DAY HILL DOME

Youth Soccer - Indoor League Rules (7v7)
updated 11/15/26

1. **Start Time:** Games must start on time. The referee will blow the whistle, and the clock will start at the assigned game time.
2. **End Time:** Teams must leave the field promptly after the conclusion of their matches and post-game talks should take place off the field. Teams should clean their bench area of any trash.
3. **Timing:** League games will consist of two, 25-minute halves, running clock. The official score and time are kept by the referee. Halftime is 3 minutes.
4. **Substitutions:** Shall take place at the middle of the field, on the team bench side.
5. **Offside / Buildout Line:** The field has two **orange** lines that serve as the offside line and three-line rule for all ages and the buildout line for ages U8-U10.
6. **Rules:** Games shall be officiated with U.S. Soccer rules for heading, ball size, etc.
7. **Tackling / Punting:** Slide tackling is not permitted. No punting in U8-U10 games.
8. **Sidelines:** Only registered coaches shall be allowed on the sidelines, and a maximum of three (3) coaches are allowed at any time. No parents permitted on the turf.
9. **Equipment:** Each player must have the necessary equipment. Shin guards need to be worn and always fully covered. Outdoor cleats are allowed.
10. **Turf Rules:** Absolutely no spectators anywhere on the turf. No gum, candy, spitting, etc.
11. **Goal Differential:** When a team has a lead of 7 goals, they must take a player off the field and play with 6 players until the goal differential is less than 7.
12. **Age Groups:** Day Hill Dome age groups follow the U.S. Youth Soccer age chart (Aug 1-July 31).

Please direct all questions to Soccer@DayHillDome.com