

EMDSL Indoor 2025/2026 Standard Grassroots Games Rules and Regulations

Notes

No game changes due to the facility being fully booked.

There may be some dates with two games on one day for local teams to get games to fit.

Home and Away games may not be balanced.

All Divisions

No heading of the ball at any grassroots age division. Heading will result in an indirect free kick being awarded to the opponent. If the infraction occurs in the penalty area the ball will be moved to the closest point at the top of the penalty area.

No slide tackling

No outdoor cleats

Changing on the fly is permitted. Players must be near the player bench area before the replacement can enter the field and cannot be engaged in active play.

Ball Out of Play: All balls that go out of play will result in a kick in.

All kicks including kick ins are indirect. **Opposing players must be a minimum of five meters from the ball for any kicks.** Penalty kicks are direct. A goal cannot be scored directly from any kick other than a penalty kick.

If the ball hits the roof of the building an indirect free kick will be awarded to the opposing team closest to where the ball hit.

An indirect free kick awarded to the attacking team inside the penalty area of the opponent will be taken from any point on the top line of the penalty area.

No offsides

Match official fees are based on the oldest age group in a split division regardless of the age of the teams playing.

Fouls, Misconduct and Penalties

Are the same as for outdoor competitions.

Match Officials may issue a two-minute penalty for an offence, or a caution (yellow card) with a two-minute penalty. The offending team will play down a player for the full two-minute duration. The player receiving the penalty must remain off the field for the duration of the penalty.

Match Officials may award a five-minute penalty for any serious infraction. The offending team will play down a player for the full five-minute duration. The player receiving the penalty must remain off the field for the duration of the penalty.

The issuance of a red card is an automatic ejection and five-minute penalty. The offending player must leave the field of play, and the team will play down a player for the full five-minute duration. There is no requirement that another player of the offending team must serve the penalty.

Match Official has the final call on any foul or misconduct regardless of whether a card is issued: A two-minute penalty may be assessed without the issuance of a card at the discretion of the match official.

Only two players from each team can be serving penalties at the any one time. If another player on the same team receives a penalty, that player must go to the penalty area. The team must substitute a non penalized player to take their place on the field to maintain the minimum team number. The penalty for the third and subsequent players will not start until one of the first penalized players time has elapsed.

In the case of an ejection or multiple penalties that causes a team to have less than the minimum number of players on the field, the penalized team will be assessed a game forfeit and the opposing team will be awarded a 3-0 win.

Offsetting penalties will cause both teams to play down. There is no offset rule that allows a penalty not to be served.

Any two-minute penalty assessed to a goalkeeper may be served by a player of their own team on the field at the time of the infraction. If the goalkeeper is ejected from the game, they must leave the field of play immediately and be replaced by another player. If the goalkeeper receives a five-minute penalty without an ejection, they must serve the penalty and be replaced by another player. The offending team will play down a player for the duration of the penalty.

Rules specific to a division

U8 and U9

Playing format is 5v5 which includes the goalkeeper.

For balls out of bounds over the sidelines a kick in or dribble in is permitted.

There are no formal corner kicks. The corner is instead treated as a kick in and may be dribbled in.

You cannot score direct from a dribble in.

Retreat line is in effect, one half of the field.

2 x 20-minute halves

Size 3 game ball only

U10 and U11

Playing format is 7v7 which includes the goalkeeper.

Retreat line is in effect, one third of the field.

For balls out of bounds over the sidelines a kick in or dribble in is permitted.

You cannot score direct from a dribble in.

Corner kicks are in effect. No dribble in from a corner kick is permitted.

2 x 25-minute halves

Size 4 game ball only

U12 and U13

Playing format is 7v7 which includes the goalkeeper.

Kick ins only, no dribble ins permitted and no throw ins.

Corner kicks are in effect. No dribble in from a corner kick is permitted.

2 x 25-minute halves

U12 size 4 game ball only

U13 size 5 game ball only

No retreat line, regular goal kick rules are in place, no retreat is required.

U14 and older

Playing format is 7v7 which includes the goalkeeper.

Kick ins only, no dribble ins permitted and no throw ins.

Corner kicks are in effect. No dribble in from a corner kick is permitted.

2 x 25-minute halves

No retreat line