



YMCA

We build strong kids,
strong families, strong communities.

Indoor Soccer Rules

1. Games will be 4 10 minute quarters. A brief break will be given between quarters.
2. Games start with ball in the middle circle.
3. Any ball that leaves the playing field should be put back into play by coach.
4. Teams should play with equal number of players.
5. We recommend 4 players plus 1 goalie.
6. Only the goalie is allowed to use their hands. Goalie can only use hands inside the goalie box.
7. Absolutely no pushing, pulling, grabbing or slide tackles.
8. If a foul occurs, the opposite team receives a free kick. The penalized team should at least 5 feet away from the ball.
9. 1 coach is allowed on the playing field during games.
10. Substitute players only on dead balls or between quarters.
11. Teams must shake hands following games.
12. Parents are encouraged to form a tunnel after each game for the children to run through.
13. No food or drink allowed on playing surface
14. Have FUN!!

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YMCA mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.