



Winter Indoor CICS 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 must provide a game ball

INDOOR SPECIFIC RULES

10. Keeper **can't** Punt or Drop Kick Ball
 - Kicks from the ground, or Keeper Throw are the only ways Keeper can distribute the ball
11. Out-of-Bounds and Restarts
 - a. All out-of-bounds situations shall be restarted with a **kick-in; throw-ins are not permitted.**
 - i. Sideline kick-ins and goal kicks are **indirect**, meaning a goal cannot be scored until the ball has touched another player.
 - ii. Corner kicks are **direct.**
 - b. Opposing players must remain at least **five (5) yards** from the ball during any restart.
 - c. If the ball contacts the **ceiling, light fixture, or any overhead obstruction**, play shall be restarted with an **indirect free kick** awarded to the opposing team from the spot directly beneath where the ball made contact.
 - d. Direct free kicks may be awarded for fouls or infractions in accordance with the standard 11v11 Laws of the Game, and may result in a goal being scored directly. Penalty kicks may also be awarded for fouls occurring within the goal area, consistent with standard 11v11 procedures.
12. **No Offsides**, Yes we will have 2 refs but we are allowing cherry picking.
13. Penalty kicks may be awarded for fouls occurring within the goal area, in accordance with standard 11v11 Laws of the Game procedures.
14. Cleats, or Turf Shoes can be worn.