



Soccer Rules

1. Five players per side. Minimum amount of players that will constitute a team is 3. In a mixed team, a maximum of 3 male players may be on court at any time except in the case that there is a female playing as goalkeeper. In this instance there must be a minimum of 3 females on the court.
2. Four 10 minute quarters, with a 1 minute break each interval.
3. Here at Cairns Indoor Sports we understand that some teams may not have the means to acquire their own personal uniforms. Therefore we are very lenient on what you can wear when playing any of our sports. We encourage teams to choose a colour and wear that colour shirt as to not confuse players on the court, but this is not mandatory. Acceptable footwear is any flat soled shoes including runners, trainers, joggers, etc. No tagged, studded or touch football shoes are to be worn. This is to protect players and also the floor covering.
4. If a higher graded player who has not satisfied the higher grade player qualification rule (ie played 4 games for the lower graded team prior to the start of round 7) wishes to play for a team during regular season, they may do so at the managements discretion with a penalty of 2 goals. If a player is "borrowed" from another team, they must wear a pink bib and are not able to score a goal. If they do score a goal, no goal shall be recorded, and a goal keeper's ball shall be awarded to the opposition.
5. Management reserves the right to disallow a known higher standard player who has been qualified late in the season and may not be a current member of a higher graded team. This is to be fair to all teams in the competition.
6. Late penalties. A team will lose 1 goal for every minute they are late on court (max. 5 goals.) A forfeit will be awarded against a team that is not on court after 10 minutes.
7. The ball is in play at all times other than for infringements as indicated by the referee, or at an interval.
8. Time wasting is called at the referee's discretion and will result in turnover of possession in a position decided by the referee.
9. The attacking team must be positioned in their own half on commencement of each kick off. The defending team must start in their corresponding third of the court until the ball has been kicked off, after which they may move forward.
 - There is
 - no offside
 - no throw in's
 - no corner kicks
10. No playing the ball into the top net. A goalkeeper will not be penalized for deflecting a ball into the top net while making a save. A goalkeeper's ball will be given if this occurs. If a ball becomes lodged behind the goals a Goalkeepers ball will result.
11. Heading is allowed.
12. a) No player is allowed within the goal area, other than the goalkeeper. ie This includes when a goal is being scored. If the attacking player enters the goal area the goal will not be allowed and the goalkeeper will be given a free kick.
 - b) The goalkeeper is allowed out to the halfway line but cannot handle the ball outside the goal area. Players are not allowed to play at the ball if it is within the goal area. Goalkeepers may not lean over the goal area line to pick up the ball. An indirect kick shall be awarded to the non-offending team.
 - c) The goalkeeper may not deliberately take the ball back into their goal area. If this rule is contravened there will be an indirect free kick for the attacking team 2 metres from the goal circle.

13. In the event of simultaneous fouls being committed by opposing players, a drop ball will result. A goal can not be scored directly from a drop ball. ie. It must be touched at least twice.
14. The goalkeeper must return the ball into play either with a roll or with a kick. Defenders must give the keeper 2 metres of space when in possession in their goal circle. The goalkeeper may not return the ball into play over the halfway line on the full.
15. In the event of an intentional back pass to the goalkeeper, the keeper is not allowed to handle the ball. Umpires discretion regarding deliberate back pass. Please note that once the goalkeeper has had possession he cannot receive an intentional back pass until the ball has crossed over into the next third of the court. If this rule is infringed then the attacking team will receive an indirect free kick 2 metres from the red goal circle.
16. No goals can be scored direct from a kick-off.
17. Use of nets. No player may support themselves by using nets. An indirect free kick shall be awarded to the non-offending team. The ball can be placed up to 1 metre from net infringement.
18. At all free kicks, players must be at least 2m from the ball. Free kicks around the goal area shall be taken two metres from the top of the goal circle. The ball must roll from the penalty mark before a legal shot at goal will be allowed.
19. Penalty – the only time a Penalty (ie. Direct Kick) will be awarded is when a certain goal has been stopped by an illegal play (ie Professional foul).
20. Player substitutions may be made at a stop in play. ie. a goal is scored by either team or a free kick. There are two doors to each court. Teams shall make substitutions through the door at their defensive end of the court. Players are to change quickly after informing the umpire. The player leaving the court shall exit the court before the substitute enters. Time wasting shall result in the ball being turned over to the non-offending team.
Goal keepers may only change after the umpire has been informed and there is a break in play.
21. Tackling must occur in the front 180^o arc of the player in possession.
22. If the ball hits the umpire advantage shall be played unless the ball is turned over. When this occurs the team in possession shall have a free kick from where the ball was kicked.
23. Yellow and Red cards shall be used by the umpires. Yellow cards are a warning. Two yellow cards shall incur a Red card. Red cards result in an automatic game suspension. A severe first offence may result in a Red card without a Yellow warning. A player being sent off twice in any season requires for that player to meet with management before playing again.
24. Brief interpretation of rules and penalties

Indirect free kicks (means the ball must touch 2 attackers before a goal can be awarded) will be awarded for:

- a) Ball touches the top net
Indirect free kick from where the ball was kicked
- b) Goalkeeper incorrectly returning the ball into play
Indirect free kick.
- c) Handball
Indirect free kick.
- d) Too many players on the court
Indirect free kick.
- e) Playing in a dangerous manner
Indirect free kick.
- f) Defending player entering the goal area
Indirect free kick.
- g) Goalkeeper leaving their half
Indirect free kick.

Please note at a free kick, defenders must all be a minimum of 2m away.

CARDABLE OFFENCES

- a) Dangerous play – Charging, tripping, pushing, holding, jumping at, kicking or striking an opponent, swearing, back chatting, continual time wasting. Indirect free kick.
- b) Slide tackling or tackling from behind is not allowed. Indirect free kick.
- c) Professional Play – an illegal play which stopped a certain goal. Penalty Kick

25. MIXED AND LADIES RULE:

For safety reasons in mixed and ladies competitions the power of all kicks will be regulated by the referee. Any kick, which is deemed too hard, will result in a free kick to the non offending team. Further indiscretions will be handled under the Yellow/Red card system.

26. ALL RULES AND REGULATIONS WILL BE JUDGED AT THE REFEREE'S DISCRETION.