

Decatur Park District
DECATUR INDOOR SPORTS CENTER
1295 W. Wood St.
217-429-3472

H.S./Adult Indoor Soccer Program Rules:

Main Gym—DISC

- FIELD OF PLAY: approximately 200 feet long by 100 feet wide (full field)
- Segmented white line 1 yard from dasher boards.

RULES:

- **NUMBER OF PLAYERS:** (maximum of 15 on a roster) Teams shall consist of 6 players on the field at any time 5 field players and a goalie. If the team is reduced to less than 4 players (red card infractions) then the game shall be determined a forfeit. If a team does not produce at least 4 rostered players 7 minutes past the assigned start time of the game, then the game shall be forfeited by the team without the minimum number of players.
- **SUBSTITUTIONS:** Substitutions may occur on an unlimited basis and “on the fly” provided the player leaving the field is 5 yards from the bench area and the player entering the field does not participate in play while both players are simultaneously on the field. Any teammate may change place with the goalkeeper at any time as per regular substitution procedures, provided that the goalkeeper wears a jersey that distinguishes him/her from both teams and the officials.
- **BENCH AREA:** All team bench personnel and players listed on the official lineup shall be subject to the authority and jurisdiction of the referees. NO UNAUTHORIZED INDIVIDUALS MAY SIT WITH THE BENCH PERSONNEL DURING THE COURSE OF THE GAME.
- **INJURIES:** In cases where the referee must stop the time clock for an injured player and either team’s trainer is requested onto the field by the referee to attend an injured player, that player must be removed from the field of play as determined by the team’s manager/coach after the referee restarts the game. UNDER NO CIRCUMSTANCES CAN A PLAYER BE ALLOWED TO CONTINUE TO PLAY WHILE HE/SHE HAS AN OPEN WOUND AND BLOOD IS EVIDENT.
- **PLAYER EQUIPMENT:** Compulsory equipment consists of shirt, shorts, shin guards completely covered by socks or stockings, indoor shoes (flat soled gym shoes—NO cleats), goalkeepers must wear colors that distinguish them from both teams and the officials. Shin Guards are MANDATORY for players under the age of 18.
- **DANGEROUS EQUIPMENT:** Players shall not be permitted to wear earrings, necklaces, chains, rings, or bracelets at any time during play. Any cast being worn must be properly padded to the satisfaction of the referee. If the referee finds that a player is wearing articles not permitted by the rules and/or which may constitute a danger to him/her or other players, the referee shall order the player to properly pad or remove the dangerous article(s). If the player fails to carry out the referee’s instruction, the player shall not be permitted to participate.

- **DURATION OF GAMES:** the Decatur Indoor Sports Center (DISC) shall determine Duration of games. Games shall consist of 2 X 24 minute halves with 4 minutes allowed for halftime.
- **START OF PLAY:** The visiting team shall have possession in the first half. The kick off may go any direction. Team defending north goal kicks off.
- **UNIFORMS:** Teams MUST wear the same color jersey. If there are two teams wearing the same color, then the home team will change or wear practice vests.
- **SCORING:** A goal is scored when the WHOLE ball passes completely over the goal line, providing the attacking team has committed no infraction. A goal counts as 1 point. The team with the most points at the end of regulation time is deemed the winner.
- **OUT OF BOUNDS:** Playing the ball over the perimeter wall: If a player plays the ball over the perimeter wall while it is in play anywhere on the field, the referee shall award a free kick to the opposing team placed on the segmented line closest to where the ball exited the field of play. EXCEPTION: if the ball crosses over the 8 feet glass sections, it will become a goal kick (placed on the goal box) or corner kick (placed on white dot in corner) depending on which team last touched the ball prior to it leaving the field of play.
- **MISCONDUCT:** A player who intentionally kicks, trips, strikes, boards, jumps at, spits at, pushes, holds, charges, obstructs, handles the ball (Exception: the goalkeeper in his/her own penalty area), or commits a dangerous play will be penalized. Excessive fouling may lead to yellow or red card.
- **YELLOW CARD:** If the official deems the foul to be excessive, foul language is used, or unsporting conduct is observed, a yellow card will be shown. This is penalized with 2-minute penalty against the team that caused the infraction. The offending team will play a player down until 2 minutes have ended, or the opponents have scored. Two Yellow cards will equal a red card. **RED CARDS** are expulsion from the game for the remaining time of that game. That player will also be required to sit out ½ of the next contest. Two red cards in one session will result in review of players' status and may result in removal from the league without a refund. Fighting or any other form of unsporting like conduct will not be tolerated and may result in a suspension from the facility.
- **UNSPORTSMANLY CONDUCT:** The officials may assess Unsportsmanly conduct penalties while the ball is in and out of play. A free kick will be given to the offended team if the ball is in play while the conduct is observed.
- **SLIDE TACKLING:** Slide tackling is prohibited in the DISC (exception is the goalkeeper in their penalty area)
- **NON-PLAYER INFRACTIONS:** If any non-playing personnel (coaches, trainers, managers, team officials, fans) exhibit ungentlemanly/unwomanly conduct likely to bring the game into disrepute or such other misconduct, they shall be assessed a yellow card and a two minute penalty to be served by any field player from the field or bench.
- **GOALKEEPER:** For any goalkeeper infringement, a free kick will be awarded to the opposing team to be taken from top of the arc on the penalty area. A goalkeeper must distribute the ball out of hands (not to be picked back up until the opposing team has touched it) within 5 seconds. Failure to do this will result in a free kick awarded at the white arc outside the penalty area. Goalkeepers are NOT allowed to punt the ball. The ball must bounce at least twice before the keeper can kick it. If there is a punt, the penalty is that the ball will be placed on the white arc. The opposing team will have 5 seconds to play the ball

in. The team that caused the infraction CAN put players, at least 10 feet from the ball, in between the ball and the goal

- **FREE KICKS:** All free kicks will be direct kicks.
- **PENALTY KICKS:** A penalty kick is awarded if a foul is committed inside the penalty area. A penalty kick will be placed on the top of the white penalty area with all players minus the goalkeeper behind the arch on the penalty area. Once the ball has been struck, the play continues. The player kicking the penalty kick may not touch the ball a second time until another player has touched it.

The DISC reserves the right to change or amend any and all rules it deems necessary.