



# ICA SPORTZWORX STEPNEY

1 Stepney Street  
Stepney SA 5069  
info@icastepney.com.au  
[www.icastepney.com.au](http://www.icastepney.com.au)

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# WELCOME TO THE SOCIAL COMPETITION

These are the official rules of Indoor Soccer for all social Indoor Soccer competitions played at ICA Sportzworx Stepney, 1 Stepney Street, Stepney.

As with any game involving an umpire the rules are set to be as clear as possible but as with all sports are open to variation because of the discretion of the person officiating.

All rules are intended to keep the game enjoyable and in the right spirit.

All umpires will be well versed in all rules and they will have the final say in all decisions.

ICA Sportzworx Stepney hopes that these rules will assist you in playing and enjoying the game of indoor soccer. Management and umpires wish you and your team the best of luck with participating in the competition.

## EQUIPMENT

### The Courts

- All matches are to be played on one indoor sports court.
- These courts usually measure to approximately 30 meters long by 10 metres.
- All centre kicks will be taken from the marked circle in the centre of the court
- At each end of the court there will be a marked semi-circle surrounding the goal area, which is known as the goal circle.

### The Goals

- There are two sets of fully netted goals, one at either end of the court.
- A goal is scored by the ball fully crossing the line between the goal posts or the ball touches the goal netting.
- Any disputes will be decided by the umpire and their decision is final.

### The Ball

- The ball is a universally accepted indoor soccer ball and is supplied by ICA Sportzworx Stepney.
- Ideally the Nassau Size 4 Indoor Soccer Ball should be used for all competitions but if this type of ball is unavailable a substitute may be used.

# THE TEAM

## Players

- All players must wear rubber soled sport shoe which will not damage or mark the court in anyway. Indoor soccer or futsal shoes are allowed but no soccer boots or open shoes can be worn.
- All players must abide by the rules outlined in the ICA Sportzworx Stepney Uniform Policy. A copy of this policy is available on the notice board, on the website [www.icastepney.com.au](http://www.icastepney.com.au) and at the kiosk.
- The goalkeeper is permitted to wear a different coloured top to the rest of the team. However, team colours/top must be worn by the goalkeeper if he/she plays on the field.
- The only player permitted to wear gloves is the goalkeeper .
- It is recommended that players wear shin pads for their own safety and protection. Any other safety equipment must be approved by ICA Sportzworx Stepney's management before it can be worn.
- Players not abiding by these regulations will not be permitted to enter the court until issues are rectified to the umpires/management's satisfaction.
- **All players play at their own risk.**
- Players must play a minimum of 5 games during the season to qualify to play in the Semi & Grand Finals.

## The Captain

- The Captain is responsible for:
  - tossing the coin with the umpire and opposition captain to decide on whether his/her team kicks off or chooses which end to run to;
  - setting up of their individual Spawtz login to access the team statement, fixtures, players information, to pay game fees, to also invite team members to the team profile;
  - providing up to date details for all team players – name, phone and email;
  - team and player profiles are required in Spawtz to record player qualification for finals. Players must play a minimum of 5 games to qualify for Semi & Grand Finals.
  - completing the re-nomination form and payment of the re-nomination fee;
  - notifying the umpire of any substitutions that their team wishes to make during a game;
  - having the right to approach the umpire or management with any query regarding the game of which they are involved in;
  - His/her team's behaviour in the arena before, during and after the game and/or any short payments of which their team owes. Notification will be given to the captain if there are any problems regarding their team and it is their responsibility if required to notify their team or team mates; and
  - Paying of team debtors and must manage team players payments.

# UMPIRES

- During the entirety of the game, there will always be at least one appointed umpire on the court. This umpire will adjudicate all decisions and his/her decision will be final. All decisions will be made at the discretion of this umpire.
- The umpire wears a uniform supplied by ICA Sportzworx Stepney. If the umpire's uniform clashes with the any of the teams playing, they will wear a bib to differentiate themselves from all players.
- The umpire's whistle will start and stop each quarter and the match. The umpire will restart the game with their whistle after each goal is scored and after each quarter or stoppage.
- The umpire will officiate within the surrounds of the court and will move around the areas of the court to enable themselves to obtain the best position to officiate the game. If an umpire gets in the way and is hit by the ball the umpire must then decide on whether the players are disadvantaged by this or if play should continue. If play is disadvantaged, the umpire will give a free pass if one team is affected. If both teams are affected play will continue as normal.
- The Umpire is in control of player discipline on the court and will make the decision whether a player should be sent off or warned. (See the Penalties section for more explanations on page 9).
- The umpire will be in control of scoring and timing for the game. The game will continue without injury time or stoppage of the clock unless deemed unfair to one team by the umpire. As games run continuously the umpire will only deem it unfair in the case of the delay negating a team's ability to affect the result of the game.

# MANAGEMENT

- It is the responsibility of management to ensure the safety of both the players participating in the game and all staff.
- Management reserve the right to intervene in the game if they witness events not seen by the umpire behind the play or if they deem it necessary.
- Games will be abandoned if management deem it too unsafe for players and/or the umpire to continue with the match.
- Management reserves the right to stop games when game fees have not been paid or team debtors are not being managed and paid by the captain or team players.
- All game fixtures are generated by management using Spawtz software. This software is extensive and provides team statements, team profiles, player profiles, fixtures, results and ladders plus communication between captains and players.

## AREA OF PLAY

- Teams will consist of 5 players on the court at one time - four field players and one goalkeeper.
- The field players may use all areas of the court except for the goal circles. Any player who enters the goal circle will be ruled offside which in the instance of a defender entering the circle will be a penalty kick to the attacking team. Should an attacking player enter the circle it will result in the goalkeeper 's ball. In the case of attacking players moving into the goal circle after taking a shot, the player will not be called offside if the goal has been scored.
- If the attacking player enters the area before the goal is scored the goal will not be allowed and it will be the goalkeeper 's ball.
- Any player forced into the goal circle area, whether it is intentional or unintentional, will not have a free kick awarded against them. It is at the discretion of the umpire to decide if there is any action to be taken i.e. a severe intentional push into the area may warrant a free kick.
- Should the goalkeeper leave their area at any time this will result in a penalty kick to the attacking team.
- Any ball, on the ground or in the air, inside the goal circle will remain the property of the goalkeeper . Any attempt from a player to play the ball inside the circle on the ground or in the air will be deemed as dangerous play and the penalty will be decided at the discretion of the umpire.
- Any ball outside the goal circle is regarded as being in general field play. The goalkeeper cannot reach outside their goal circle area to grab the ball or play at the ball in any way, with a free kick awarded to the attacking team on the attacking third line for any goalkeeper that reaches outside the area. If it is deemed by the umpire that the goalkeeper has deliberately reached outside the goal circle area to interfere with an attacking player's chance to have a genuine goal scoring opportunity the umpire may decide to award a penalty kick. Any decision on this ruling is at the discretion of the umpire.
- The area behind the goals is the dead ball area. Once the ball passes into this area it is the goalkeeper 's ball. If the ball leaves the goal circle after passing behind the goals it is to be returned to the goalkeeper for the goalkeeper 's ball.
- All side nets are in play. The top net is out of play. Any ball hitting the top net will be called a free kick against the last team to touch the ball, except in the case of a ball last touched by the goalkeeper as they were trying to defend a shot. This will be the goalkeeper 's ball. Any ball that hits the top net inside the goalkeeper's area that was last touched by the attacking team will be the goalkeeper 's ball. If the ball hits the top net inside the goal circle and was last touched by the defending team a free kick will be taken from the attacking third line by the attacking team.

## GAME DURATION

- The game will be played in four (4) quarters all of eight (8) minutes each.
- Teams will change ends at the end of each quarter. The breaks between quarters will be one (1) minute at quarter and three-quarter time and two (2) minutes at half time.
- During minor round games in the event of a draw this will be the completion of a game.
- If a one touch free kick is given before the siren goes it is still allowed to be taken and time will then be called at the completion of the kick.
- In the case of a draw in finals the game will be decided by one (1) five (5) minute period. During this period the golden goal rule applies, where the first team to score wins the game. If at the end of this time the game is still drawn the game will be decided by a penalty shootout. All players involved in the game at the end of extra time will participate in the shootout, in any order the team wishes. The goalkeeper at the end of extra time will remain the goalkeeper for their team for all penalties taken. If a team establishes a lead greater than the number of penalties remaining that will be the end of the game i.e. if a team leads by 3 with two penalties remaining, then the team leading will win.

## SUBSTITUTIONS

- The maximum number of players allowed to play in a game is 8.
- Substitutions are only allowed to occur at a stoppage in play. A stoppage is considered as being after a goal scored, during a quarter time break or after the umpire blows their whistle to stop play. The ball being with the goalkeeper is not considered a stoppage and players are not allowed to substitute.
- Notification to the umpire of a substitution occurring must be made and the new player taking court must be approved by the umpire.
- The penalty for an illegal substitution will be a free kick to the non-offending team where play was when the offence occurred. The player who was replaced illegally must continue until the next opportunity becomes available to substitute.
- Teams may swap goalkeepers between players on the court at any time throughout the match. This can be done at any stoppage or when the team wishing to swap goalkeepers is in possession of the ball with their current goalkeeper. Teams must notify the umpire of the swap and it must be authorised by the umpire. Teams must undertake the swap as promptly as possible.
- No substitutions or swap of goalkeepers is allowed within the final two (2) minutes of any match, unless an injury occurs.
- Blood related substitutions will occur at any time the umpire sees blood on a player. The player must immediately leave the court to get the injury attended to. It is Management's request that all players with a blood related condition leave the court and co-operate immediately with the umpire. The reason being that this is a health regulation and any non-compliance will result in the player not being allowed to return to compete in the game after this point.
- Play will continue after an injury from the position it had been stopped. If the ball was in dispute the umpire will call a drop ball.

## KICK OFF

- At the commencement of the game or after any goal has been scored all players will start in correct positions. The ball will start from a stationary position in the centre circle.
- All attacking players must remain behind the ball until the ball has been played by a team-mate. If an attacking player transgresses this rule possession will be turned over to the opposition.
- The defensive players must stand behind the third line in their defensive third. Any defensive player deemed to have crossed this line will give away a free kick to the non-offending team from where they crossed the line.

## PLAY CONDUCT

- As with any competitive sport where there are two teams and officials of the game, there must be a respect factor between all persons involved. We therefore engage a very strict code of conduct. Indoor Soccer is traditionally a very light contact sport with the emphasis on a high skill base and this is how we expect the sport to be played.
- We know that players will not always agree with a decision made by an umpire but our requirement to participate in this competition is to show respect to the umpire. If proper respect is not shown to an official the person involved will not be allowed to play the sport.
- If a player is not sure on a decision or has a question for the umpire that player should take their captain over to the umpire at the end of the quarter and speak to the umpire in a calm and polite manner. If this is not done properly it is the right of the umpire to refuse your advances. We understand that interpretation does vary at times and the communication between players and umpires can help alleviate any issues and as such we encourage players to approach the umpire in this way.
- Talking to the umpire or questioning them during quarters is not acceptable as this distracts them from umpiring the match, and as such the umpire will not answer your question.
- Harassment should it be physical, verbal, intimidation or abuse towards either opposition players or the umpire will not be tolerated under any circumstances. A suspension may be imposed on any player who contravenes this policy of the sport.
- Player relations are also very important as this game is played on a carpet covered concrete floor. It is unlike outdoor soccer played on grass usually in winter where the ground is softer. Any rough or dangerous tackles will be dealt with severely and further penalties may result. Umpires are instructed to take these situations out of a game and impose heavy penalties on players who cause these tackles.
- The umpire is there to ensure player's safety and enjoyment and we ask all players to help in this process.
- Indoor Soccer is a sport which can be enjoyed by players of all ages and abilities provided the players play within these guidelines. Safety and enjoyment are paramount, "play to enjoy."

# RULES

- Most of the rules with respect to tackles and conduct used in indoor soccer are taken directly from the outdoor version of the game and are therefore not be listed. However, some rules have been modified to ensure safety and enjoyment for the participants, and these changes are outlined below:

## Nets

- Players are not allowed to hold onto or lean on the nets to gain advantage. We do appreciate that trying to stop without touching the nets could cause injury; however excessive and vigorous use of the nets will be penalised.
- In the case of holding the nets and keeping possession of the ball players will be instructed verbally by the umpire to release the net, failure to do so will result in a free kick.
- In the case of net abuse, which includes jumping into the nets feet first with intent to jump off or any other way that may damage the nets, players will be heavily penalised at the discretion of the umpire.

## Obstruction

- No player may deliberately run to block a player from playing the ball unless directly playing at the ball. This will be decided at the discretion of the umpire.
- The ball may not be played at unless the player is on his/her feet. Playing at the ball while on the ground will result in a free kick to the opposition.

## Contesting

- Possession of the ball is a large part of the game and therefore tackling and contesting the ball is a common occurrence in all soccer. However, the higher risk of injury as a result of the harder playing surface in comparison to the outdoor game played on grass means that the game is controlled by the umpire differently compared to outdoor soccer.
- Tackling from behind where the contest impedes the player in possession or causes them to fall is not allowed, even where the contest may be "clean" by outdoor soccer standards.
- Any ball that is sitting in the corner of the field and being held by a player for longer than 3 seconds will result in a free kick awarded. The umpire will call for the ball to be kicked out of the corner and will then award the free kick if it is still held in.
- If the attacking team are holding the ball in the corner it will be goal keeper's ball for the non-- offending team. If the defending team are holding the ball in the corner the free kick will be awarded to the attacking team on the attacking third line.
- Any player that deliberately commits a foul that negates the ability for an attacking player to have a clear shot on goal may concede a penalty kick, regardless of the position of the infringement. Any decision made on this is at the discretion of the umpire.



## Body Contact (bumping)

- While two players are competing for a ball there will be an amount of body contact permitted. However, if the body is used with excessive force a free kick will be awarded at the discretion of the umpire.
- Any player that bumps another player into the net will also be penalised.
- The use of arms and/or hands to hold a player off the ball will be penalised and at no stage should there be a need to physically hold a player to stop them from getting to a ball. This will also be called at the discretion of the umpire.

## Slide Tackling

- Slide tackling is not permitted in indoor soccer. This is due to the dangers posed to both the tackler and the person being tackled.
- Any persistent slide tackling will result in a yellow card being issued to the offending player.

## Back Passes

- The ball cannot be passed back to the goalkeeper directly from a defending player that has received the ball from the goalkeeper i.e. the ball must be touched by at least two defending players and/or an attacking player before it can be passed back to the goalkeeper.
- The goalkeeper is permitted to pick the ball up from a back pass.

## Goalkeeper

- The goalkeeper can dispose of the ball to the field players any way they want, provided the ball hits the ground or contacts a player before the halfway line once they dispose of the ball.
- If the ball carries over the halfway line on the full untouched the non-offending team will receive a free kick on the halfway line where the ball crossed.

# PENALTIES

## Players

- There are four types of free kicks awarded; penalty kick, direct free kick, indirect free kick and goal keeper's ball. The following definitions will help explain what they are used for:

### Penalty Kick

- One player takes the free kick from the penalty spot with a direct shot at the goals.
- All field players must be behind the attacking third line while the kick is taken.
- The goalkeeper must stay on the goal line until the ball is kicked by the player taking the penalty.
- A defender entering the attacking third or the goalkeeper coming forward off the line will result in the penalty being re-taken if the attacking player did not score.

### Direct Free Kick

- Any free kick awarded to a team outside their attacking third.
- This kick can be defended by the defending field players.
- A direct free kick can score without being touched by another player.

### Indirect Free Kick

- Any free kick awarded to a team within their attacking third. This kick can be defended by the defending field players and must touch a second player before a goal can be scored.
- This second player can be any player involved in the game. An indirect free kick includes any free kick that must be taken at the attacking third line i.e. Ball hitting roof in goal keeper's area that is last touched by the defending team is taken from the non-offending team's attacking third line and is an indirect free kick.

### Goal Keeper's Ball

- Is any free kick awarded to the goalkeeper and the goalkeeper can play the ball as in normal play and does not have to take the free kick as a field player does from the ground.
- For any direct or indirect free kick all players in front of the ball must have 1.5 metres between themselves and the player taking the free kick.
- Players have five (5) seconds to take a free kick or possession will be given to the other team.
- The five (5) seconds will not start until all players are back the specified distance (1.5 metres) from the ball.

# DISCIPLINE

- To ensure that everyone involved can enjoy the game of indoor soccer we have a strict policy regarding behaviour and action during the social indoor soccer competition.

## Card System

- **Green Card** is a warning card for an offence committed which requires a free kick but is not serious enough to warrant sending off. Green cards are a warning to all players about their conduct and as such no more than two green cards will be issued to any one team per game. For example, if a free kick that justifies a player being issued a card is committed by a team three times in a match the third player will be issued a yellow card regardless of the severity. Two green cards will result in a player being issued a yellow card.
- **Yellow Card** is issued for an offence that is serious enough to warrant being sent off, or for two green cards. A yellow card is an automatic send off for three minutes. The umpire has the right to increase this penalty if they deem it necessary. Two yellow cards will result in a player issued a red card.
- **Red Card** is issued for a severe offence, or for two yellow cards. A red card means that the player is sent from the court for the rest of the game. A minimum suspension of two weeks will also be imposed on the player. This is a suspension from all teams and all competitions at ICA Sportzworx Stepney. In each case of a red card being issued.

## Discipline

- Management will review the reason for the issue of the red card and a lengthier suspension may be imposed if deemed appropriate.
- Team captains will be spoken to when their player is issued with a red card and their co-operation is required to communicate the suspension with the player and to ensure the suspension is upheld.
- Failure to do so will result in the removal of the team from the competition.
- We would like to remind all players that this is not a part of the sport that is enjoyed by staff and management or players but is necessary to keep the game as fair and social for everyone who participates.

# INFORMATION

- These rules are here to assist you and your team to have a full understanding of the indoor soccer games.
- Occasionally, new rules or changes will be made to the rulebook and teams captains will be notified.
- The Indoor soccer rules are available at [www.icastepney.com.au](http://www.icastepney.com.au) and hard copies can be requested at the kiosk or email us at [info@icastepney.com.au](mailto:info@icastepney.com.au)
- We do appreciate players input and please let management know of any suggestions, which will be discussed and considered.
- The umpire's interpretation of these rules may vary slightly from umpire to umpire. Umpiring any sport is difficult. Staff and Management will support the umpires and their decisions.
- Management reserve the right to step in and make decisions regarding player behaviour at any time while a game is in progress.
- Please remember that this is a social sport and people from many walks of life play for the same reason that you do which is enjoyment so please remember this each time you take the court.
- We wish you the best of luck and the upmost enjoyment while playing.
- Rules published on 26/5/2011 and updated 3/7/2019.
- Rules remain the property of ICA Sportzworx Stepney and are not to be used in any competition outside ICA Sportzworx Stepney.



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**[info@icastepney.com.au](mailto:info@icastepney.com.au)**

Phone 8362 8808

1 Stepney Street

Stepney SA 5069