



GYM SOCCER

Format & Key Rules

Rules & Format	Details
Roster	<ul style="list-style-type: none"> • 5 players on the court (including goalie), minimum 2 females • Minimum not to default: 4 players 1 female
Mercy	<ul style="list-style-type: none"> • Mercy is called and the score freezes if a team gains a 7-point lead.
Game time	<ul style="list-style-type: none"> • Two 25 minute halves with a 5 minute half time
Game start & subbing	<ul style="list-style-type: none"> • A kick off starts the game and restarts play after a goal is scored • Kickoffs do not need to travel forwards, but the ball cannot be touched by the kicker again until another player contacts the ball • Sub on the fly
Area of Play	<ul style="list-style-type: none"> • All areas are 'live' (walls, doors, etc) • Ball is 'Out of Play' when it hits the ceiling, curtains, or goes under a team bench
Creases/Goalie Areas	<ul style="list-style-type: none"> • Players are not allowed to stay stationary inside their own, or their opponents' crease • Players can run through the crease if they do not interfere with the goalie, and do not touch the ball while in the crease • Goalies are the only player that can play the ball in the crease
Goalies	<ul style="list-style-type: none"> • Can use their hands only inside their own crease • Goalies can handle a pass with their feet or hands • Goalies have 5 seconds to get the ball back in play after a save • Cannot go over half, but can score • Cannot be pulled for an extra player
Ball in the Corner	<ul style="list-style-type: none"> • When two players are chasing the ball into the corner from a far distance, the player leading within 5 feet of the corner will gain possession of the ball and the opponent must stop and give their opponent 5 feet of space, and 3 seconds to play the ball. If there is no clear leading play, possession goes to the defensive player.
Free Kicks	<ul style="list-style-type: none"> • All free kicks are indirect, meaning a goal cannot be directly scored
Advantage Rule	<ul style="list-style-type: none"> • When a foul occurs but the team fouled against is not disadvantaged by the play the play can continue with no consequence • The advantage rule is called at the GC's discretion
Handballs	<ul style="list-style-type: none"> • When the ball touches any part of a player's arm from the bottom of the shoulder to the finger tips a handball will be called (except for a goalie in their own crease) • If there is a handball but the opposing team is not adversely affected play can continue
Slide Tackling	<ul style="list-style-type: none"> • NO slide tackles are allowed in SSC leagues. • Includes any player, or goalie, leaving the ground in a feet-forward motion toward the ball or another player