

Ultimate Soccer - Abbreviated US Indoor Rules & Regulations

ALL FIFA RULES APPLY EXCEPT FOR THE FOLLOWING:

1. There are no off sides.
2. Substitutions are free on the fly. Players coming off must be in front of their bench, out of the play, before the other player can come on. No hanging, sitting or jumping over the boards.
3. No punting or drop kicking
4. No slide tackling.
5. No three-line pass without touching another player or the floor.
6. The cross wire is in play. The ball hitting the ceiling is a one-minute penalty. If the ball touches the net, the ball will be put in place where it touched the net.
7. The five second rule: On restarts, if a goalie or player holds the ball longer than 5 seconds, then the possession of the ball goes to the other team.
8. No overtime or shoot outs during the regular season games. During the playoffs, the sudden death applies during the field play. However, during a shoot out, each team will have an equal chance at scoring until one team wins the advantage.
9. U-8 teams - 5 field players, plus goalie (6v6) small-sided fields. U-9 teams and above - 6 field players, plus goalie (7v7) full sided field. High School Teams – 5 field players, plus goalie (6v6) full-sided field.
10. All players must be on the roster to play. No roster changes after the second game. If opposing team challenges another player's eligibility, he must do so prior to the game. The on-site manager will hold the team rosters.
11. All games are 50 minutes long (running time). At the end of each game, the referee will set the time clock for 55 minutes, which will be used for each team to get ready and for the referee to give the coin toss. When the clock is at 50 minutes, the clock will begin regardless if the team or teams are ready. If a team is still not ready after 10 minutes, it will forfeit the game. Half time will be at the 26th minute and the start of the second half will begin at the 24th minute.

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12. All teams must wear shirts with matching colors, preferably with numbers.
13. Only team members are allowed on the bench. (No friends or relatives)
14. Yellow and red cards can be issued (no blue cards).
15. Time Penalties

One Minute – offenses or violations

Substitutions
Ball hitting the building structure
Any yellow card issued

Three Minute – offenses or violations

Second yellow card
Boarding misconduct

Five Minute – offenses or violations

All red card offenses and player ejections
Word of descent

16. Referee fees are due prior to the game - \$12 per team.