

LSC Rules & Regulations

ZERO TOLERANCE

LSC has a ZERO TOLERANCE towards violence, foul language and attacks toward other players, referees or the staff committed by any players, spectators and/or parents. Management will determine consequence for all Red Card incidents and suspensions.

Any fighting will result in a 1 YEAR SUSPENSION. Fighting after that will result in a LIFETIME BAN.

Damage to LSC property will result in LIFETIME BAN.

BLUE CARD

Blue Card is 2 minutes in the penalty box. Player may return within the 2 minutes only if opponent team scores. If two players on opposite teams receive a blue card at the SAME TIME, they both remain in box for the FULL 2 minutes even if either team scores.

A player CANNOT receive 2 Blue Cards in one game. If they have received a blue card and commit another card foul offense, the second card has to be a Yellow or Red card.

If a Goalkeeper receives a blue card, a player on the field can serve the 2-minute penalty. If the Goalkeeper is male, a male must serve the penalty.

YELLOW CARD

Yellow Card is 4 minutes in the penalty box. If opponent team scores, player stays in box for full 4 minutes.

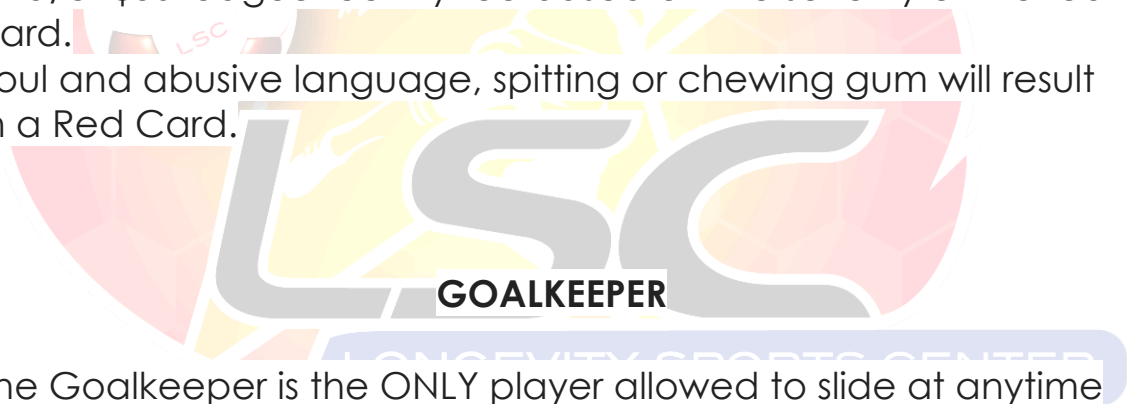
If a Goalkeeper receives a Yellow Card, the Goalkeeper must serve the penalty for the full 4 minutes.

RED CARD

Red Card results in player being ejected from the game and the player's box; in some cases, red carded players will be asked to leave the facility. The team with the Red Carded player will play a player down for full 5 minutes even if the opposing team scores.

Spectators, coaches and players are all eligible to receive a Red Card before, during or after the game. Any person receiving a Red Card must leave the bench and if asked by management, must leave LSC property. The player who received the Red Card will be notified by email to the length of suspension and/or expulsion. Player may be subjected to a fine and/or \$30 league reentry fee based on the severity of the red card.

Foul and abusive language, spitting or chewing gum will result in a Red Card.



The Goalkeeper is the ONLY player allowed to slide at anytime but only within his/her box. The Goalkeeper can slide outside the box but the slide MUST start from inside the box.

The Goalkeeper is not allowed to bring the ball in the box with his/her feet and then pick the ball up.

If a player intentionally passes the ball to the goalkeeper and the goalkeeper picks the ball up with his hands, the result is a penalty kick at the yellow dot with a wall.

If Goalkeeper commits a foul anywhere on the field outside the box, the ball goes to opposing team at the yellow dot with a wall.

If Goalkeeper commits a foul outside the box, the consequence is a penalty kick from yellow dot with a wall. Card is subject to referee's decision.

If Goalkeeper commits a foul inside the box, the consequence is a penalty kick from yellow dot with no wall. Card is subject to referee's decision.

NOTE: ATTACKING PENALTY BOX

NOT ALL FOULS COMMITTED BY DEFENDING TEAM RESULTS IN A PENALTY KICK.

HAS TO BE A GOAL SCORING OPPORTUNITY TO AWARD PENALTY KICK. (EXAMPLE: Attacking team crosses ball in box not going towards goal and handball occurs by defending team. Ball goes to yellow dot with a defending team wall.)

THREE LINE RULE

Three-line Violation: If the team with possession kicks the ball in the air before their third, past the opposite three line without it hitting a player, top of the net or the wall, it results in a free kick from the offending team's white line third mark.

If player from its own defending third sends the ball and it is gonna travel three lines but ball hits wall, glass, top of the net or any player before the Third line, it DOES NOT violate the Three Line Rule.

FIELD RULES

- LONGEVITY SPORTS CENTER is a PLAY AT YOUR OWN RISK facility. All players MUST sign a waiver to play. There are visible signs in each player's box that release the LSC of all liabilities.
- NO SLIDE TACKLES.
- NO OUTDOOR CLEATS. Only small studded indoor shoes are allowed on the fields. Check with referee and/or management if there are any questions about footwear. Players without correct footwear are subject to a penalty.
- All players must wear shin guards. NO EXCEPTIONS. Player and/or team without shin guards are subject to a penalty.
- ABSOLUTELY NO SPITTING or GUM on the fields. Players who spit on the fields or chew gum will result in a Red Card, penalty and/or automatic suspension.
- Player may NOT wear jewelry or any other accessory for safety reasons. If player is unable to remove jewelry, it must be taped to their fingers, chest, etc.
- Casts, splints, or body braces made of hard substances must be padded to the satisfaction of the referee and management.
- No player is allowed to touch or have any physical contact with the referees.
- Registered Players and Coaches only on the bench.
- Player's bench gate MUST be securely closed at all times. If left open, team will be Blue carded.

- VISITING TEAM will wear pennies if both teams are wearing similar color jerseys.

TEAM ROSTERS

- Each roster is limited to 14 players. Each player MUST have a valid annual membership or Teams are subject to forfeit. Players without valid memberships may be removed by management from team rosters if they have not renewed the memberships within 2 weeks of expiration.
- Teams have till Game 2/Week 2 of the season to complete and finalize their roster.
- New players wanting to be added after Game 2/Week2 MUST be approved by management.



NO CALL/NO SHOW FEE

If a team NO SHOWS and does not notify the league manager or staff at least 4 hours in advance, that team must pay a \$30 NO CALL/NO SHOW Fee prior to their next scheduled game.



STARTING THE GAME

- All games will start on time.
- Each team must have a minimum of 4 players to start a game without resulting in a forfeit.
- There is a 3 minute grace period allowed for each team if they are waiting for players to arrive.

- If a team is not fielded after the first 3 minutes of the first half, it will be ruled as a forfeit.
- A maximum of 6 players on the field for each adult team.
- The referee whistles for the start of the game and for the re-start of all free kicks and corner kicks.

SUBSTITUTION

- Each team may substitute players freely.
- Players must substitute off the field of play or within the touchline in the area of their team bench.
- For substitutions within the touchline, the player entering the field and the player being substituted CANNOT play the ball while the other is on the field.
- Violation of the substitution rule is a two-minute penalty.
- Player's bench gate must be securely closed after substitutions are made or will receive a blue card.

6 FOUL RULE IN PLAYOFF GAMES

If a team commits 6 fouls in a half, the team will receive a BLUE CARD. One player on the field when sixth foul occurs (team's choice) must serve the 2-minute penalty. Fouls reset after 6 and every half.

PLAYOFF TIE BREAKER

If the game is tied at the end of regulation, the tie will be broken by a Best-of-Three penalty kicks.

Game decision penalty kicks for Co-Ed games will start rotation with a female player first, then male, then female, and will alternate until finished. Female penalty kicks count as only 1 goal.

5 POINT RULE

If a team is behind by 5 goals, the team can bring on an extra player. If the team scores and is no longer behind 5 or more goals, that extra player must come off. Only 1 extra player max can be added after the 5 Point Rule occurs.

**In Co-ed games, the extra player can be male or female.

TIME OUT

Teams are allowed one 1-minute timeout per game. Time out must be called during a dead ball.

FREE KICKS

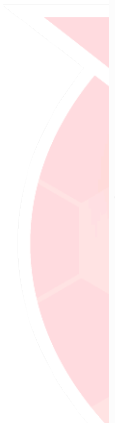
- All free kicks are direct.
- All free kicks are re-started by the referee's whistle.
- Any foul committed by the goalkeeper outside of the penalty box results in a free kick from the yellow penalty spot with a wall.
- The defending team may have a defensive wall of players 5 feet from the ball.

ADULT CO-ED SPECIAL RULES

- Each team consists of 3 men and 3 women.
- Teams are allowed to play with more women, but CANNOT play with more than 3 men on the field.
- In Co-Ed games, the number of males on the field CANNOT exceed the female players by more than one.
- Goals scored by a female are worth 2 goals.
- If a female player on the offense takes a shot, and it ricochets off of an offensive male player and goes in goal, it will be counted as 1 goal. If a male player on the offense takes a shot and it ricochets off of an offensive female player and goes in goal, it will be counted as 2 goals.
- If a female player on the offense takes a shot and it ricochets off of a defensive male player and goes in goal, it will be counted as 2 goals. If a male player on the offense takes a shot, but it ricochets off of a female defensive player and goes in goal, it will be counted as 1 goal.
- CO-ED 3 GOAL MAX RULE: Each player can only score a maximum of 3 goals. (Therefore, men can get a maximum of 3 points and females can get a maximum of 6 points) A fourth goal scored by a player maxed out will not count. If a player with 3 goals does score, the defensive team will be awarded a free kick on the yellow penalty spot of the opposing team with a wall.

NOTICE

- We reserve the right to refuse service and use of the LSC facility to anyone for any reason at any time.
- Longevity Sports Center will not close on holidays except Christmas Eve, Christmas Day, Thanksgiving (Thursday), New Years Eve, Easter and the 4th of July. Teams will be expected to play or forfeit on all other holidays. There will be no guarantee make-ups for teams unable to play on non-holidays or other occasions.
- Your team may play less than the scheduled number of games if one or more opponents forfeit or drop out of the league. LSC will not refund any fees for games not played due to opponent forfeits.
- In order to keep balanced leagues, Longevity Sports Center may remove players from teams and if necessary even the entire team to a different league.

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- Full team league fees are due before the fifth game of the season. Any team balance not paid for by this time will receive a \$100 late fee to be added to the pre-existing league fees.
 - All players playing must be on the roster and have a valid membership. If a team plays a game with a player who is not on the roster, that game will be considered a forfeit. If this happens more than once, management reserves the right to expel the team with no refund.
 - LSC will do its best to accommodate time and day requests for games. However, it is not guaranteed. There can be no game change requests after week 2 of the season.

LONGEVITY SPORTS CENTER

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