

OLD SAYBROOK PARKS & RECREATION

INDOOR SOCCER RULES

Purpose

The purpose of the OSPR indoor soccer league is to introduce young children to the sport of soccer and build off the success and development from the fall outdoor season. Our focus will be skill development, knowledge of the rules, and sportsmanship. We want to develop players with more: individual skill, intelligence, creativity and confidence.



Throughout the season, our players should be taught the very basics of soccer and build off the skills learned in the longer fall outdoor season. At the end of the 5 weeks, they should understand and be able to perform the following.

1. Identify offense vs. defense.
2. How to properly dribble with the inside of their foot.
3. How to properly pass to a teammate.
4. Understand that in soccer you cannot use your hands, unless you are the goalie.
5. What to do after the ball is passed or kicked.
6. Demonstrate superior sportsmanship.

Game length

- Each game will consist of (2) half's. Each half will last for 15 minutes running time. In the final minute of each half the clock will stop/start. Time is kept on the Scoreboard
- There will be a (2) minute break at halftime.
- The first team listed on the schedule (left side) is the home team. The home team will start the game with possession, the other team will get the ball at the start of the 2nd half.
- The ball is put into play with an indirect free kick to a teammate from the mid-point line.

Goals and Goalies

- **Kindergarten** will not have a goalie and will use a "PUG" goal.
- **1st – 4th grade** will use a goalie and will use a 4'x6' goal.

Number of Players

- **Kindergarten** will play with 5 and no goalie.
- **1st – 4th Grade** will play with six. This includes the goalie.
- Coaches may play fewer in cases where a team is short players, but both teams must field equal number of players
- Players will play every position.
- All players must play in at least half of the game.

Equipment

- All players, coaches and spectators must wear a mask at all times, including the while playing.
- All players must wear non-marking tennis or indoor soccer shoes
- **Shin guards are mandatory.**
- A size (3) Futsal soccer ball will be used for play.
- (2) Nets will be set up and taken down each night.

General Rules

- **Kindergarten** - no player is allowed to stand and “guard” the goal.
- There is no off sides rule, however, an offensive player cannot be “goal sitting”.
- Slide tacking is **not** permitted in indoor soccer. Other fouls to be called include hand ball, pushing, tripping and goalie interference.
- For all fouls that may be called by the referee, an indirect free kick from the point of the foul will result. **There are no direct kicks or penalty shots.**
- Goals may not be scored from behind the mid court line.
- The basketball court sidelines as boundaries but can play of the back wall.
- There will be NO throw in’s when a ball goes out of bounds. Instead the team will kick the ball into play, instead of a throw in.
- Heading the ball is not allowed.
- Coaches should not walk out onto the court to coach.

Substitutions

- Substitutions may occur at any time during play.
- However, the player(s) being substituted for **MUST** return to the bench before the other replacement may go into the game.

Goalie Play (1st – 4th Grade)

- A goalie may not use their hands to control the ball outside of the three point arch.
- When a goalie gains possession of the ball with his/her hands he/she must put the ball back into play with a **THROW/ROLL**. A throw by a goalie may not pass mid court line before touching the playing surface.
- Punting the ball is **not** allowed.
- Penalty for this violation is an indirect free kick from the mid court line by opposing team
- When a goalie is passing the ball into play, no defense is allowed inside the blue “10’ Volleyball Line”

Obstruction

- Once the ball contacts an obstruction; I.E. under scorer’s table, behind bleachers, ceiling, backboard, the ball will be declared out of play. The opposing team will then take an indirect kick to put the ball back into play.
- Please be aware that the space is limited, and there will be many spectators watching from the sidelines.

Referees

- Referees will be assigned by the Park & Recreation department whenever possible.
- If said official fails to show for an assignment, it is the responsibility of the coaches to officiate the game, unless a suitable replacement can be found. It is recommended that the coaches each work one-half of the court.
- Referees will have final say concerning rules infractions.
- Referees should give a brief explanation of the rules infractions to players when it is possible.
- Referees may only be addressed by coaches for rules clarification only, and only during time outs

COVID-19 Protocols

- A. All participants, including coaches, players, referees and spectators will be required to wear a mask and will be asked to disinfect their hands upon entering the gym.
- B. Coaches will be provided masks and gloves.
- C. OSPR Staff will disinfect the soccer ball before and after each game.
- D. “Home Cones” Children should have their own area to keep their water bottles or other personal belongings. You can use a cones to mark off these areas and they should be spaced 6’ apart.
- E. When not playing in the game, subs should socially distant on the sidelines.
- F. If any participant is displaying [symptoms of COVID-19, as defined by the CDC](#), they should not attend practice or games.
- G. There will be a minimum 30 minutes between games to allow for all participants to leave the gym before the next group begins.
- H. All Players will need to bring their own water bottles to games.

- I. Players will not huddle at any point during a game/practice. All sportsmanship will continue in a contactless manner. We will not shake hands after the game, but will face each team and yell, “good game.”
- J. Only one parent/guardian is allowed to watch the game per family. A coach will count as the one parent/guardian. Siblings will not be allowed to attend
- K. Spectators should practice social distancing on the bleachers and the track if needed.
- L. Teams will sit on the far wall, opposite the gym entrance to allow for more distancing between players and spectators.

2020 League Sponsor

Sharon Linder



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