

MILDURA
SPORTING PRECINCT

INDOOR 5-A-SIDE SOCCER RULES

1. Duration of game

- a. A game shall consist of two 18 minute halves. Teams will change ends at half time.
- b. There will be a maximum two-minute break at half time.
- c. A game is started and finished by the referee's whistle once he/she hears the siren sound.
- d. Timeouts may be used for on court injury or at the umpire's discretion to maintain control of a game.

2. Area of Play

- a. Players may score goals from anywhere on the court including the goalkeepers "D".
- b. There are no restricted areas.
- c. You cannot score directly from a side ball kick in.

3. Substitutions

- a. The referee should be notified if the goalkeeper is substituted.
- b. Failure to do so will result in a stop of play and discussion between the umpire to the player or captain about this rule.
- c. Players may substitute at any time, simply notifying the umpire with a simple hand gesture when approaching the player bench will be sufficient. The player subbing off must cross the sideline before the substitute comes on.
- d. Substitutions must be made in front of the team's own team bench.
- e. Failure to in a correct manner will result in the umpire stopping the game and discussion between the umpire to the player or captain about this rule.
- f. Persistent attempts to interchange incorrectly will result in a yellow card

4. Fouls

- a. Contact with a Player while Tackling,
- b. Kicking a player,
- c. Pushing a player,
- d. Striking a player,
- e. Tripping a player,
- f. Pushing from behind (Red card offence)

- g. Intentional handball will result in a 1st warning, **with persistent offences issued a yellow card.**
- h. Unintentional handball will result in a free kick.
- i. Shirt pulling or undue aggressive behaviour will result in a 1st warning with a free kick, **with persistent offences issued a yellow card.**
- j. Time wasting will be determined by the referee and will result in a 1st warning, **with persistent offences issued a yellow card.**
- k. Deliberately and aggressively kicking the ball away from the designated play position after the whistle has gone, will result in a 1st warning, **with persistent offences issued a yellow card.**
- l. Two yellow cards in one match denotes a red card.

If a player receives a red card:

- a. They must vacate the playing pitch immediately and it will be at the discretion of Mildura Sporting Precinct Management if the player's behaviour warrants exclusion from subsequent games.
- b. Red-carded players cannot take any further part in the game. Their team will play for 2 minutes with one player short until the two-minute penalty lapses or a goal is scored only by the advantaged team. If a goal is scored by the red-carded player's team, they still cannot bring a player on until the two-minute penalty has lapsed.
- c. Should a red carded player continue to abuse a referee after being sent off, the player will be asked to leave the Precinct. It will be at the discretion of Mildura Sporting Precinct Management if the player's behaviour warrants exclusion from subsequent games.
- c. For any player who receives 3 red cards in one season, it will be at the discretion of Mildura Sporting Precinct Management if the player's behaviour warrants exclusion from the remainder of the Series.

5. Fouls, Tackling, Slide tackles & the 6th foul penalty

- a. Protection of players is of paramount importance to Mildura Sporting Precinct.
- b. Tackles are to be clean and eyes only for the ball.
- c. Players cannot tackle their opponent from behind, even if the tackle is 100% clear and clean. Even if any part of the opponent's legs are not touched or brushed against, it is still a free kick.
- d. Every foul after the 5th foul in any half, will result in a long penalty.

e. Sliding along the floor in order to reach the ball or to tackle a player increases the risk of player injury, sliding is a red card offence.

f. Only a goalkeeper may slide outside of the goalkeeper's area, provided he or she begins the slide inside the goalkeeper's area.

g. If a goalkeeper's slide continues outside the D, the goalkeeper must not make contact with an opponent.

h. A goalkeeper's slide must not be reckless, careless or made in a manner that uses excessive force.

6. Unacceptable behaviour RED CARD offences

a. Abuse of players, spectators, umpires

b. Spitting,

c. Racist comments and/or

d. Overt dissent regarding a referee's decision, are all unacceptable at Mildura Sporting Precinct and are treated as red card offences.

e. A player who uses unacceptable language during play will receive one warning, persistent bad language will be issued a yellow card. Players who use unacceptable language directed at another player, spectator or the umpire, will be asked immediately to leave the playing pitch and will not be allowed back on for the rest of the game.

f. Staff at Mildura Sporting Precinct have the right to ask spectators, players on the pitch, coaches, and managers, who use unacceptable language or abuse others, to leave the premises. Failure to do so will result in the game being abandoned and the offending team deemed to have lost on forfeit. A ban may also result.

i. 5 yellow cards in one season will result in an automatic one-match suspension.

7. Stadium

a. If the ball hits the roof or a light, the game will be restarted by a kick-in from the sideline by the non-offending team or by an indirect free kick if the impact occurred as a result of an indiscriminate kick.

b. If in the opinion of the referee a ball is kicked indiscriminately an indirect free kick shall be awarded to the non-offending team.

8. Officials

a. There shall be at least one referee per match.

- b. The match referee is responsible for all events on and surrounding a court between the end of one game and the start of another.
- c. Referees are Contractor's employed by Mildura Sporting Precinct. However, the Precinct expects that referees will not act in a manner contrary to the Precinct or Mildura Rural City Council's interests.
- d. When, in the reasonable opinion of Precinct Management, a referee is acting contrary to the Precinct's interest, Precinct Management may intervene and do all that is necessary to preserve the Precinct and Mildura Rural City Council's interest.
- e. If a player abuses or shows dissent toward an umpire on court, the offending player will be asked to leave the court and will not be allowed back on the court for the rest of the game.
- f. If a player persists in abusive behaviour after being asked to leave the playing pitch, the player will be asked to leave the premises.
- g. Any queries that players may have about rules and their interpretations are only to be asked of the referee at half time or full time. This must be done politely and respectfully.
- h. During the course of play, a referee's decision is final. Questioning the umpires' decisions during play is not considered in the spirit of social and non-competitive sport. If the player has a question about their own or another players safety, there is an avenue to raise this with the umpire for a maximum of 2 minutes at half time or at the end of the game.

9. Advantage

- a. At the referee's discretion he or she may wave to play advantage in the event of a minor foul. In order to create a learning environment for newer Rec Soccer participants, advantage is not often given, and players should expect that the game is stopped with the whistle.
- b. Once the referee has blown the whistle, no advantage can be awarded.
- c. Once advantage is called, the original foul and every foul thereafter shall be added to the offending team's foul count.

10. Four second rule

- a. This rule applies for all kick-ins and free kicks.
- b. A defending player must be 3 meters back from where the kick is taken.
- c. The four second count only begins when the defending player is 3 meters back.
- d. Any infringing player will receive one warning, then a yellow card.
- e. If a quick free kick is taken, no defending player who is within 3 meters from

the spot can obstruct the kick. This is a yellow card offence (if the player is not retreating) and a 3-meter advance free kick.

11. Out of Play

- a. When the ball goes out of the court, a player must kick the ball back into play, by placing the ball on or behind the sideline.
- b. The player taking the kick must be outside the court.
- c. Failure to do so, or placing the ball within the sideline will result in a turnover to the opposition.
- d. No goal can be scored with a direct kick from the outside line. Unless there is a deflection.
- e. A player has 4 seconds to kick the ball back into the court.
- f. Failure to do so will result in a turn over kick to the opposition.

12. Penalties

- a. There are two penalty spots one is at close range just on the edge of the keeper's area (also known as the 'D') and is generally awarded if a foul is committed in the keeper's 'D'
- b. The other is a long penalty at approx. 10 meters back and is awarded for every foul committed in the same half after 5 fouls. This is known as the 10 meter penalty spot.
- c. A penalty shot, awarded on the siren (marking the end of the half or game) must be played.
- d. No restrictions apply for run ups for any penalties.

13. Goalkeeper's area

- a. In order for the goalkeeper to handle the ball, the ball and the goalkeeper must be inside the goalkeepers 'D'.
- b. The goalkeeper cannot kick the ball from his or her hands nor may he or she drop kick the ball from a stoppage. This will result in a free kick outside the 'D'.
- c. The goalkeeper has 4 seconds to get rid of the ball from the goalkeeper's area. Failure to do so will result in an indirect free kick outside the 'D'.
- d. The goalkeeper, once outside the 'D' will be treated as on field player.

14. Points system

- a. Mildura Sporting Precinct does not allocate points or record win/losses for Rec Sport Series. The games are purely of a social nature and have a focus on participation and social connection through sport.

15. Finals

a. Mildura Sporting Precinct Rec Sports programs do not have finals series.

16. Time Wasting

a. When a ball is out of play the defending team must not interfere in any way to delay the restart of play. Interference includes obstructing the player from getting the ball, kicking the ball away, not handing the ball back to the player. Failure to adhere to this rule will result in a warning and for persistent offences, a yellow card.

b. The defending team is not obligated to retrieve the ball for their opponent however, if they pick up or gain possession of the ball, they must pass the ball directly to their opponent. Failure to adhere to this rule will result in a warning and for persistent offences, a yellow card.

c. When the ball is out of play, the team in possession must make a reasonable attempt to restart play as soon as possible. Failing to do so will result in the referee beginning the four-second count to restart play.

d. Managers or officials who interfere with the game may be asked to leave the court without warning.