



Winter Indoor League Basic Game Rules

1. 6v6 Format – Five (5) field players and a goalkeeper
2. Two 25min Halves
3. 5min Half Time
4. 5min Warm-up
5. Substitution on the fly
6. Kick-ins – no throw ins
7. START OF PLAY AND RESTARTS: The ball may be played in any direction from kick offs.
8. Restart of play – maintain 3yrds distance away from ball.
9. All kicks are direct, including the kickoff. The nearest defender must be at least three (3)yrds away from the ball
10. Keepers – no punting
11. 5 second restart from each dead ball or change in possession
12. Running clock – no stoppages
13. 8/9U-12U (2013-2009 Birth Year Players) – No heading
14. DO NOT DISTURB ANYTHING IN THE FACILITY.

Additional Guidelines

- **Practice and Game Uniforms** - Wear grey/white shirts
- **Facility Access** – Do not access the building/turf until your exact practice/game start time of the day
- **Warmup Times** - Will begin at your exact practice/game start time of the day
- **Soccer Cleats/Turf Shoes/Indoor Shoes** - Soccer shoes/cleats can work at both facilities but Turf/indoor shoes could be better.

Other Items

- Bring your own inflated soccer ball
- Wear your shin guards during play
- Bring your own sports drink/water that is marked.