



YOUTH INDOOR SOCCER

Important League Rules of Play

This document serves as a quick reference to the most important rules and guidelines for Arena Sports Youth Indoor Soccer. While the full Youth League Rules & Regulations outline every detail of gameplay and policy, this version focuses on the core rules that most often impact games — from ball size and player counts to key in-game conduct and age-specific modifications. Coaches, players, and parents can use this summary as a convenient courtside resource, but all participants are encouraged to review the complete rules online for full league standards and procedures.

General Information

Divisions: U9 – High School

Game Duration: Two 20-minute halves with a 30-second halftime

Ball Size:

- U9–U12: Size 4
- U13–Adult: Size 5

Equipment:

- Shin guards are required
 - No outdoor cleats permitted
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Players on the Field

- **Standard Format:** 7v7 (maximum 8 players per team on the field for mixed leagues)
- **U16/High School–Adult:** 6v6
- **Arena Sports Redmond (Side Field):** One fewer player for U12–High School games

Mixed Age or Combination Leagues:

- No more than 8 players per team on the field at any time
 - If an older or higher-skilled team gains an advantage, they must remove a player to maintain balance
 - Example matchups:
 - U14 Gold vs U14 Silver
 - U14 Bronze vs U15 Bronze
 - U14 Silver vs U15 Bronze
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Game Rules & Conduct

Three-Line Violation

Occurs when the ball crosses both red lines in the air without touching a wall, ground, or another player between the lines.

Playing in a Dangerous Manner

- Sliding and playing with three points of contact on the ground are prohibited.

Boarding

Propelling an opponent into the perimeter wall is not allowed.

Goal Differential (Mercy Rule)

- If a team trails by **3 or more goals**, they may add one additional player.
- If this addition causes the team to exceed 8 players, the opposing team must remove one.

Goal Scoring Restriction:

If a team ahead by 3+ goals scores from within the opponent's penalty area, the goal will be disallowed. Restart with a goalkeeper throw-in.

Heading Rules (U12 and Younger)

- **No intentional heading allowed.**

Penalty:

- **Outside penalty area:** Indirect free kick for the opponent at the spot of the header
- **Inside opponent's penalty area:** Restart with goalkeeper throw-in
- **Inside own penalty area:** Opponent takes an indirect free kick from the penalty mark

If contact is **not deliberate**, play continues unless the player is injured. Restart with a dropped ball if needed.

U9–U12 Development Rule: The Build-Out Line

The **build-out line** encourages teams to play the ball out from the back in an unpressured environment.

Key Points:

- When the goalkeeper gains possession, opponents must retreat behind the build-out line until the ball is put into play.
- The goalkeeper may pass, throw, or roll the ball to a teammate (no punting or drop-kicking).
- After the ball is in play, opponents may cross the build-out line and resume normal play.
- During a goalkeeper throw-in, opponents must stay behind the line until the ball is live.

Infractions:

- If the goalkeeper punts or drop-kicks, an indirect free kick is awarded to the opponent:
 - From the top of the penalty area if the infraction occurs outside the goal area
 - From the goal area line (parallel to goal line) if inside the goal area

Referee Guidance:

- Goalkeepers may play the ball early if desired.
- Flexibility is encouraged with the 5-second rule; the count begins once all opponents retreat behind the build-out line.
- Referees may manage persistent issues with appropriate misconduct if necessary.