



Rules Summary

Action Indoor Soccer is a non-contact game that incorporates the ball control and running skills of the outdoor game, whilst combining non-contact rules from other ball sports to ensure it is a fun and friendly game for players of all ages, sex and ability.

PLAYING AREA

- BACK NET is “out of play”
- The bottom of the SIDE INFLATABLE BARRIERS are “live” and in play. Above the bottom inflated area is out of play.
- GOALKEEPER AREA – Goalkeepers must remain in their area. No field player can move into the Goalkeepers area.

GENERAL PLAY

- **NO** Tackling from behind or slide tackles.
- **NO** Jumping at a player or leaving the ground whilst attempting a tackle.
- **NO** players leg can be lifted above the hip when playing the ball
- **NO** backing into an opposition player when you are in possession of the ball.
- **NO** Jumping onto the nets or Inflatable barrier walls.
- **NO** substituting in the last 3 minutes of each half.
- **NO** disposing or playing at the ball whilst not on your feet (ie kneeling or laying on ground)

PENALTY KICKS

A penalty is awarded for:

- the goalkeeper leaving the area if deemed to be interfering with play
- defensive players making contact with the ball inside the Goal Keepers area
- intentional handball on any part of the court
- goalkeeper making contact with the ball while outside the Goal Keepers area
- goalkeeper kicking the ball in Aussie Rules style
- goalkeeper holding onto the ball for more than 5 seconds
- an attacking player being intentionally fouled in a clear goal scoring situation

CONTESTING the BALL

In summary FREE KICKS will be awarded for:

- Illegal tackles
- Pushing, obstruction or charging
- Handball
- Time wasting
- Lifting leg above hip height when playing the ball

Blocking / Charging Against the Wall Barrier

- A BLOCK will be called against a defending player who moves toward the wall barrier with the intent of stopping a player who is already moving up the field with the ball.
- A CHARGE will be called against an attacking player who attempts to push between a defensive player and the wall barrier when there is insufficient room to do so. This is provided the defensive player already has taken up a position against the wall barrier and does not move into this position to block as per the blocking rule above.

Obstruction

- This is understood to be when a player, ***instead of playing the ball***, places himself between the ball and the opponent going for the ball, making himself an obstacle to the opponent's involvement in play.
- Deliberately backing up into a player while in possession of the ball will be deemed a form of obstruction.