



LIFE SPORT INDOOR SOCCER RULES



Game Play

The referee's decision is final. They have ultimate control over all decisions. Play commences on Referees whistle at the start of each half and after all free-kicks, penalties and goals.

Game consists of two 30-minute halves with a 5-minute half time break. Game commences with a defensive kick-off from the home listed team. Away listed team to kick-off in the second half.

Out of play – ball stuck on walls or roof

Drop Ball between two players nominated by referee.

Ball to be dropped from shoulder height and allowed to bounce once before possession is taken.

If ball is kicked before the first bounce then referee to re-play drop ball.

On second attempt, if ball is kicked before the first bounce then referee to award free kick against offending player.

Out of play – on stairs

If the ball comes straight back into play on one bounce it is play on. If the ball bounces more than once on the stairs it is the goalkeeper's ball.

Referee to award free kick if ball is deliberately played onto steps. Free kicks awarded from the solid semi-circle line on either side at the junction with the end boundary.

Time Wasting

If no attempt is made to play the ball from the corner or deemed to deliberately wasting time, the player has 10 seconds (with a 5 second warning) to pass the ball or a free kick will be awarded to the opposition.

Injuries

Referees will signal time-off for serious injury delays.

Substitutes

Fully coordinated by team captains at their discretion. Interchanging players must tag and exchange on the first step. Substitutions need to be completed before commencement of play following a goal.

Fill-ins and Emergencies

Agreement is to be reached by the captains and the referee prior to play, regarding the emergencies being used. Captains are fully responsible for the make up of their team each week.

A team can only utilise a maximum of 3 emergency players per week to make their team up to a maximum of 6 players.

A player can only play on the team he is listed on. He can not fill in for other teams.

An emergency player must play a minimum of 2 games during the season to qualify for either the semi-finals or the grand-final. They must have played those 2 games for that specific team they are wanting to play with in the finals.

Penalties

Free Kicks awarded for the following offences:

- (1) Any form of rough play.
- (2) Tackling when standing behind opponent.
- (3) Any form of Slide tackling.
- (4) Players not upright when playing the ball.
- (5) Dangerous play against all walls and boundaries.
- (6) Using arms against walls to obstruct play.
- (7) Contacting other players with your arms.
- (8) Kicking above chest height close to other players.
- (9) Handball; Handball is considered any contact of the arm below the shoulder. Accidental contact of the arm is permissible provided arms are not away from your body.

NB: 4 large paces must be kept between the ball and the defender at all free kicks.

Penalty kicks are awarded for any of the above offences made in the defensive semi-circle.

Penalty spot is located in the centre of the yellow dotted semi circle. The striker may take 3 steps for a penalty kick. All other players behind dotted semi circle until penalty kick is struck. Keeper must stay on goal line. Penalty kicks are to be taken after the referee's whistle.

Goalkeeper

- (1) Can receive a header or non-foot pass from a teammate; also can receive an accidental deflection from a team-mate.
 - (2) Cannot touch the ball by hand while any part of their foot is on or outside the solid semi-circle line.
 - (3) The goalkeeper has 10 seconds to kick out, with a 5 second warning.
- Goalkeeper offences will result in an indirect free kick from the dotted semi-circle line where it meets the solid line on either side of the goals.



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The goalkeeper receives a free kick out when the ball is deemed out of play by the referee either on the steps, behind the goals, or if the ball goes through or hits the side of the net.

NB: Opposing players must be outside the solid semi circle when the keeper is kicking out.

Send offs for Unsportsmanlike behavior

- (1) Repeated bad or offensive language.
- (2) Repetitive or Serious free kick offences
- (3) Disrespecting other players or the referee
- (4) Verbal or physical abuse of other players

NB: Send offs are made on the referee's decision and are for up to 10 minutes of game time or in extreme situations for the remaining game time. The sent off player may not be replaced and the team will play with one less player on the court until the send off period has expired.

Competition Scoring

Scoring a Goal

Goals can only be kicked from outside the solid Yellow semi circle line at both ends. The foot must make contact with the ball while the whole ball is behind the yellow line. Players of both teams may still enter the yellow semi circle at any time and the ball may still be played and passed within the yellow semi circle but a goal may not be scored.

The only exception to the rule is that a header is permitted to score a goal within the yellow semi circle. Any deflection off a defending player from a ball shot from outside the semi circle will be awarded as a goal. If a shot is taken from inside the semi circle and does not go in the goals it is play-on. If a shot is taken from inside the semi circle and goes into the goals, it will be disallowed and the goalkeeper's ball.

Ladder and Results

4 points awarded for a **win**, **2 point** awarded for a **draw**, **0 points** awarded for a **loss**.

In case of tied points at end of season, percentages are calculated on goals for, over goals against, to decide final positions.

Forfeits

The forfeiting team is penalised with a loss and a 0-7 point deficit.

Finals

At the end of the home and away games is a final ladder from 1st position to 5th position. This determines the positions for who has qualified for the various finals matches. The finals are played as follows:

Semi Finals

Position 1st goes straight through to the G/Final.

Positions 2nd & 3rd play off in a semi final game, with the winner qualifying for the grand final.

Positions 4th & 5th play off for final placing.

In the case of draws in any of these finals we will play extra time until a "Golden" goal is scored. The first team to score a goal wins that final. Unlimited extra time with teams changing ends every 5 mins!

Administration

Registration Fees

The season costs **\$100.00** per player. The fees are due at round 1 before the playing of the first game. This payment covers court hire, compulsory team shirts, social events, trophies, awards and grand final celebrations. If fees are not paid in full, players may be refused game time. Please talk to Sam or Lukas with any payment issues or queries.

Code of Conduct

Life Sports Indoor Soccer has a heart for the local community, we passionately believe that sport can bridge many gaps and can teach and display some great values and morals for everyday life.

Below are the five core values of Life Sports Indoor Soccer competition that all participants must accept to strive toward for the enjoyment of all players, spectators, family and friends:

Sportsmanship, Community, Respect, Fun and Encouragement