



Indoor Soccer Rules and Regulations

4/23/2026 revised

“Resolute Athletic Complex, LLC”

Rules are for Regulation Indoor Field, FIFA Rules will be followed unless otherwise noted.

CONDITIONS FOR TEAM REGISTRATION

The RAC offers multiple sessions annually for adult and youth soccer leagues. Teams registering for a new session must be in good standing with the RAC to play in an upcoming soccer league. The RAC reserves the right to reject a team registration if a team has previously violated one or more of the RAC's policies, including but not limited to:

- Failure to pay team fees by the stated deadline
- Forfeit of more than one game in a session
- Multiple red cards given to more than one player
- Disrespectful behavior by team members toward a referee, RAC staff or an opponent
- Multiple complaints from opposing teams regarding aggressive play, disrespectful behavior, or language
- Roster violations such as failing to follow age restrictions and permitting non-rostered players on the field
- Disrespectful behavior from spectators associated with a team or players

Should the RAC determine that a team will not be permitted to register for a new session, the team and all previously rostered players will not be allowed to sign up for any other teams or as free agents. The team and rostered players can petition for reinstatement to the league for future sessions, provided the team/players meet specific conditions.

TEAM FEES AND LATE PAYMENT POLICY

A \$200 non-refundable deposit is required at the time of league registration. The deposit will not be refunded unless Resolute does not have enough teams to create a league. The deposit applies toward the total team fees. The remaining team fees must be paid in full by the designed deadline for each session. The deadline is announced in advance and emailed to the team captain. Teams who do not pay their team fees in full by the designated deadline will have a \$100 late fee applied to the team captain's account, and any games played will be forfeited. If the team fees and late fees are not paid within two weeks of the payment deadline, the team and all rostered players will be suspended until all fees are paid in full. Going forward, the team and the team captain will not be able to register for any future sessions unless team fees are paid in full at the time of registration.

THE TEAM ROSTER

A maximum of 18 players can be on any one team roster. A roster must consist of at least the number of players required to play a game. Rosters are created online through the RAC's team management system. Team captains will send team invites through the system to each player, or parent/guardian of a minor player. Once the invite is accepted, the player or player's parent/guardian must sign the online waiver before they can participate in the league.

Any team who plays with a non-registered player or under age (30+ leagues) or over-age player (U18 and below leagues) will forfeit the game(s) in question upon following the proper procedures. The referee must be notified before the start of the game or immediately when the player in question enters the game. The referee will direct the Coach to get a RAC staff member at the Front Desk. Staff will check the rosters of both teams. The referee will note the name(s) of the player(s) in question, stopping the game but not the clock, and notify the coach immediately that the player(s) are being questioned for roster eligibility or age requirements.

That player must produce proof of age (birth certificate or driver's license) to The RAC (not the referee) within two days of the game in question.

Completed games are not subject to being protested. The protest must be made at the time of the suspected violation. All protests should be made before the game starts or before the 2nd half unless the player in question enters after the 2nd half.

REGULATION INDOOR FIELD TEAMS

Age Group	Players Per Side	Ball Size	Heading Allowed
U9 - U10	8	4	No
U11 – U12	7	4	No for U11, Yes for U12
U13 – U18	6	5	Yes
Men's open, over 30 & over 40	6	5	Yes
Women's open, over 30 & over 40	7	5	Yes
Adult coed	7	5	Yes

Adult coed teams play with a maximum of 4 male and a minimum 1 female field player. The typical format is 4 male and 2 female field players. The goalkeeper is neutral and cannot count as your 1 female. Over 30+ leagues may roster two players aged 25-29, and over 40+ coed leagues may roster two players aged 35-39. Over 40 men's leagues cannot have players younger than 40 on their teams. Adult leagues are for adults aged 18 years or older; however, participants cannot be in high school.

DIVISIONS

Multiple divisions are offered for each league to allow for leagues to be formed with teams of similar skill level. The A division is the most competitive division and D is the more recreational division. The divisions may be determined by the number of teams that sign up. If not enough teams sign up for a division, then the RAC will have the right to combine divisions.

WARMUP

Teams should be ready to go as soon as the previous game is complete. At their own discretion, teams may use the time for warm up, or to immediately begin play. The games are scheduled consecutively, and the referee will start the clock at the scheduled time. The RAC will make every effort to keep the games as close to schedule as reasonably possible.

THE CLOCK

The clock will begin at game time. The clock will start at 25:00 and the game will begin at the 24:00 minute mark. A game may begin only when both teams have the minimum number of players required, which is two less than the standard number, and when at least one of the two teams is ready to play. If a team does not have the required players after five minutes has elapsed, the game is forfeited. The clock is continuous and will not be stopped unless, in the referee's opinion, an extended delay in the game has occurred. Injuries are deemed as a part of the game.

SUBSTITUTION

Teams may sub at any time during play, at their own risk ("free substitution"). Players should leave the field before being replaced. It is an illegal substitution if the substitute becomes involved in play before the departing

player has left the field, or if the substitute enters the field from a different door and gains an advantage in play. The restart is a direct kick from the spot where the substitute impacted play.

YELLOW CARDS

When a yellow card is issued, the offending player must leave the field with the team playing down one player for 2 minutes. If the offending player is the goalkeeper or coach (or in coed leagues, if the offending player is the only female field player), the team may remove a different player to serve the penalty time. If during the 2-minute penalty, the opposing team scores, then the penalty time is over and the team can replace the player, going back to full strength.

RED CARDS (EJECTIONS)

Anyone who receives a red card will need to leave the bench and facility immediately and will have a minimum suspension of one week from the facility and from ALL teams that they are affiliated with, with no exceptions. Depending on the severity of the red card, that suspension will be increased. If there are BYE weeks for your team during that one-week suspension, you will serve the suspension at the next scheduled game. When a red card is issued, the offending player (or coach) must leave the field and must also leave the bench area with the team playing down one player for 5 minutes. The offending player is not allowed to return to the game. If during the 5-minute penalty, the opposing team scores, then the penalty time is over and the team can replace the player, going back to full strength. If you receive two red cards in a session, you will be suspended for the rest of the session plus next session.

EXTRA PLAYER

If at any point during the game, the goal differential is 5 or greater, the losing team may add a field player. The extra player must be removed if the goal differential becomes less than 5.

FIVE POINT MAXIMUM SCORE DIFFERENTIAL

The official game score will reflect no more than a five-point score differential.

PLAYER'S BENCH

Adult Leagues:

Only rostered players for the current game are permitted in the bench area. These players are deemed part of the team and, therefore, are bound by the rules of the game. Spectators are not permitted in the bench area.

Youth Leagues: U9 to U18

Only rostered players for the current game are permitted in the bench area. These players are deemed part of the team and, therefore, are bound by the rules of the game. **Up to two coaches, aged 21+ are allowed in the bench area and must always be on the bench with the team.** Spectators are not permitted in the bench area.

Resolute staff and referees will oversee the players' bench. Please comply with any staff directive to remove spectators and any un-rostered players from the bench area. **Any team failing to abide by staff orders will forfeit the game.**

Please remove all trash and clothing from the bench area when your game is finished.

FORFEITS

The results of a forfeited game, on the regulation indoor field, shall be 5-0. If the game has begun, and the forfeiting team is losing, the score at the time of the forfeit stands. Any team that forfeits a game will be ineligible to win the league.

A game shall be a forfeit if:

- A team does not have the required number of players within five minutes of the scheduled time.
- A team has not paid their team fees by the designated deadline.
- A team uses illegal players.
- A team refuses to take the field to play.
- A team does not have enough players to begin the game or continue the game. (Two players less than the standard amount per side may begin the game)

FREE KICKS

All kicks are direct– there are no indirect kicks. This includes:

- All kicks resulting from misconduct and penalties
- The inbounds kick
- Kickoff
- All other kick restarts

The distance on free kicks that a defending team has to give a re-started kick is 10 feet.

PENALTY KICKS

All non-violent penalty kicks will be taken from the top of the arc. Intentional violent penalties inside the penalty box will be taken from a point inside the arc, as determined by the referee.

FOULS-MISCONDUCTS-PENALTIES

A player who intentionally commits any of the following offenses shall be penalized by the referee awarding a free kick to be taken by the opposing team from the point of the infraction.

Boarding

Player safety is a top priority at Resolute. The indoor soccer fields are boarded so the ball stays in bounds, allowing for a fast-paced game. Boarding of a player, contact by a player that forces an opponent to hit the boards in a manner that endangers the safety of that opponent, is not allowed. Any contact, legal or otherwise, by a player that forced an opponent to hit the boards in a manner that endangers the safety of that opponent will result in the offending player being red-carded and ejected from the field and facility and suspended for future games.

List of additional infractions:

- A. Kicks or attempts to kick an opponent.
- B. Trips to an opponent, i.e. throwing or attempting to throw him/her by use of legs or by stopping in front of, or behind him/her.
- C. Jumps at an opponent.
- D. Charging an opponent from behind unless the latter is shielding the ball in an illegal manner.
- E. Charging an opponent in a violent or dangerous manner. If a player deliberately turns his/her back to an opponent when he/she is about to be tackled, he/she may be charged, but not in a dangerous manner.
- F. Strikes, elbows or attempts to strike, or elbow an opponent.
- G. Holds an opponent.
- H. Pushes an opponent.

- I. Handles the ball, i.e. carries, strikes, or propels the ball with his/her arms (does not apply to the goalkeeper in his/her own penalty area).
- J. Playing in a dangerous manner.
- K. Charging fairly at an improper time, i.e. with the shoulder, when the ball is not within playing distance of the players concerned.
- L. **Spitting at an opponent, on the field, sideline or anywhere in the facility (not in a trash can) shall result in an automatic red card, a one-game suspension, and immediate removal from the facility. Chewing gum/tobacco is a two-minute penalty. These will result in a direct free kick.**
- M. When not playing the ball, intentionally obstructing an opponent, i.e. running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent. If a player covers up the ball without touching it in an effort not to have it played by an opponent, he/she obstructs but does not infringe the rules being already in the possession of the ball and covering it for a tactical reason (i.e. shielding).
- N. Charging the goalkeeper, except when he/she is outside the penalty area.
- O. Improper handling of the ball by the goalkeeper. This includes; using hands to play a ball that he/she passed to a teammate and was passed back before being played by an opponent; or picking up a ball that was previously in his/her possession and not played by an opponent including bouncing the ball. Note: as is allowed in outdoor leagues, the goalkeeper may dribble any ball (other than an illegal pass-back or a ball placed directly into play by the goalkeeper) from outside the penalty area back into the penalty area and play the ball with hands.

Items “J” through “O” are considered minor fouls and result in a direct free kick from the top of the arc. If they occur in the penalty area, they do not result in a penalty kick. All other fouls are major fouls and would result in a penalty kick if they occur in the penalty box: this may also result in an automatic two- minute penalty.

UNIFORMS

All teams must wear a uniform, preferably numbered. A uniform is regarded as identically colored shirts. Grey is considered the same as white. T-shirts are fine. In the case of a uniform conflict, the home team (listed first on the schedule) shall change uniforms. Resolute will not furnish any alternate wear. Please have players bring a contrasting color T-shirt. The goalkeeper must wear a shirt that is a different color from both his/her opponents’ colors.

EQUIPMENT (SHOES, SHIN GUARDS, BRACES, CASTS)

- SHIN GUARDS ARE MANDATORY FOR ALL YOUTH LEAGUES. That includes U-16 and above.
- Braces should have no exposed metal.
- Casts must have one and a half inches of foam covering them.
- Outdoor cleats are allowed (no metal spikes).

The referee may refuse entry into the game of any player who is wearing illegal and/or dangerous equipment.

Please check with the referee if you have any questions before the game. Players entering the game wearing illegal and/or dangerous equipment are subject to an unsportsmanlike conduct penalty.

Padded casts are legal unless the referee judges the player is using the cast in a dangerous or unfair manner.

GAME BALLS

The home team, listed first on the schedule will supply game balls. The RAC will not supply game balls.

ADDITIONAL RULES

- The five-second rule starts when the ball is placed on the restart spot.
- The ball may be three feet off the wall for re-started kicks.
- NO SLIDING, and NO SLIDE TACKLING. However, the goalkeeper may slide within the penalty area, as part of a legal attempt to play the ball.
- The goalkeeper may not punt the ball.
- No 2 point goals.....ALL GOALS will be scored as ONE POINT.
- When the ball hits any part of the ceiling, lights, or nets, it is restarted at the point where the ball last crossed the out of bounds plane or where it hits the ceiling. This rule applies in the same way to the goalkeeper when he/she is outside of the goal box. If the ball hits the ceiling directly above the penalty area, the restart is at the top of the arc. This is a direct kick.
- The following will be used to determine a league champion in event of a tie in the standings:
 - Most wins
 - Head to head
 - Least goals conceded
 - Goal differential