

# STL METRO

## Indoor Soccer League – Youth

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### LAWS OF THE GAME

- STL METRO uses FIFA Indoor Soccer rules. These rules may be adjusted for a specific STL METRO league. The adjustments will be listed.

### DURATION OF THE GAME

- Games will consist of (2) twenty-one minute halves. READY TO PLAY: There is no half time.
- Teams will immediately switch sides at the half.
- There is a designated warm up areas for players to get loose.
- Coaches must have their teams ready to play at the beginning of the game and half.
- A game is considered complete after one half.
  - INJURIES: In the case of injuries. Common sense will apply. A game may need to be cancelled if the injury is severe. In this case the game will be rescheduled if it is prior to the first half. And, it will be considered a new game.

### SPECIAL HOUSE LEAGUE RULES

#### WARM UP and BENCH AREA

- Warm-Up Area: There is a designated visiting and home warm up areas for players to get loose. Teams warming up must stay clear of the bench area.
- Bench Area: Only rostered players and Coaches are allowed in the bench area.

#### SLIDE TACKLING

- There is no slide-tackling.

### STL METRO DESCRIPTION of COMPETITIVE PLAYING LEVELS

- A = (SLYSA Div. 1, Academy Level Teams)
- B = (SLYSA Div. 2/3, SCCYSA Competitive)
- C = (SLYSA Div 4/5, SCCYSA Rec Plus, CYC/CHURCH Open level teams)
- OPEN = (this means that any level player can be together on a roster)

*No players can play on a lower level team if they are currently registered on a roster higher in level. Eg. A team registered for the STL METRO "C" level league cannot have any players described by the STL METRO "B" or "A" level players on the roster.*

### PLAYERS

#### Uniform

- All players must be in uniform tops that distinguish each team from each other. Numbers are not required.
- Coaches should carry extra uniforms in case a player forgets his or her outfit.

#### Shoes

- Indoor soccer shoes or any flat soled athletic shoe is sufficient. NO OUTDOOR CLEATED shoes.

#### Jewelry and Casts

- Leg and arm braces are okay to wear, but no metal can be showing and it must be padded.
- The cast must meet approval of the referee as well.
- No jewelry of any kind can be worn during regular play.

#### Shin Guards

- All players must wear shin guards or they cannot play.

### NUMBER of PLAYERS

- 1<sup>st</sup> – 6<sup>th</sup> grade: (7) 6- field players and a Goal-Keeper
- 7<sup>th</sup> – 10<sup>th</sup>: (6) 5-field players and a Goal-Keeper

### BALL SIZE

- 1<sup>st</sup> – 6<sup>th</sup> grade: #4
- 7<sup>th</sup> – 10<sup>th</sup>: #5

**PENALTIES**

- Two penalties can be assessed by the referee for any minor infractions.
- No more than two players can be penalized at the same time

**SUBSTITUTIONS**

- Substitutions are made “on the fly”
- Teams cannot substitute on fouls
- Teams can substitute for injury and after a goal is scored
- Players must be controlled in their substitutions. They must be made near the on/off door. If the referee feels that a team gained advantage from substitution, a two minute penalty can be given.

**RESTARTS**

- All restarts are INDIRECT barring a Penalty Kick or Kick-Off.
- Defensive players must be 10 feet from the ball when it is restarted.
- Offensive has 5 second to restart the play once the referee blows his or her whistle for the restart.

**OUT OF BOUNDS**

- If the ball leaves the field of play and touches the netting will be restarted from where the referee places the ball nearest the spot the ball went out of bounds.
- Goal Kicks or Corner Kicks are a result of the referee’s judgment from where the ball left the field