

Indoor Small-Sided Tournament Rules (One Page)

Field: 30' x 15' • Curtains/ceiling = dead ball (kick-in)
Goals/Zone: 6' x 4' goals • 6' no-touch zone around goals (no touches; goals must be struck from outside)
Players: 4v4 on field • Rosters 6–8 • No GK • Same-color shirts; shinguards & socks required
Timing: Two 20-min periods • Halftime 3–5 min • Running clock
Restarts: Kick-ins only • All kicks indirect • 5-yard distance when possible

Field & Surroundings

- Ball that touches curtains or ceiling is immediately dead; restart with a kick-in from the nearest touchline point.
- Mark the 6' no-touch zone around each goal with tape/cones; ball may pass through but no touches allowed inside by attackers or defenders.
- If ball comes to rest inside the no-touch zone: defense gets an indirect kick from the nearest point outside the zone.

Teams, Equipment & Coach

- Rosters 6–8; play 4v4 (no goalkeepers).
- Uniforms: matching shirt color required; shinguards and soccer socks mandatory; indoor/turf shoes (no metal).
- Each team must submit signed waivers and have an adult coach (18+) present.

Match Duration & Substitutions

- Two 20-minute periods; halftime 3–5 minutes; running clock (stoppage for injuries/safety as needed).
- Substitutions allowed at any dead ball; unlimited; player must be fully off before sub enters; do not delay restart.

Starts & Restarts

- Kickoff from the center point to start halves and after goals (indirect; goals cannot be scored directly).
- All restarts are kick-ins (no throw-ins); ball stationary; opponents give ~5 yards where space permits.
- Corner situation (modified): when ball crosses end line last touched by defenders, defending team restarts with a kick-in from the far side of the end line (to reduce congestion).
- Attacker last touches over end line: defensive indirect kick from end line outside the no-touch zone at nearest point.

Fouls, Safety & Discipline

- All fouls are indirect free kicks (no goals directly from any free kick).
- No slide tackling and no heading.
- Reckless/unsafe behavior: 1st offense = warning; 2nd offense = disqualification (player removed for the match).
- Encroachment/delay/dissent: warn, then disqualify for repeated misconduct.

Scoring, Standings & Mercy

- Goals must be struck from outside the no-touch zone; ball may travel through the zone into goal without a touch inside.
- Goal-difference equity: if one team leads by 5, trailing team may add one extra player (5v4) until margin < 5.
- Recommended standings: Win=3, Draw=1, Loss=0; tie-breakers: head-to-head, goal differential, goals against, goals scored, sportsmanship, coin toss.

Additional Small-Sided Rules (Recommended)

- No offside.
- Quick restarts allowed unless referee holds for safety/subs; defenders retreat immediately.
- Fouls inside the no-touch zone restart from the nearest point outside the zone (indirect).
- Ball trapped along curtain/corner and not playable: referee stops and awards indirect to defense at nearest playable spot.
- Knockout ties: optional 3-kick shootout from a marked spot outside the zone; all kicks are indirect (require a second touch).

Sportsmanship & Safety

- Pre/post-game handshakes; respect opponents, officials, staff, and facility; zero tolerance for abusive language or harassment.
- Coaches manage bench decorum and substitutions; spectators cheer positively only.
- Injuries: stop play for head injuries or unsafe situations; suspected concussion—player removed; blood/wounds must be treated before return.

Referee decisions are final on facts connected with play. Protests (if allowed) must be filed by the coach to the tournament director within 30 minutes of match end.