

Facility Rules for Indoor Play 2025-2026

(Different rules may apply to tournaments)



****NO CLEATS ALLOWED AND SHIN GUARDS ARE MANDATORY!****

AGES/Ball Size	# PLAYERS ON THE FIELD
U8's/ 3	4v4 dual sided (no keeper)
U10's & U12's/ 4	6 + keeper
U14 & up/Adult/5	5 + keeper

Any players not registered with Afrim's Sports will constitute a forfeited game! Any player who is NOT registered within the Afrim's Sports registration waiver system accepts full liability for any injuries/accidents that may occur! Registered means you have signed the Afrim's Sports Waiver and have a current Annual Membership on file.

Uniform- no metal or spike cleats, no hats(except for goalie), cast must be padded, no go pros

U8/U10 Policy: No heading will be allowed in any age group from U10 and below.

- No Punting & on any goalkeeper restarts, the opposing team must drop back to the mid-field line until the ball is touched.

Kick Offs: Kickoffs are direct and a goal can be scored on a kickoff.

Goalkeepers: -Cannot hold the ball for more than 8 seconds, if goalkeeper exceeds this time, opposing team will be awarded a corner kick

- Cannot pick up the ball if deliberately kicked back by own team

- Allowed to punt, dropkick and kick over half!

Penalty Kicks: 8 Yards

5 Goal Rule: Whenever a team is leading by 5 goals, the opposing team may add another player until another goal is scored

Free Kicks: Free kicks are **direct and** the defending team must be a minimum of **5 yards** away.

Ball Exiting Field Of Play: Any ball that exits the playing field over the sideline is a throw in. Ball cannot be thrown directly into the goal on a restart. Any illegal throw-in results in the loss of possession. Any ball that strikes a net, light, ceiling, or beam within the confines of the field is out of play. A direct kick restart will occur nearest where the ball hits. *Exception: Within the goal box, the ball is placed outside of the box for restart.*

Substitutions: Substitutions are guaranteed for either team on any "out of bounds" ball and at Ref discretion. **Youth League**

Substitutions: Substitutions are guaranteed for either team on any "out of bounds" ball. On the fly substitutions may be done while the ball is in play. Players entering the field must wait until a player exiting has stepped off the field. Violation of this rule could result in a 2 minute penalty (playing a person down). **Adult League Only**

Yellow Card: All yellow cards will result in a man down situation for 2 minutes or until the opposition scores, whichever comes first. A second yellow card in a game will equal a red card. Four yellow cards in one session (6 or 8 week period) or two yellow cards in one tournament, and the player must sit out the next game.

Red Card: **All red cards will result in immediate ejection; AT A MINIMUM, the player will sit out for the rest of the game AND the following game. On a red card the team will play a man down for the remainder of the game, even if goals are scored.** All red cards will be subject to review to determine the length of the suspension. If the ejected player attempts to play during their suspension, then he/she will be suspended indefinitely.

Two Minute Penalty: A two minute penalty can be assessed at the discretion of the referee for minor violations regardless of whether a yellow card is given.

Other Rules: **NO Slide Tackles... but sliding is allowed!** **NO SPITTING, NO gum chewing, and NO ball kicking against any wall.** Fist fighting, swearing, and racial remarks will **NOT** be tolerated. **FAILURE TO GIVE YOUR NAME TO THE REFEREE UPON RECEIVING A YELLOW/RED CARD WILL RESULT IN AN AUTOMATIC RED CARD AND FORFEIT LOSS FOR YOUR TEAM FOR THAT GAME.** **The front desk staff has the right to suspend anyone from the facility at any time for this behavior. In any case of suspension or expulsion, NO refunds will be issued.**

Sportsmanship- We expect all players to demonstrate mutual respect on the field. Negative behaviors such as trash talking, taunting, or baiting opponents will not be tolerated. If such behavior is observed, referees or Afrim's sports staff should intervene immediately and ask for it to cease. Continued disrespectful conduct will result in a card being issued, along with a report at the end of the shift to assess further action. Let's work together to ensure a positive and enjoyable experience for everyone involved!

