

# **RCYSL Indoor Soccer Informational Sheet:**

## **Welcome:**

- This league was created for Non-Competitive FUN!!!
- No team continuation
- Games will be located at South and West Community Centers
- Practicing is not allowed, except for pre-game warmup

## **Rules:**

- Quick overview
- Available at [www.rcysl.com](http://www.rcysl.com)

## **Equipment:**

- T-Shirt (provided by RCYSL)
- Pinnies will be provided for Home team
- Shorts
- Shin guards
- Shoes (example)
  - Running shoes (forward motion), basketball (forward and jumping), cross trainers (forward and stable), indoor soccer (running and side-to-side support)

## **Game Layout:**

- U12 thru U19 is COED
- 5v5 (including keeper)
- Substitutions (Goalie included)
  - On the fly
  - On/off the field from the sub-box on your end line
- Goalie
  - Can only use hands inside the goal box
  - Goal clearance (goal kick) taken from within the goal box by the goalie
  - Six seconds to release the ball
  - Must wear different color pinnie.
- Control
  - Indoor soccer requires a lot of control

## **Safety Issues – Parents and Players:**

- Control the ball – no power kicks
  - Power kicking will be looked down upon for reasoning of safety.
- Spectators
  - Heads forward and watch for the ball
  - Use caution with the younger spectators while the games are being played
- Walking along the end line
  - Watch the game when crossing behind fields – flying ball

### **Sportsmanship:**

- Positive comments only please
- Referees – no comments to the referees!
  - If you have an issue with a referee, report it to [office@rcysl.com](mailto:office@rcysl.com)
- Voice carries indoor – please be considerate

### **Goal Set-Up/Tear Down:**

- U8/U10 parents and team managers
  - Remove goals from the equipment room and setup
- U14/U19 players
  - Teardown goal and place neatly back in the equipment room

### **Volunteering:**

- RCYSL is a volunteer league – everybody please help
  - A team manager will be needed at each game – please rotate!
    - Team manager will be in charge of assisting pre-game warm-ups and substituting players as needed

### **Where Do Players Go From Here:**

- U10 up to U19 – creating teams for indoor tournament season
  - Sturgis, SD
  - Spearfish, SD (2) – [www.spearfishsoccer.com](http://www.spearfishsoccer.com)
  - Rapid City, SD (2) – [www.rushmoresoccerclub.com](http://www.rushmoresoccerclub.com)
  - Gillette, WY – [gsc.vcn.com](http://gsc.vcn.com)
  - Pierre, SD – <http://eteamz.active.com/pierresoccer/index.cfm>