

Indoor Soccer 4 v 4 Rules

- No Goal Keepers
- Teams can only score from their attacking half of the field
- Everything is direct. (Defensive player must be at least 3 feet back from restart.)
- Players can score from kickoffs!
- Defensive player may only stand in his white box for 3 seconds.
- A handball, slide, or foul inside the defensive box results in an automatic goal.
- All netting, ceiling and lights are out of bounds and ball is to be placed where it went out for restart.
- No Slide tackling or boarding.
- Games consist of 2 twenty minute halves.
- Team is to remain on the same side for both halves, next to their bench areas.
- Must have at least 2 players to start and play game.
- Coed must have at least 1 girl on field at all times.
- All players must wear shin guards.