



INDOOR RULES AND PROCEDURES 2025-2026

INDOOR SOCCER FACILITIES

FRASER

34300 Utica Rd., Fraser, MI 48026
(586) 294-8848
Leagues: Male, Female.
Coed - Under 6 to Adult

ROYAL OAK

1319 Lexington, Royal Oak, MI 48073
(248) 288-2110
Leagues: Male, Female.
Coed - Under 6 thru Over 40

www.totalsoccerinc.com

HAVE A GREAT INDOOR SEASON

2025-26 Age Group Classifications

| AGE GROUP | BIRTH YEAR |
|-----------|-------------------------|
| U-6 | Under 7 Until 5/1/2026 |
| U-7 | Under 8 Until 5/1/2026 |
| U-8 | Under 9 Until 5/1/2026 |
| U-9 | Under 10 Until 5/1/2026 |
| U-10 | Under 11 Until 5/1/2026 |
| U-11 | Under 12 Until 5/1/2026 |
| U-12 | Under 13 Until 5/1/2026 |
| U-13 | Under 14 Until 5/1/2026 |
| U-14 | Under 15 Until 5/1/2026 |
| U-15 | Under 16 Until 5/1/2026 |
| U-16 | Under 17 Until 5/1/2026 |
| U-19 | Under 20 Until 5/1/2026 |

Open 18 and over

Over 30 30 and over

Over 40 40 and over

Over 50 50 and over

All players can play up an age group but can't play down.

2025-2026 Registration Information

Registration Procedures: By the specified deadlines, your team is required to submit the following:

- **Full Payment of Team Balance**
(Cash, Checks made Payable to Total Soccer, Visa, Mastercard & Discover)
- **Roster of no more than 18 Players. Rosters will not be accepted without complete information (code, address, e-mail, ect.)**
- **It is the coaches' responsibility to have roster on file by 1st game.**
- **Prior to the Third Game.** The original roster may be changed.

1st Session teams will have the first opportunity for the 2nd Session. If your team does not have your \$200.00 deposit down by the deadline, however, your spot will not be guaranteed.

New Teams: Follow registration procedures on page 2.

Returning Teams: If you are adding players, a new Roster must be submitted Listing Only the New Players (with address, ect.) and the names only of the previous players who are being deleted.

Protests: Coaches must inform Total Soccer Management of a protest prior to the finish of the game. The coach is solely responsible for the

eligibility of players on the roster. If a player's age is questioned, the coach must provide proof of age within 48 hours of the game. Any team found guilty of playing an individual that is not on the roster, or not age eligible, will forfeit that game.

Scheduling: Any dates that your team cannot play must be made known to Total Soccer before scheduling is completed. We will try to accommodate teams, but we cannot guarantee all requests. No changes will be made once schedules are printed, unless due to error by Total Soccer. Each facility's scheduling procedures are different. Check with each facility for special instructions.

Rescheduled Games: Due to inclement weather and/or power outages: Every attempt will be made to reschedule games at remaining available times. If rescheduling is not possible, account credit will be given at a rate of 80% of the team fee divided by the number of games for that session. Due to any other circumstance: Coaches and/or managers to teams are responsible to follow the rescheduling procedure set forth by Total Soccer Management (as follows)!

Rescheduling Procedures

Please make every effort to play your games as scheduled. Coaches/Managers are responsible for making all contacts necessary for rescheduling. The following procedures are available in case of a schedule conflict resulting in the majority of your team missing (not just a few of your better players or the coach missing.) The other team(s) you contact have the right to refuse rescheduling, you must "respect their rights."

Steps to Follow:

1. Make Total Soccer aware of the game you need to reschedule and why you need to reschedule. No later than 48 hours prior to scheduled game time.
2. The coach/Manager can try to rearrange games within their division.

All teams involved must be contacted and agree! You must notify Total Soccer of the results!

Example #1: Sat. 11/1-3vs.4 • Sat. 11/8-4vs.5
You are team #3. Contact team #5 To see if they will change dates. If yes, tell team #4 about the change, 3. If unable to change within their division, the coach/ manager can attempt to change with another division, using ex. #2

Example #2: Sat. 12/5-1vs.2

Change to: Sat. 12/5-3vs.4

Sat. 12/72-3vs.4 Sat. 12/72-1vs.2

All four teams involved must be contacted and agree to rescheduling!

Total Soccer must be notified of game change!

Forfeiture

1. Teams must be in complete payment and roster compliance or they will forfeit until such a time.
2. Teams will have until 5 minutes after the clock starts to field the minimum player requirements.
3. Game clock starts at scheduled game time, regardless.
4. Total Soccer reserves the right to stop game play at anytime due to aggressive game play or fighting. If this occurs, one or both teams will forfeit. **No refunds will be given!**

Team Fees Include:

- Eight scheduled games for recreation and adults; ten games for travel teams
- Scheduling, payment of officiating, and field time.
- Once the schedule is made, we have no control over whether teams show up to play. Refunds will not be given.

Divisioning: Total Soccer reserves the right to promote or relegate a team from one division to another division, after the completion of each session. A player cannot play on two teams in the same division.

Divisioning Guidelines:

- A. Premier / Select
- B. Select / Recreational
- C. Recreational / House

Note: Coaches are encouraged to play at the highest level of competition possible.

Total Soccer appreciates you patronage, especially those who have been with us for years. We are trying to improve our services, and need your cooperation. These procedures must be followed by all teams, youth and adult, at all of our facilities. Thank you!!!

-No deposits will be refunded after the registration deadline-

FIFA Guidelines

FIFA Guidelines will be recognized at the Total Soccer facilities in addition to the following:

House Rules:

1. Home team must provide game ball. Each coach is allowed to bring two (2) balls into the facility, to be used only on the field.

- 1A.** Size 3 - Under 6 & up
Size 4 - Under 9 & up
Size 5 - Under 13 & up

1B. Boarded field:

U8-U11 (6v6) 5 field players and goalie.
U12 Adult (6v6) 5 field players and a goalie

Non-Boarded:

U8-U10: 7v7
U11-U12: 9v9
U13-Adult: 8v8

Royal Oak Main Field:

U10-U12 (7v7) 6 field players and goalie.
U13-Adult (6v6) 5 field players and a goalie

2. Teams: U-6 - U-14 must have an adult 21 and older on their on the bench at every game. High school teams U-15 - U-19 must have an adult 25 and older on their bench at every game.

3. Player Area: Only players on teams playing games are allowed on field before start of game or half time. Coach, assistant coach, and manager are the only others allowed in player area. If person refuses to leave player area, game could be forfeited. Locker rooms are provided in some facilities. Please instruct players to use them or team are for clothes, duffle bags, etc. No spectators are allowed in locker rooms. Total Soccer is not responsible for lost or stolen articles.

4. Equipment: Each team is required to wear the same color jersey. Numbered shirts are recommended. Goalkeepers must wear different colored jersey than the rest of playing field. Players cannot wear long pants or sweats, with the exception of the goalkeeper. The goalkeeper may wear proper head gear. Home team (first on schedule) will change jerseys in case of same color uniforms. Molded cleats only. No toe cleats. No removable cleats.

5. Start of Game: Facility will be open one-half hour before game or practice. Teams will not be allowed on field until 10 (ten) minutes before scheduled time, and only with the coach, assistant coach, or manager (21 yrs. of age or older) present.

Teams unable to field four (4) players, within 5 minutes of the start of game - game is forfeited. Team that shows will receive points for standings and may use the field. Game will not be rescheduled. No referees at forfeited games.

6. Youth Game Duration: Two 28 minute halves. Two (2) minutes for warm-up prior to game. Two (2) minutes for half time. 55 min game, no half for 8v8 field.

6A. Royal Oak Facility: Youth and adult games on the main field, 55 minutes, no halftime.

7. Substitutions On The Fly: May be made as long as the player coming off the field is in front of his own bench prior to the player coming onto the field of play. The goal keeper may also be substituted without notifying the referee, providing the substituted goalkeeper is wearing a goalkeeper jersey. The game must not be delayed due to substitutions. Except for guaranteed subs.

8. Guaranteed Subs:

8A. At all goal kicks, corner kicks, kick-ins.

8B. Anytime the referee stops the clock.

8C. When a time penalty is issued.

- When time penalty is being served, offending team can only sub on the fly.
- Last two (2) minutes of the game, sub only on the fly.

9. Free Kicks: All free kicks are direct on boarded field. Indirect fouls in the box will result with an indirect kick taken from the top of the arc. All other kicks taken from point of infraction with exception of penalty kick. Kicks must be taken within five (5) seconds. All opposing players must remain at least ten (10) feet away until ball is kicked. Any restart along the boards shall be taken one yard in to the field of play.

9A. Kickoff: Kickoffs are direct and can be played in any direction and may be scored from.

9B. Kickoff: 8v8 field- If ball hits ceiling, indirect free kick below where ball hit ceiling.

9C. Kickoff: 8v8 field- Direct and indirect fouls in play.

10. Penal Fouls: A direct kick is awarded for kicking, tripping, jumping at opponent, holding, pushing, charging violently, striking, and spitting, slide-tackling, and boarding.

10A. Penal fouls: A time penalty may be assessed at referee discretion.

10B. A yellow or red card may be issued.

10C. A two (2) minute time penalty will be assessed for all yellow cards, and a five (5) minute time

penalty for all red cards.

10D. Red card ruling: Player may sit out extended games depending on severity of offense at the discretion of the referee and management.

**Any player given a red card for fighting and or retaliation will be suspended for the remainder of the year.*

No refunds!!!

**Any player leaving the bench area to join a fight, will lead to individual and/or team suspension. No refunds!!!*

10E. Any player who throws a punch is suspended for the remainder of session, that player is suspended for the next session as well.

11. Technical fouls: All fouls where a free kick is awarded, and may result in a two minute penalty.

11A. Obstructing in an unsportsmanlike way.

11B. Encroachment - Mandatory to give 10 feet for all fouls.

11C. Dissent (minor).

11D. Delay of game.

12. Bench Penalties: Misconduct from bench (coaches, players, or spectators), delay of game, illegal substitutions, too many players on field, failure to use doors on entry and departure of playing field. Violations will result in a two (2) minute time penalty. Any player may serve the bench penalty unless a specific player is deemed guilty of violation in which case he must serve penalty. If any coach or non playing person on bench is "yellow carded", a player must serve two (2) minute penalty. If any such person is "red carded", a player must serve five (5) minute penalty and the person must leave the arena. If the person refuses to leave the arena when ejected, their team will forfeit the game.

13. Time Penalties:

13A. All penalized players must report to referees table and remain there until penalty is served.

Failure to do so will result in a red card.

13B. The time for all penalties will start at the moment the game has been legally restarted.

13C. Player serving a two (2) minute time penalty shall return to the field of play at the time a goal has been scored against his team, if playing short. If equal number players from both teams are in the penalty box, no one will be allowed to return to field as both teams were at equal strength.

13D. A player serving a five (5) minute major penalty for an ejected player may return to the field when a goal is scored only if the ejection was for a red card due to an accumulation on penal time penalties. All other five (5) minutes must be served completely, no matter how many goals are

scored against his/her team.

13E. If a player is ejected for an accumulation of penal time penalties or for any reason and is guilty of further infractions before leaving the field, the full five (5) minutes must be served by his/her teammates, no matter how many goals are scored against his/her team.

13F. A player may receive more than one two (2) minute time penalty at one time, (i.e. A player received a two (2) minute penalty and on his way to the box he dissents. He then may receive an additional two (2) minutes for dissent). If a goal is scored against hi/her team during his/her first two (2) minutes, he may NOT return to the field. His second two (2) minutes will start at the time the game has restarted, and Only in affect if team is playing short.

13G. On a penalty kick the guilty player may return to the field of play immediately after a goal has been scored. **13H.** If a team is playing two (2) men short and a third player is sent to the penalty box, the first player's time has elapsed. The guilty third player must enter the box immediately and his team must put a substitute on the field. Remember, the guilty team must be two (2) men short.

14. Goal keeper restriction:

14A. After the goal keeper has full possession of the ball, he may not play the ball with his/her hands a second time without an opponent playing the ball. He/she may not catch the ball and then throw it against the wall, or kick it against the wall and catch or pick it up again, roll the ball to throw it to a teammate. A teammate receiving the ball from the goalkeeper may pass theball back to him/ her however, the goalkeeper maynot touch the ball with his/her hands.A goalkeeperpassing the ball to a teammate, who in turn passes the ball to another player, and he/she passes to another player, and he/she passes the ball back to the keeper, may not play the ball with his/her hands. Only if an opponent has touched the ball may the goalkeeper play the ball with his/her hands a second time.

14B. Goalkeepers have five (5) seconds to save. If the goal keeper maintains possession of the ball for longer than five (5) seconds, an indirect free kick shall be awarded from the top of the arc. The goal keeper may not play the ball with heir hands on any pass back from the foot of a teammate.

14C. Time Penalties: Charged to the goalkeeper must be served by a teammate. The penalty may be served by a substitute off the bench. However, the team must play one man short.

The penalty is not charged to the player who serves it, but is charged to the goalkeeper. The same rules are in affect on penal and misconduct offenses for goalkeepers as for other player.

15. Point System:

Win: 3 points • Tie: 1 point • Loss: 0 points

16 Tiebreakers:

1. Winner of head to head competition (Tie between 2 teams).
2. Most wins.
3. Goal differential (goals for over goals against) max of 4 per game.
4. Least goals against (max 4 per game.)
5. Most goals scored (max 4 per game.)

17. Miscellaneous:

17A. Players may not put hand(s) on boards to gain advantage. Violations will result in loss of possession.

17B. Any team down by four (4) goals may add a player.

17C. Verbal abuse of the referees by coaches, players, or spectators will not be tolerated. Coaches are responsible, and may be carded, for the conduct of their spectators. Total Soccer management will do what the feel is necessary to control the situation.

17D. No Protest!!! Except in the case of roster violations.

17E. Warm-up with the ball on the field only. No running around the facility to warm-up. Warm up areas are located between the fields.

17F. No smoking inside at any of the Total Soccer facilities.

17G. No alcoholic beverages allowed in the facility. Anyone suspected of being under the influence of alcohol or drugs, will immediately be ejected and the team could face a five (5) minute penalty.

17H. Gum on the carpeting has become a serious problem. Please advise your players to dispose of their gum in the garbage cans.

17I. Slide tackles are direct fouls, except in the box where the ball is to be placed on the top of the arc as a direct kick

17J. Scores posted in the standings will only show a 4 goal difference regardless of the final score. See Tiebreakers: 3. Goal Differential

17K. A yellow card and 2 minute penalty will be issued to any player caught spitting on the field.

18. Referees Authority:

A one or two person system will be used at the discretion of the facility.

18A. Powers

*Enforce Rules.

*To suspend game fore serious infringement of rules, interference by spectators, or other cause.

*Stop play for injury.

*Penalize of eject any non-playing personnel, (coach, spectator, etc.).

18B. Other Responsibilities

*Supervise substitutions

*Record game result and submit to administration.

*Time penalties

*Report all injuries to administration.

6 vs. 6 Non-Boarded Rules

1. All FIFA and MYSL rules apply.

8 vs. 8 non Boarded Rules

1. Co-ed teams must have 3 females on the field at all times.
2. All FIFA or MYSL rules will apply.
3. Offsides will only occur in Youth Games between the ages of U11 to U12. U13 to adult, "no offside".

Adult Coed League Rules

1. At least two players must be women at all points in the game.
2. Either a man or a women may play as a goalkeeper.
3. 1 point is awarded for a goal scored by either a man or a woman.
4. Code of Conduct: Their will be No boarding, No slide tackling, No charging or unsportsperson like conduct tolerated. At the discretion of the referee, a player may be ejected from the game, or possibly from the remainder of the session, depending on the severity of the offense. No money will be refunded!!!
5. No alcoholic beverages allowed in the facility. Anyone suspected of being under the influence of alcohol or drugs will immediately be ejected and the team could face a five (5) minute penalty. Coaches/ Manager are held responsible for the conduct of their players.
6. If a team is short female players, the team plays short handed.