



## **2020 Indoor Rules**

1. Players shall NOT participate without registering an appropriately signed waiver prior to the start of the event.
2. 7 v 7 (6 field players plus goalkeeper)
3. All Teams MUST have a Goalkeeper!!!!
4. 5 players on offense – 1 field players must stay back behind the restraining line (plus goalkeeper). Restraining line is at mid-field. This will be marked by cones.
5. Games will start with a center draw, and then after each goal, play will go back to center a draw. Substitutions may be made after goals.
6. Players may kick the ball on a non-shooting attempt.
7. Free movement will apply.
8. Two 25 min halves; running clock: 2-5 min Half Time, up to the referee's discrepancy.
9. When a yellow card has been issued, a player must leave the field for **TWO** minutes.
10. NO TIMEOUTS in any game. Teams will keep their own score.
11. A player red carded for dangerous play or unsportsmanlike activity will NOT BE permitted to play in the next game. Team must play short for full 2 min with a red card
12. No Jewelry is permitted
13. Boundaries are marked by cones around the perimeter
14. If a referee notices an illegal pocket, they may call for a stick check.