2026 - 2027 Season

Update - Oct 21, 2026

The differences Between Indoor and Outdoor Soccer

For Games Played on boarded fields

No offside

Fewer players (7) except for U8 & U10 games

The size of the field, goal kick area, penalty area - are all smaller

U8 and U10 (G2 and G4) - no buildout line on goal kick or goalie possession

No cleats (no shoes with hard plastic bottom)

No pre-game equipment check or roster check

The ball is in play when it hits a side or end wall

The ball is in play only when it leaves the penalty area – on a goal kick

The ball is out of play when it hits the ceiling, a ceiling net, side net, or end net

No throw-ins, kick ins instead (when the ball hits a side netting)

Opponents cannot be inside their opponent's goal area BEFORE the ball is there

Two-line violations (ball kicked in the air), like G4/U10 rule on goal kick or goalie distribution

If a player is on the ground, it is a foul if they try to kick the ball

Going to ground is a direct kick offense (goalkeeper can slide inside their penalty area)

A goalie has 5 seconds to put the ball into play, once they have possession

A goalie cannot dribble the ball into the penalty area and then pick it up

A goalie cannot punt or drop kick the ball into play.

Free kicks

- Only the player taking the kick can be less than 5 yards from the ball
  (3 yards for play on the small fields)
- The ball must travel 30 inches before the second touch
- Except for penalty kicks and going to ground violations, all kicks are indirect

Substitutions : Addition of on-the-fly substitutions (player off the field, sub on the field)

2 minute and 5 minute penalties where a team plays a player short for each penalty

Outside of the penalty area, a direct kick offense is indirect, except for going to ground

Player positioning on a penalty kick : retreat to the cross field line (not kicker and goalkeeper)