



RECREATION

Indoor Soccer Rules



All outdoor soccer rules will apply with the following modifications:

Number of Players:

K – 1st Grade: Play consists of five players. No goalie will be used with these age groups.

2nd- 9th Grade: Six players (including a goalie) for grades 2-9. A goalie shirt will be provided at the games by the Site Supervisor or Referee that must be worn to distinguish them from the other players and referees.

Practice Time:

The first 20 minutes of the hour will be dedicated to practice. There will be no practice times available through Lehi Recreation outside of this time. Soccer balls and cones will be provided for practices held at the Legacy Center.

Game Time:

The game will consist of two, sixteen (16) minute halves. The clock will run the entire time. Half-time will be 3 minutes. For grades K-2, coaches will keep track of time using a provided stop watch.

Ball Size:

K-4th grade: Teams will use a size 4 ball.

5th-9th grade: Teams will use a size 5 ball.

Uniforms:

All participants must wear a reversible Lehi City Recreation soccer uniform. Blue & white uniforms from past seasons may be worn. If a new jersey needs to be purchased, they can be purchased from the Legacy Center Registration office for \$10.

Shin Guards: Grades 3-9 are required to wear shin guards. Shin guards are strongly recommended for Grades K-2.

Referees:

K -1st Grade: One coach from each team will be allowed on the court to both instruct and officiate the game. A whistle will be provided to each coach for these grades.

2nd Grade: One referee will be provided. One coach from each team will be allowed on the court to both instruct and officiate the game. A whistle will be provided to each coach for this grade.

3rd – 9th Grade: Referees will be provided. Coaches for grades 3-9 must remain in the team bench area during the games (except when summoned on by a referee).

Game Play:

- Substitutions are done on the fly. Coaches do not need to notify the referee. Coaches need to ensure that the player comes off the court at the same time the substitute is coming onto the court.
- No offside penalties will be called.
- All fouls will result in an indirect kick (the ball must contact another player before going into the goal).
- A goal may be scored from any point on the court by any player (including the goalie).
- The ball may be played off the walls, ceiling or bleachers. A ball is out of bounds when it gets stuck on top of the bleachers, goes over the side walls, or on the track. There are no throw-ins. The ball is placed on the floor, in-bounds, and kicked from the spot where it went over the wall and out, approximately 5 feet away from the wall.
- Grades 2-9 Only: No offensive player can be within the opposing teams' goalie box (taped box). The goalie can only use their hands inside the box. When the goalie receives the ball, they must put the ball in play by rolling the ball in an underarm bowling motion. Over arm and side arm throws or kicking (this includes placing the ball down and kicking it) are not allowed.
- Please help your players to realize that indoor soccer is a game which utilizes more passing and ball control, rather than just kicking the ball as hard as you can every time they are in possession of the ball.
- Grades K-1: Spectators may sit in the Gym or upstairs on the benches. Grades 2-9: All spectators must watch the game from upstairs. No one will be allowed in the gym except coaches, players and officials.

All players must play a minimum of 50% of each game.