

Winter Indoor CICS 2023/24 Rules

All Rules will follow FIFA Rules Unless Stated below

1. Size 5 Soccer Ball Will be Used
2. Shin Guards are MANDATORY
3. No Apple Watches, Fit Bit, Etc to be Worn on Field
4. NO SLIDE TACKLING, No playing ball while on ground
5. KEEPERS May slide in box Hands or Body first toward ball and player
6. 7v7 (6+1GK) on field at a time. 2 of each gender must always be on field
7. 2 x 25 Minute Halves no water breaks
8. Subs on DEAD BALL ONLY, no on the fly Subs (DO NOT ASK REF TO ALLOW)
9. Each Team provide a game ball

INDOOR SPECIFIC RULES

1. Keeper CAN’T Punt or Drop Kick Ball
* Kicks from the ground, or Keeper Throw are the only ways Keeper can distribute the ball
1. No Throw INS from Sideline. All sideline out of bounds will be kick in. These Kicks are “in-direct” must be touched to score a goal. 5-yard space for kick
2. Touch/End Line Still has Goal Kick “indirect” or Corner “direct” kicks
3. If ball hits the ceiling, light fixture, other team will earn a free “indirect kick” from where the ball hit ceiling
4. NO OFFSIDES, Yes we will have 2 refs but we are allowing cherry picking.
5. 5-yard space given for all free kicks
6. Direct Kicks from Inside the Goal Box Will be Penalty Kicks
7. Cleats, or Turf Shoes can be worn.