

SALT LAKE COUNTY PARKS AND RECREATION Indoor Soccer Information & Rules for 3 year olds – 5th Grade

Indoor Soccer Instructional Divisions: 3 year olds, Pre-K (4-5 year olds), Kindergarten (5-6 year olds): This division is designed to teach participants the basics of soccer so they understand rules, proper techniques, and basic skill development in a fun environment. The focus for this program will first be clinic time that will be led by volunteer parent coaches with the assistance of Salt Lake County Staff. Skills being taught for these age groups can be found within the program curriculum page. A scrimmage portion for this program will follow each clinic.

All teams will play the scrimmage with equal players on the court in situations where there are not enough players to field a complete team. All Instructional level will be 5 vs. 5 & no goalkeeper. 1st-5th grade division's maximum number of players on the floor is 6 and the minimum is 5 – including the goalkeeper. Teams will need to match the number of players in the case that a team shows up with less than 5 players. Teams may share players as we try to avoid forfeits at all cost.

Duration of Scrimmage: Clock will be running continuously during scrimmages. There will be a 1 minute break between quarters and a 2-3 minute halftime. Each team is allowed one time-out per half, which may be called only at normal stoppage of the scrimmage or when that team has clear possession of the ball. The timeout will last one minute. The first week may be a little shorter due to handing out jerseys, equipment and team organization.

◆3 Year Old: (2) Six minute halves ◆4-5 Year Old: (4) Four minute quarters ◆Kindergarten: (4) Six minute quarters
◆1st/2nd Grade: (2) Sixteen minute halves ◆3rd-5th Grade: (2) Twenty minute halves

Start of Play: The ball is kicked from the mid-point of the mid-field line. Defensive players must stand outside the midline circle. The ball can be kicked forward or backward. A player cannot pass the ball to themselves (two kicks in a row) to start play. Teams will alternate kickoffs between quarters and will not switch goals at halftime.

Substitutions: Unlimited; substitutions are allowed during any stoppages of play (ball out of bounds, free kick situations, after a scored goal, time out, etc.). Each member of the team must play at least half of the scrimmage.

Equipment: Any gym shoe can be worn (no cleats), as long as they don't mark the floor. They also must either tie or Velcro (no slip-ons, mules, platforms, etc.) Shin guards are strongly suggested for safety.

Officials: Staff will assist volunteer coaches in leading clinic/instruction time and will officiate during the scrimmage portion of the program.

No Headers: Heading the ball will not be allowed.

Out of bounds/restarts: If the ball goes out of play for the 3 year old ,4-5 year olds or Kindergarten programs, the ball will be put back into play by kicking it in from the sideline. When the ball completely crosses the sideline, the ball will be put back into play by the team who did not touch the ball last prior to it crossing the sideline. The player will restart play by performing an indirect kick near the spot where the ball carried out of bounds.

Use of Hands: These ages are learning the basic skills. Volunteer coaches and staff will instruct players to not use their hands if a player uses hands, but play will continue on.

Score: We do not keep score for these scrimmages. This is a recreational league designed for participants to have fun playing soccer in a non-competitive atmosphere. All interpretations are at the discretion of site supervisors & staff officials.

Additional rules for 1st Grade – 5th Grade Recreational Divisions:

Fouls & Misconduct: an indirect free kick will be awarded to the opposing team if a player kicks, pushes, trips, strikes,

boards, jumps toward, holds, or violently charges an opposing player. Any intentional foul committed as judged by the official can result in a benching penalty of that player. The amount of penalty time will be five (5) game time minutes. The player serving the penalty time may be replaced by another player. Offenses of obstruction, charging and un-sportsman-like conduct shall be penalized by an indirect free kick. The defensive players must stay back 5 yards from the ball when the indirect free kick is taken. **Slide tackling is not permitted.** It can also result in a benching penalty depending on the severity of the foul. **Please stay on your feet.**

Indirect Free Kicks: must touch another player before entering the goal.

Penalty against the Goalkeeper: when a five minute penalty is awarded against the goalkeeper another player can become the goalkeeper until the five minutes has expired.

Goal Clearance: A goal clearance means the goalkeeper can throw the ball back into play from the goal box or place and ground kick. **NO DROP KICKS ALLOWED.** The ball must bounce at least once before it travels ½ the court and leaves possession of the goalie. This bounce can qualify if it makes contact with the wall or a player. Any player trying to kick the ball while the goalie has possession of the ball will result in an indirect free kick. This rule is to better protect goalies.

Out of bounds/restarts: if the ball goes outside of the walled playing field, the ball will be given to the opposite team that touched it last. The player will restart play by performing an indirect kick near the spot where the ball carried out of bounds.

Officials: One referee will be appointed to officiate. Officials and site supervisors have the final say in all calls that are made.