

## **YOUTH INDOOR SOCCER LEAGUE RULES**

### **U10 girls and boys:**

6v6 is the format

Throw-ins

Goalies are allowed to punt, no distance limit

Kick offs can go forward or backward

Sliding is permitted

*All free kicks are direct*

Substitutions on the fly or on your possession, "or if the opponent is subbing on their throw-on".

Players must be within 10 feet of the sidelines when subbing on the fly

Game ball provided by either team

Standard FIFA rules apply to play

### **8v8**

Format is 7 players and one goalie

Throw-ins

Goalies are not allowed to punt. *Exception being U11/U12 age group, these ages are allowed to punt.*

Kick offs can go forward or backward

Sliding is permitted

*All free kicks are direct*

Substitutions on the fly or on your possession - "or if the opponent is subbing on their throw-on". Players must be within 10 feet of the sidelines when subbing on the fly

Game ball provided by either team

Standard FIFA rules apply to play

### **11v11**

Format is 10 players and one goalie

Throw-ins

Goalies are allowed to punt

Kick offs must go forward

Sliding is permitted

Free kicks to be indirect or direct depending the foul called by the official.

There is no subbing on the fly in 11v11. "Outdoor subbing rules apply, including subbing on your throw-in possession or if the team throwing the ball in is subbing".

Game ball provided by either team

Standard FIFA rules apply to play