

**Triple Crown Sports Indoor REC Soccer Rules and Guidelines**  
<Revised: June 25, 2017>

**The Game:**

***\*Any rule not specified in this document indicates that standard rules for outdoor soccer will be applied and the interpretation of all rules is at the discretion of the match official.***

***\*\* THERE IS NO LONGER ANY PUNTING ALLOWED IN ANY AGE GROUP, BECAUSE OF THIS CHANGE ONCE THE KEEPER TAKES CONTROL OF THE BALL WITH THEIR HANDS, THE BALL IS NOT LIVE UNTIL IT LEAVES THE BOX.***

1. There is NO OFFSIDES
2. **There is NO Sliding**
3. All free kicks are DIRECT
4. **The ball may be played back to the goalkeeper's hands from a defensive player**
  - a. **Once the ball has been played to the goalkeeper's hands by a teammate the ball must clear the quarter dividing line on the defensive end before the ball can be played back to the goalkeeper's hands again.**
5. There is NO 3 Lines Rule
  - a. The goalkeeper may not score directly from a throw. The goalkeeper may score directly from a ball played off the ground.
  - b. A throw by a keeper must touch another FIELD player (offensive or defensive) before a goal can be scored.
  - c. If a throw only touches the opposing goalkeeper and then goes in the goal, it will result in a corner kick for the attacking team.
6. **Any time the ball goes out of play it is played in from the point in which it went out of play with the exception of corner kicks and goal kicks**
  - a. **If the ball goes out of play resulting in a corner kick the free kick will take place from the corner spot on the corresponding side in which it went out of play.**
  - b. **If the ball goes out of play resulting in a goal kick the ball is played back in by the goalkeeper in any manner the goalkeeper desires but the goalkeeper must play the ball out of the box (meaning the goalkeeper cannot dribble the ball into the field of play).**
  - c. **If the ball touches the ceiling of the building it is out of play and will be played in directly below from the point it hit.**
  - d. **Defensive players must be 3 yards away from the ball on free kicks.**
7. A goal is scored when the entire ball passes beyond the goal line, between the goal posts and under the crossbar provided it has not been deliberately thrown, carried or propelled by the hand or arm of an attacking field player.
8. **The ball may be played backwards on kick-offs.**
9. Below is the list of "mercy rules" for matches that are lopsided in score:

**Regular Season:**

- > If a team *trails* by a 7-goal differential, they *may add* one field player.
- > If a team *trails* by a 12-goal differential, they *may add* a second field player.
- > If a team *leads* by a 17-goal differential, they *must remove* a field player.

**\*In all cases, teams must have a designated goalkeeper on the field.**

**Tournament Matches:**

- > If a team *trails* by a 12-goal differential, they *may add* one field player.

> If a team *leads* by a 17-goal differential, they *must remove* a field player.

\*In all cases, teams must have a designated goalkeeper on the field.

**10. The Clock will stop in the last 2 minutes of games that have a 2 goal or less differential in the score. The moments when the clock should stop are at the discretion on the referee.**

11. There are no ties (This does not apply to U-6)

- a. If a game is tied at the end of regulation a 5-minute golden goal (first team to score wins the match) period will occur.
- b. If the game is still tied after the overtime period, a best-of-three shootout will occur. If tied after 3 shooters the sudden death will then go to over-time.
- c. For U8, U10 and U12, shootouts will occur from the top of the box.  
For U14, HS and Adult, shootouts will occur from the quarter dividing line.
- d. For TOURNAMENT games, overtime periods are 7-minutes and they are played to completion (NO golden goal).
- e. For TOURNAMENT games, shootouts are best-of-five shots.

**12. Below are the set of penalties for poor behavior and inappropriate play:**

> ***Yellow Card Caution*** – Player must leave the field of play for 1-minute. May be substituted for immediately.

> ***Second Yellow Card Caution (Soft Red)*** – Player is ejected from the contest and must leave bench area. May be substituted for immediately.

> ***Red Card Offense (Straight/Hard Red)*** – Player is ejected from the contest and must leave the bench area. May be substituted for after 5-minutes or if the opposing team scores (whichever comes first). Player will be suspended for team's next match. If the player participates on multiple teams within the same age division, the player is also suspended for each team's next match.

13. There are no outdoor standard cleats allowed on the turf.

- a. Flat sole shoes or Turf specific shoes only.

**14. Shin guards are required for all players with the exception of the following:**

- a. Players 18 years and older participating in the adult league are not required to wear shin guards. Players under the age of 18 years participating in the adult league ARE REQUIRED to wear shin guards in order to play.
- b. Players in the High School league who are already 18 years old ARE REQUIRED to wear shin guards.

**\*All calls are at the discretion of the referee on the field**

**\*\* All complaints and concerns should be brought to the attention of and filed with Tyler Cox**