



Indoor 2025-2026 Rules at a Glance

Age	Ball Size	Format	Minimum to Start	Duration	Subs	Free Kicks	Corner Kicks	Retreat Line	Restarts from Sidelines	Offside	Penalty Kicks					
BU8-U10	3	5v5	3	2 x 20 min (10 min warmup)	On the fly	All Indirect	**Kick-in or Dribble-in (from touchline)	1/2 Field	Kick-in <u>or</u> Dribble-in	No	No					
GU8-U10		4v4					Yes									
BU11-U13	4	*4v4 <u>or</u> 5v5						1/3 Field	Kick-in		Yes					
GU11-U13																
U14-U18	5	7v7	6	2 x 25 min				None	Kick-in							
Women		6v6	5													

- **Slide Tackles:** Slide tackles are not prohibited when challenging an opponent in indoor.
- **Retreat Line (U8-U13):** When the goalkeeper has the ball in their possession at a goal kick **OR** after making a save, the opposing team members "retreat" to the predetermined area of the field. The Match Official should make it visible to players where this is.
 - Opponents must be behind the retreat line and cannot cross the retreat line until the ball:
 - i. Is touched by a player of the team receiving the GK's distribution
 - ii. Leaves the field of play
 - iii. Crosses the retreat line
- **Kick-in/Dribble-in/Free kicks/Corner kicks:**
 - A goal may not be scored directly from a kick-in, dribble-in, free kick, or corner kick (all are considered INDIRECT)
 - For a goal to be scored, the ball must touch at least 1 other player before entering the goal
- ***Format (U11-U13):** 4v4 or 5v5 - If both coaches agree they may play a game with a 5v5 format. If one coach does not agree to a 5v5 format, the game will remain the same with a 4v4 format.
- ****Kick-in or dribble-in from touchline (U8-U13):**
 - There will be no corner kicks in the U8-U9 division
 - If the defending team kicks the ball out over the goal line, a kick-in or dribble-in will be awarded on the touchline (near the corner)