YOUTH INDOOR SOCCER LEAGUE AT PINNACLE SPORTS
PLAYING RULES

as of November 2, 2026

The following are the specific rules as they pertain to playing in the Youth Indoor Soccer Leagues at Pinnacle Sports. These rules have been modified for indoor play. The IFAB (FIFA) Laws of the Game (the rules that govern the outdoor game) will be applicable unless altered by the rules herein.

Rule 1—The Field of Play

a. Indoor Games will be scheduled on one of the three non-boarded rectangular Pinnacle Sports indoor soccer fields.
b. Fields are designated at Field 1, Field 2 and Baseball Field.

Rule 2—Number of Players and the Ball

a. U12 and younger: 7 v 7 (Six field players and goalkeeper) and size 4 ball
b. U13 and older: 7 v 7 (Six field players and goalkeeper) and size 5 ball
c. Team Roster Size: 18 players – all players can dress for a game

Rule 3 – Scores, Results & Standings

a. For scoring purposes, a +/- 6 goal difference will be utilized. Meaning, if the score is 10-0 the result will be recorded as 6-0. If the score is 11-4 the result will be recorded as 10-4.
b. In the event of a team leading by five (5) goals, the losing team may add one additional player on the field. Should the score get within four goals, teams will again play even strength.
c. Standings—Three (3) points for a win, one (1) point for a tie, and zero (0) points for a loss. See Indoor Soccer League Competition Rules for tie breaking procedures.

Rule 4 – Referees

a. The referee fee ($18 per team per game) is paid directly to the referee prior to the start of the game. Teams must have the exact amount as no change will be provided regardless of the money provided.
b. If a referee does not show up for a game. The game should go ahead as scheduled and will count towards the standings. The teams involved may agree to use a coach/club member to step in and officiate the game. Home teams will be given the first choice to provide a substitute referee; if the home team is unable or unwilling to do so the visitor team will be given the same opportunity. There will be no reschedules if the referee does not show up for a game regardless of if a substitute referee is found or not.

Rule 5—Substitutions

a. Unlimited substitutions throughout the game.
b. Substitute Player(s) may enter the field of play provided the Player(s) that are being substituted for are
    a. Coming off the field of play and are in the bench area; or
    b. Within three (3) feet of the team's own bench area and are headed to immediately go off the field into the team bench area.
c. There are no guaranteed substitution times. All substitutions are made on the fly within the designated team bench area.

Rule 6—Player's Equipment

a. Indoor or outdoor soccer shoes are permitted.
b. Shin-guards are mandatory for all players.
c. No jewelry such as chains/necklaces, bracelets, earrings, etc.
d. All players must wear the same-colored jerseys as their teammates, numbers on the back of the jersey/t-shirt is recommended..
e. Goalkeeper's jersey must be a different color from both teams' jersey color.

Rule 7—Duration of the Game

a. All games are 52 minutes running time.
b. There is no half-time.
c. Play is extended to permit the taking of a penalty kick.
d. There is no guaranteed warm-up time on the field prior to your game. Use space outside of the playing fields for warm up where appropriate.
e. Running time for all injuries. If an injury time out takes longer than five minutes, then the time may be stopped.
f. All games will start at the top of each hour (ex. 9:00AM, 10:00AM, 11:00AM, etc.)

Rule 8 – Build Out Line

a. All U10 and under divisions will play with a build out line.
b. When the goalkeeper has the ball in their possession (goal kick or in the goalkeeper's hands) all of the opposing players must drop back behind the dashed line (Build Out Line) located between the defensive zone's penalty area and center circle.
c. As soon as the goalkeeper puts the ball in play from a goal kick or releases it out of his/her hands the opposing players are permitted to cross the build out line and play resumes as normal.

Rule 9 – Prohibited Heading and Punting

a. For U11 and younger age groups, players are not permitted to head the ball.
b. In a situation combining U11 and U12 teams for a competition division, heading the ball will not be permitted during that game.
c. No punting allowed for any age group.

Rule 10 – Ball In and Out of Play

a. When the ball has fully passed over the goal line or touchline on the ground or in the air; or
b. When the play is stopped by the Referee.

Rule 11 -- Kick In

a. A kick In shall take place from the spot where the ball was last touched before going out of play. If the ball was last touched in the goal area, the kick in will be taken from the top of the arc.
b. All kick ins are indirect

Rule 12 – Ball Striking an Overhead Obstruction

a. If the ball is touched by a player that hits the ceiling or equipment attached to the ceiling, the game is restarted with an indirect free kick awarded to the opposing team, from the center of the closest dashed line from where the ball was last touched.

Rule 13—Three-Line Violation

a. A player is guilty of a three-line violation when a pass, or last touch of the ball crosses the three lines (the two dashed lines and the halfway line) in the air towards the opponent's goal. This is without the ball touching a player from either team.
b. In the event of a three-line violation the game will restart with an indirect free kick to the opposing team from the center of the first dashed line that the ball crossed.

Rule 14—Fouls, Misconduct, and Yellow/Red Cards

a. Law XII of the IFAB Laws of the Game is applicable with the following modifications:
b. A foul that warrants more than the calling of a regular foul shall result in a yellow card at a minimum.
c. Any foul committed by the defending team in the Penalty Area shall result in a Penalty kick awarded to the opposing team.
d. Slide tackling is not permitted. Violation shall result in an automatic Yellow Card to the offending player.
e. In situations where a team ends up with Too Many Players on the Field, a Yellow card will be awarded to the player that entered the field last.
f. Spitting on the playing field or at an opponent shall result in a Red Card and automatic suspension for the remainder of the league session by the offending player.
g. Dissent by Player or Team Representative shall result in a Yellow Card or Red Card at the discretion of the referee.
h. Any player or team bench person that receives a Red Card during a Game must exit the facility immediately.

Rule 15 – Free Kicks

a. Opposing players must retreat a minimum of 5 yards from the spot of any Free Kick.
b. Free Kicks are Direct or Indirect as per the IFAB (FIFA) Laws of the Game
c. All Free Kicks are to be taken within five (5) seconds following a whistle to resume play by the Referee

Rule 16—Goalkeeper Restrictions
The following shall result in Direct Free Kick awarded to the opposing team at the top of the penalty area arc:

a. Hand to Hand Violation by Goalkeeper: If a Goalkeeper who had the ball in control in his/her hands, releases the ball from their hands to be played either by themselves or a teammate, and the goalkeeper is not permitted to handle the ball again unless touched or played by an opponent.
b. Goalkeepers are not permitted to bounce the ball to themselves.
c. Pass back to Goalkeeper Rules apply as per outdoor Laws of the Game.
d. Five-Second Distribution Violation—A Goalkeeper with possession of the ball in their hands or at their feet within their penalty area, must distribute the ball outside their penalty area within five seconds of having received the ball within the penalty area.

Rule 17 – Revisions to Playing Rules
League Management reserves the right to make changes to the Playing Rules at any time. League Management may distribute notice to all teams and post updates on the Pinnacle Sports website.