

Please follow the general facility rules provided by the Norcal Indoor Sports.

General Information

- All teams must wear matching uniforms
 - Shin guards are mandatory
 - Indoor soccer shoes/non scuffs tennis shoes (no cleats or marking soles allowed)
 - Goal keepers can wear pads.
 - Games start on time. Please arrive on early.
 - Only Coaches/Managers and team members are allowed on playing field and team boxes.
 - Parents and fans must stay in bleacher/fan area on opposite side.
 - **Players must get fair playing time. A minimum of 20 minutes per game.**
- ### Game rules of play
- NCIS follows the USSF official indoor soccer rules, unless otherwise specified
 - 8 Game season
 - Minimum 9 player teams maximum 15 players.
 - Game ball is a size 3-4 futsal ball unless a change is made.
- Youth 8v8 format (7players + 1 goalie)
 - 3 points for a win – 1 point for a tie. (two tier playoffs if enough teams)
 - Substitutions are on the fly (like in hockey)
 - **NO intentional aggressive contact ALLOWED**
 - No sliding allowed
 - No contact with goals or goalkeepers allowed
 - Ball that hits net or ceiling is considered out of bounds.
 - Official's decision is final.
 - Any Disrespect to officials/scorekeeper/facility employee can result in suspension/expulsion and or ejection from facility
 - **3 step foul system. 1st foul warning. 2nd foul yellow card 2 min penalty. 3rd foul red card ejection from game.**
 - 2 red card ejections in **one** season automatic 1 game suspension.
 - 2 minute penalty if the ball hits the ceiling. An alternate can substitute for goalkeeper penalty.
 - 5 Goal rule: When a team 5 or more goal lead, the losing team can add a player (if losing team has no players/then winning team will take a player off.
 - All free kicks are considered indirect

Game Day

- Arrive 15 min prior to start time
- 5 min warm up prior to start time
- Games are 2-20 min halves /5 min halftime
- After each game teams will line up to shake hands for good sportsmanship.

Games and schedule

- Games schedule will be emailed to captains/managers/coaches prior to start of season.
- (www.norcalindoorsports.com) website will also have schedule posted. For questions contact the facility at 530-406-1100