

# GRASSHOPPER / KICKER

## INDOOR SOCCER RULES

**The SportsPleX Grasshopper / Kicker League is an introduction to indoor soccer. The primary emphasis for the league is fundamental instruction and most of all *FUN!* SportsPleX expects all coaches and parents to adhere to this objective.**

Play will proceed in accordance with regular SportsPleX indoor soccer rules with the following amendments:

1. EQUIPMENT
  - a. All players must wear rubber soled (gym) shoes, or soccer cleated shoes.
  - b. All players MUST wear shinguards.
  - c. No Jewelry is to be worn. This includes watches, rings, necklaces, bracelets, and earrings.
  - d. SportsPleX furnishes team T-shirts.
2. DURATION OF GAME AND NUMBER OF PLAYERS ON THE FIELD
  - a. Time; four (4) ten (10) minute quarters.
  - b. Players on the field; Grasshoppers: 6 including goalkeeper, Kickers: 5 including goalkeeper
  - c. All games will be played on the training / center field. (40' x 80')
  - d. Score will not be kept for either league!
3. TEAM
  - a. A team must have at least 4 players to start a game.
  - b. If the minimum number of players can not be reached players from the opposing team can be used to make a team.
  - c. Field players may use any part of their bodies except from the shoulders to the hands.
  - d. There is no offside in indoor soccer.
  - e. All team members must play a minimum of two quarters. All players must sit out a minimum of one quarter, unless the number of players present prohibits this practice.
4. TIMING AND SUBSTITUTIONS
  - a. There will be a one (1) minute time out between quarters. Halftime is five (5) minutes. Time begins when the ball is kicked.
  - b. The clock runs continuously, except when a player is severely injured or an official calls time-out.
  - c. If time is stopped for an injury the player must come off the field.
  - d. Once a player has left the field, a substitute may enter the game, even while the ball is in play.
  - e. The goalkeeper may be substituted only when the ball is dead (inform referee & wait for whistle to restart)
5. TO START THE GAME OR KICKOFF
  - a. The kickoff will be at mid-field. The ball may be played forward or backward. The player kicking off may not shoot the ball and may not play the ball twice until another player has touched the ball.
  - b. All other players must be on their side of the field. The team defending the kick needs to stand at least 10 feet from the ball (outside of the Center Circle).
  - c. A goal can not be scored directly from the kickoff
6. THE GOALKEEPER
  - a. The goalkeeper may touch the ball with his/her hands only when the ball is in the penalty area.
  - b. The goalkeeper may not punt the ball.
  - c. SportsPleX will provide each team a goalkeeper t-shirt.
  - d. Please leave the goalkeeper t-shirt with the referee for the next game.
7. RESTARTING PLAY (All restarts are Indirect)
  - a. A kick-in is awarded if the ball is played into the netting surrounding the field.
  - b. A re-start is awarded for fouls. Fouls committed inside the penalty area will be moved to the closest area outside of the penalty area. There will be no penalty kicks.
  - c. All re-starts are Indirect. A goal may not be scored directly from a re-start. At least two players must play the ball before a goal can be awarded. We strongly discourage shots on goal being taken from re-starts. (Please instruct your players to pass the ball on re-starts and Kick off).
8. FOULS
  - a. The following fouls result in an Indirect free kick from the spot of the foul unless inside the penalty area which 7.b. covers.
    - i. Kicking, striking, tripping, jumping
    - ii. Holding, pushing
    - iii. Charging, dangerous play
    - iv. Sliding or slide tackling
    - v. Handball (including goalie outside of penalty area)
9. Coaching
  - a. (1) Adult coach for each Grasshoppers team is permitted on the field to assist the players. Please be respectful of the other team and try to stay out of the middle of the goal area.
  - b. Kickers coaches are not permitted on the field during play.