



HOME FIELD ATHLETICS
INDOOR ARENA SOCCER
RULES OF PLAY



The following rules apply to competitive play at Home Field Athletics.

Updated 1/18/2012

1. The offside rule is not in effect.
2. Teams will consist of 5 field players and 1 goalkeeper.
3. The ball must travel backwards on the kick-off. .
4. No slide tackles.
5. All free kicks are in-direct (except penalty kicks).
6. All restarts are to be played within 5 seconds of the ball being set.
7. Encroachment - players standing within 3 yards of the ball on a free kick **MUST NOT MOVE TO PLAY THE BALL. If a player moves, a 2 minute penalty will result.**
8. **Any player standing directly in front of a free kick may receive 2 minutes for delay of game. All defending players must immediately move at least 3 yards away from the spot of the foul.**
9. If ball gets jammed between 2 players or the walls, drop ball may be called.
 - 9a. On Field 2 if the ball hits the player's box back wall, the ball is dead – results in a drop ball or indirect kick.
10. Minimum number of players to start a game is 4. Teams with only 4 players are not subject to the 3 line violation.
11. Three line violation - if the ball is played, **IN THE AIR**, over all 3 white lines (even if the ball hits the side net or dasher boards), a free-kick will be awarded where the ball was initially kicked from.
 - 11a. Balls kicked into the ceiling area (non-deflected) will result in a 2 minute penalty – **NO WARNINGS**
 - 11b. The roof **IS NOT** in play. Referee's discretion – drop ball or in-direct kick. In-direct kick results when the roof is intentionally hit.
12. Intentionally kicking the ball at the ceiling will result in a yellow card.
13. **BLUE CARD** - 2 minute penalty, the offending team will play down one man until the opposing team scores or 2 minutes elapses from the game clock. If a goalkeeper receives a blue card, any field player may serve the penalty.
14. **YELLOW CARD** - a yellow card will result in a 5 minute penalty regardless of any goals scored. The offender must serve his own penalty including the goalkeeper.
15. **RED CARD** - any player receiving a red card is ejected from the game and is suspended for the next game. Red carded players may be asked to leave the arena prior to continuation of the game (referee and HFA management discretion). Players receiving 3 two minute penalties, two yellow cards, will be ejected and subjected to a one game suspension or more.
16. Substitutions on the fly. Oncoming players must wait for outgoing player to be out of play. Extra players on the field may result in a 2 minute penalty.
17. **GOALKEEPER RULES** - Goalkeepers may use their hands only within the penalty area. The goalkeeper may not use his hands when a ball is played back to them by his own team. The goalkeeper may not use his hands after bringing the ball into the penalty box himself. The goalkeeper must release the ball within 5 seconds. The goalkeeper must stay on his feet outside the penalty box. The goalkeeper may not throw the ball directly into the opposing team's net. The goalkeeper cannot punt the ball.
18. Penalty kicks will only be awarded for card violations occurring within penalty box.
19. **COED RULES** - Of the five field players, there is a maximum of three men on the field at any one time (this does not include goalkeeper). If a team is short men, then they can play with extra women, but if they are short women, they cannot play with extra men. It is acceptable to play one woman down if the team is short women players, or if a woman receives a penalty.
20. **MACHO RULE** - The men cannot intimidate the women through physical play or hard shots (referee discretion).
21. Referee may stop the game clock in the last 2 minutes of the game after a goal is scored.
22. Shinguards must be worn by all players.
23. Cleats – **NO OUTDOOR CLEATS** – turf shoes only.
24. All game times are 22.5 minutes with 3 minute half-time.
25. **TIE IN CHAMPIONSHIP GAME:** Two-five minute halves or Golden Goal – at referee's discretion

- 26. NO GOLDEN GOAL:** PK Series- players can either dribble toward keeper or do shoot-out, both within five seconds
- 27.** If you sign-in for your team and then play for a different team, you will receive a 2 game suspension.
- 28.** If your team allows players not on the roster to play (after rosters are locked), you will forfeit the game.
- 29. STAMP:** All players must have a hand stamp from the front desk in order to play: No stamp = No play!