

Number of Players and Game Duration

U6/U7/U8	4 field players (no goalkeepers)	4 x 12 minute quarters
U9/U10	7 field players and a goalkeeper	2 x 25 minute halves
U11/U12	6 field players and a goalkeeper	2 x 25 minute halves
U13-Adult	5 field players and a goalkeeper	2 x 25 minute halves

Adult and High School Coed teams must have at least 2 females on the field at all times

Player Cards – all players U9 through adult must have a BISC specific player card in order to play in games.

U6-U8 players are not allowed to go into the box around the goal. If a defensive player touches the ball inside the box a free kick from half field is awarded to the offensive team. If an offensive player touches the ball inside the box then a free kick from the top of the box is awarded.

Parents / Family members / siblings of U6-U8 players are not allowed in the player boxes or on the open space of the field while games are taking place.

Kick-off is taken by visiting team in the first half, home team in the second. Kick-offs along with all free kicks are DIRECT.

Equipment:

- Shin guards are mandatory and must be covered completely by socks
- Jewelry is not permitted
- Casts are not permitted (referee has final say if player can play with cast while wrapped).
- Jerseys do not need to have numbers
- Home team is responsible for alternate color if team colors conflict

Substitutions:

Substitutions may occur on the fly provided the player leaving the field and the player entering the field do not participate in play or seek to gain advantage while both players are simultaneously on the field. Any teammate can substitute the goalkeeper at any time, provided that the goalkeeper wears a jersey that distinguishes them from the team.

Out-of-Bounds:

If the ball hits the perimeter (netting) or ceiling the ball is placed where it was last played by the offending team, direct kick.

Goal Kick: Play begins when the goalkeeper obtains possession of the ball in their hands within the penalty area. Once the goalkeeper gives up control of the ball by placing it on the ground or distributing in the air, the ball is in play.

Free Kicks:

All kicks are direct. (U6/U7/U8 will play with a kick-in when the ball goes out of bounds, if the ball gets stuck behind the net a free kick will be given to the defensive team from the edge of the box). If a minor foul that would be considered an indirect free kick outdoors occurs inside the box a free kick will be awarded on top of the arc.

Fouls:

A foul that is a foul outdoors is a foul indoors. Slide tackling is not permitted. Offside does not apply indoors. Denying a goal scoring opportunity is not an automatic red card, but can be deemed so by the referee.

Three Line Pass:

The ball can't be kicked, in the air, over all three lines towards the attacking goal without touching the wall, floor, any player or referee. If a three-line infraction occurs the direct free kick will be awarded and taken from the center of the first line traveled. The goalkeeper can throw the ball over three lines.

Goalkeeper Rules:

Once a goalkeeper obtains possession in his/her hands they have 5 seconds to play the ball. Punting is not allowed for ages U11 and above, U9 and U10 teams goalkeeper can punt the ball, but three line rules are in affect. Pass back to the goalkeeper is called the same as outdoors.

Time Penalties:

Blue Card / Yellow Card – must be a 2 minute penalty and team comes to full strength if opponent scores.

Red Card – must be an ejection and a hard (full) 5 minute penalty for the team, player is ejected for the remainder of the game and subject to suspension.

Scoring and Playoffs:

Teams will receive the following points during league play

- 3 points for a win
- 1 point for a tie
- 0 points for a loss

League tie breakers

- Head to head competition
- Fewest goals allowed
- Most goal scored
- Most shutouts

In a first versus second place game the result of the game is a tie the following will occur to decide the game winner.

- The players on the field at games end are the only players eligible to play in overtime
- Overtime will be broken down to one minute periods
- Each period will start with a drop ball at half field
- There are NO substitutions during the overtime period. If a player is injured during the overtime period that team will then play down a player for the duration of that period. If the game was goalkeeper versus goalkeeper then the team with the injured player forfeits due to being unable to field a team.
- After each one minute period a player will be taken off the field
- If overtime goes two versus two, teams can only score within the attacking third.
- If a penalty is called for a breakaway foul that denies a goal scoring opportunity, the offending player is ejected for the remainder of the game and the offending team will play down for the full two minutes or five minutes depending on the card given. If the foul occurs during goalkeeper versus goalkeeper the offending team forfeits the game.
- Goalkeepers can be changed with players eligible for overtime play.

Spitting on the field is an automatic blue/yellow card