Referee acknowledges the offense by holding the Card above his head until the earlier to occur of the following:

- a. Opponent's Possession: The team of the offending player gains control of the ball;
- b. Stoppage: The Referee stops play for any reason.

Once play is stopped, the offense is recorded and assessed, as customary. In the event a goal is scored during the delayed penalty, no penalty is served and the provision above regarding early release of any other timed penalty remain applicable.

Rule 12 – Penalty Kicks/Tiebreakers

For a Penalty Shot

1. The ball is placed at the Penalty Mark;
2. The Goalkeeper has one foot on his Goal Line until the ball is in play
3. The player taking the Penalty Kick may not touch the ball again until after it touches another player.
4. A player who was injured and awarded a penalty kick may remain in the game for the kick after an assessment by the coach.

Tiebreaker

NOTE: All regular-season games will end at the completion of regulation time. No overtime or tiebreakers will be played during the regular season. Tiebreakers will only be played during the playoffs or championship games.

A Tiebreaker takes place if the score is still tied at the end of regulation:

1. The Referee designates the Goal at which both teams shoot
2. The team which shoots first is decided by a coin flip
3. All players, other than the player taking the shot and the defending Goalkeeper, remain within their Team Bench areas;
4. Both teams have 3 shots, with players from each team kicking alternately; Players are chosen from the players who are on the field at the conclusion of regular time. In the event that all of the field players kick and a tie remains, bench players will kick.
5. If, at any time, a team obtains a 2-goal advantage, the Tiebreaker ceases and the winner is declared;
6. If, after both teams have taken 3 shots, neither has an advantage, the Tiebreaker continues, alternating one player at a time, until both teams have taken an equal number of shots and one team has scored when the other has not;
7. The player has 5 seconds to score after the Referee's whistle.

Rule 13 – Build Out Line

This rule only applies to the Coed 2nd/3rd and Girls 3rd/4th divisions.

Build out lines for indoor soccer are the non-midfield lines on the field. They are located between the goal line and the halfway line.

The concept of a build out line is to encourage playing the ball out of the back, in a less pressured setting. The build out line specifically impacts two parts of the indoor game, Goalie Distribution Restart, and the goalkeeper putting the ball back into play once they have possession of the ball with their hands.

GOALIE DISTRIBUTION RESTART: Opposing players must move behind the build out line during the Goalie Distribution Restart. They must remain behind the build out line until the ball is in play.

GOALKEEPER POSSESSION - BALL IN HAND: Goalkeepers may NOT punt or drop-kick the ball. They must release the ball back into play with their hands. If a goalkeeper punts or drop-kicks the ball, the opposing team is awarded a Free Kick at the arc at top of the offending goalkeeper's box. Goalkeepers can NOT throw the ball in the air, let it bounce and then kick it. That is a drop-kick, and considered a violation.

When the goalkeeper has possession of the ball in hand, opposing players must move out of their offensive third, to a position behind the build out line. Once the goalkeeper releases possession with their hands, the opposing team may cross the build out line and resume normal play

Goalkeepers are permitted to put the ball into play while opponents are within their offensive third, but by doing so, the goalkeeper accepts the consequences of resuming normal play before the opponents move beyond the build out line.

Teams whose opponents violate the build out requirements will be awarded kicks as follows:

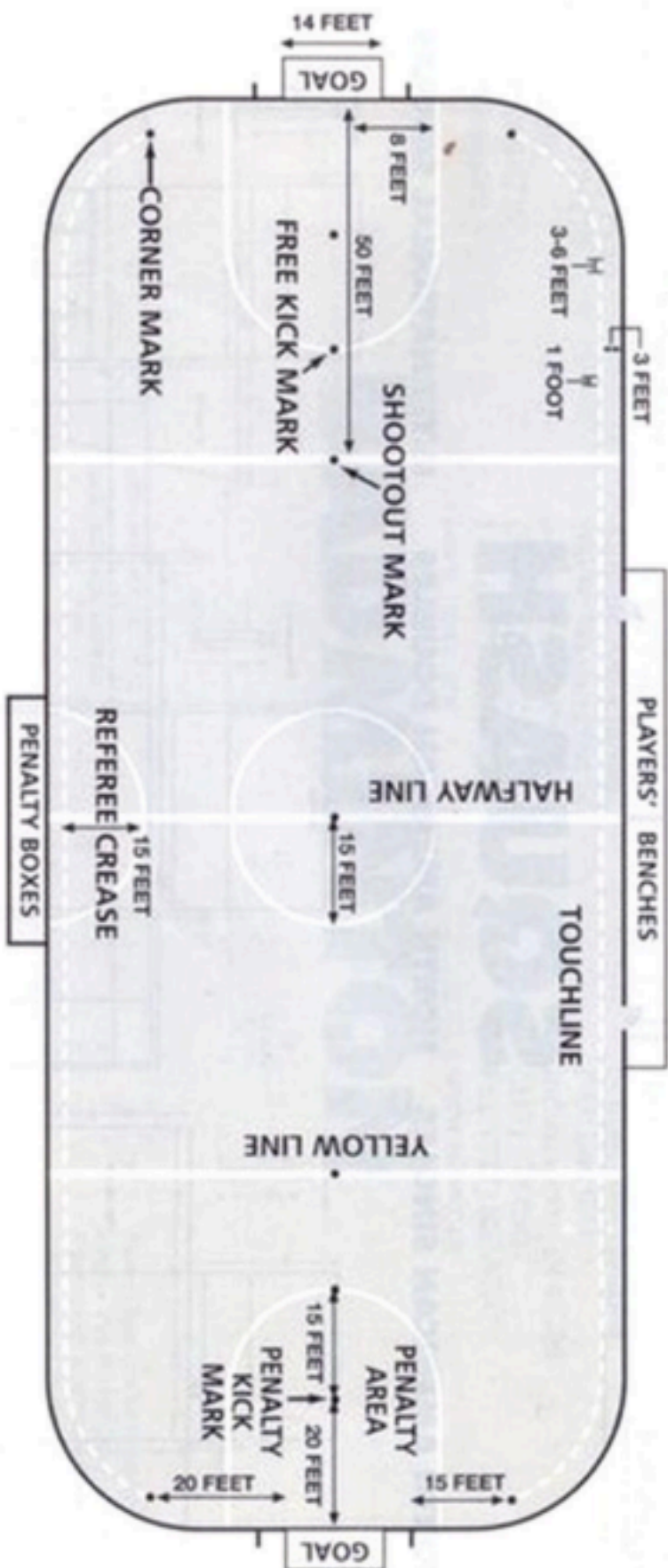
- Initial violation: Goalie Drop Ball Restart at the Free Kick Mark ("Top of the Arch").
- Repeated Failures to drop back to the Build Out Line: at the center spot.

Myers Pavillion Facility Rules & Regulations

There will be a Zero Tolerance Policy regarding these rules. These rules are in place to help make everyone's experience with the Indoor League of SBYSL enjoyable. Using these facilities is a Privilege to all participants and we would like to continue doing so for many seasons to come.

1. There will be no players or coaches allowed on the field level area until 30 seconds left in the previous game.
2. No spectators are allowed onto the field level, including the referee areas, at any time.
3. There is to be no ball playing anywhere in the building except on the field.
4. No one is allowed on the field at halftime for any reason.
5. No food or drink is permitted on the field of play at any time.
6. No jumping down off the spectator area, over or under the railing. Use the steps!!!!
7. All players must wear flat bottom shoes and shin guards.
8. There is to be no ball playing in front of the building at any time.
9. NO gum chewing in the building by players or spectators.

INDOOR



Note: All line markings are either 4 or 5 inches wide. Goals are 8 feet high by 14 feet wide by 5 feet deep.

(Diagram courtesy of the Major Indoor Soccer League.)