

Indoor Soccer Rules (half court)

- Start game off by tossing the ball down the middle of the court.
- Play ball off wall, curtain, bleachers, etc.; no throw-ins or out of bounds.
- You may use any part of your body to play the ball except your hands/arms; you are allowed to head the ball (be careful).
- If someone commits a “hand” ball—penalty shot for other team from where the “hand” ball occurred.
- Set your team up with offense, mid-fielders, and defense. No goalie. Offense and defense, stay on your half of the court. Mid-fielders can help out defense and offense, so they can run the entire court.
- Defense needs to stay on or in front of purple line (can’t go behind unless you are getting a ball)
- No offensive player can go and **stand** behind purple line right by the goal (unless you are getting a ball).
- After goal is scored, the opposite team passes the ball to his/her teammate.
- Safety**: No leg swings higher than waist (b/c if someone is trying to head the ball and another player tries to swing their leg to get the ball, it could result in an injury); try to “settle” the ball (get it to the ground) before passing it; watch out for kicking others shins since we don’t have shin guards; no slide tackling, pushing, shoving, tripping, etc--(soccer fouls); no more than 2 people on the ball at one time (offense and defense); spread out when playing.