

INDOOR SOCCER



THE *Lifestyle* Center
A Division of Kaweah Delta Health Care District
www.thelifestylecenter.org

**Every 2nd and 4th Friday of the month
6:00 pm-9:00 pm
In the Multi Purpose Gym**

Rules and Information:

1. Indoor soccer will take place every 2nd and 4th Friday of the month.
2. Time slot will be: 6:00 - 9:00 pm
3. It will be supervised for the first one and a half to two hours.
4. 4 on 4, no goalie.
5. Small nets used along with a felt soccer ball.
6. First team to score 3 goals or team ahead at the 15 minute mark.
7. Sign-up sheet will be in effect just like there is for basketball. Pick-up game style. Must be at least 16 years old to play.
8. Conventional soccer rules apply along with no slide tackles.
9. No out of bounds unless the ball goes above purple lining on walls. Ball cannot be scored on initial kick in of game or after initial score.
10. Last member on team to defend goal may use hands to block ball from being scored or from ball striking person anywhere to avoid injury.