



5975 Topaz St.
Las Vegas, NV 89120
Lsclv.com

LONGEVITY SPORTS CENTER is a **PLAY AT YOUR OWN RISK** facility.

We reserve the right to refuse service and use of the LSC facility to anyone for any reason at any time.

No refunds on Team Deposits, Team Fees and Individual Fees.

By making a team deposit/payment and playing Game 1, your team is committing to the full season AND committing to paying the full team balance. Abandoning your team's commitment will result in suspension of ALL ROSTERED PLAYERS until the team balance is rectified with management.

No Animals Allowed. Service animals are welcome and **MUST BE IN UNIFORM.**

INDOOR SOCCER RULEBOOK

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INTRODUCTIONS and DEFINITIONS

Welcome to the Longevity Sports Center indoor soccer facility. We have written this rulebook to provide a basis for good competition and a safe, enjoyable experience for all players. We appreciate your input; if you have comments, additions or corrections, please tell or email your league manager. Please feel free to also look us up at lsclv.com for more information. The following explanations of some common terms are general, not technical; they are intended to be helpful to players and coaches. After you finish reading, have a great game!

A **Bench Penalty** is a time penalty given to a team where no specific player is recorded as serving the penalty. A team member, coach, or spectator may cause a bench penalty and the team must play short.

Boarding is pushing, charging, or crowding an opponent into the perimeter wall. What might be a legal play in the middle of the field may be boarding if it runs an opponent into the wall.

“**Careless**” means that the player has shown a lack of attention or consideration when making a challenge or that he/she acted without precaution.

Charging is a challenge for space using physical contact within playing distance of the ball without using arms or elbows. It is an offense to charge an opponent in a “careless” or “reckless” manner or using “excessive force”.

Dangerous Play is any action that, while trying to play the ball, threatens injury to someone (including the player itself).

Dead Ball refers to the situation when the ball is out of bounds or out of play due to a stoppage of any kind.

Delay of Game is called when any player, coach, or spectator is deliberately trying to slow down the progress of the game including, but not limited to, the following:

- 1) A player, coach or spectator holding onto the ball, or keeping the ball away from the opposing team or referee, so as to delay a restart.
- 2) A player or coach causing the ball to be moved farther from the place of the restart after the whistle has blown for the said restart.
- 3) A player, coach or spectator distracting the referee verbally or non-verbally from restarting the game.
- 4) Any player not giving the required distance as signaled by the referee (see Encroachment).
- 5) Any player, coach or spectator that does not leave the field of play, and/or facility, in a timely fashion, may be subjected to an additional time penalty.
- 6) If a player deliberately takes his/her time to get back on their side of midfield after a goal is scored. Play can begin as long as the “slow” player doesn't interfere with the restart.

Double Touch is the violation that occurs when a player taking a kickoff, penalty kick or any restart, plays the ball a second time before it is touched by another player, (teammate or opponent). You cannot double touch the ball on a kickoff, penalty kick or restart (including goalkeeper throw in) even if it hits the wall or referee before it comes back to you.

Encroachment is when a defender is closer than the rules allow on a kick off, corner kick, goal kick, free kick or penalty kick.

“Excessive force” means that the player has far exceeded the necessary use of force and has endangered themselves or their opponent.

Goalkeeper on the ground: the goalkeeper is the only player allowed to play the ball while on the ground as long as, in doing so, he/she is not creating a dangerous play and remains within the box.

Handling the ball involves a deliberate/intentional act of a player making contact with the ball with his/her hand or arm (except for the goalkeeper within his/her own box). The referee must take the following into consideration:

- 1) The movement of the hand towards the ball (not the ball towards the hand), (hands or arms in natural playing position).
- 2) The distance between the opponent and the ball (unexpected ball)
- 3) The position of the hand does not necessarily mean that there is an infringement.

- 4) Touching the ball with an object held in the hand (clothing, shinguard, etc.) counts as an infringement.
- 5) Hitting the ball with a thrown object (shoe, shinguard, etc.) counts as an infringement.

Holding an opponent includes the act of preventing him from moving past or around using the hand, the arms or the body.

Impeding the progress of an opponent, commonly called **Obstruction**, means moving into the path of the opponent to obstruct, block, slow down or force a change of direction by an opponent when the ball is not within playing distance of either player. All players have the right to their position on the field of play, being in the way of an opponent is not the same as moving into the way of an opponent. Shielding the ball is permitted. A player who places himself between an opponent and the ball for tactical reasons has not committed an offense as long as the ball is kept within playing distance and the player does not hold off the opponent with his/her arms or body. If the ball is within playing distance, the player may be fairly charged by an opponent. ***It is important to play the ball and not the opponent.***

Offsides (as defined by LSC rules) are crossing the midline early after the whistle is blown and before the ball is played on a kickoff or penalty kick. Players may not cross the line on a kickoff or a penalty kick until the ball has been played.

“**Penalty area**” is the penalty box.

“**Reckless**” means that the player has acted with complete disregard to the danger to, or the consequences for, his/her opponent.

A **Slide** is any deliberate movement of leaving one or both feet while going down to the turf in an attempt to play the ball.

Unsporting behavior - There are different circumstances when a player may receive at least a blue card for unsporting behavior, these include but are not limited to, e.g. if a player:

- 1) Commits a foul in a “careless” manner
- 2) Commits a foul for the tactical purpose of interfering with or breaking up a promising attack

- 3) Holds an opponent for the tactical purpose of pulling the opponent away from the ball or preventing the opponent from getting the ball
- 4) Handles the ball to prevent an opponent gaining possession or developing an attack (other than the goalkeeper within his/her own box)
- 5) Handles the ball in an attempt to score a goal (regardless of whether or not the attempt is successful)
- 6) Attempts to deceive the referee by faking injury or pretending to have been fouled (simulation)
- 7) Fails to respect the encroachment rule
- 8) Acts in a manner which shows a lack of respect for the game
- 9) Verbally distracts an opponent during play or at a restart
- 10) Illegal entry or re-entry of a player onto the field
- 11) Abusive and obscene language
- 12) On the restart, deliberately kicking the ball into a defender to draw an encroachment penalty on the defender
- 13) Inappropriate celebration after a goal is scored
- 14) Spitting anywhere in the facility other than in a trash can
- 15) Chewing gum while playing on the field, or in the bench area

Violent Conduct is the physical force that injures, attempts to injure, or abuses any individual or arena property. **Violent Conduct** is also any verbally or physically threatening demeanor towards any individual.

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 a LIFETIME BAN.

Part A ADMINISTRATIVE POLICIES AND PROCEDURES

A1. PLAYER REGISTRATION

A1-1 Waivers

All participants must sign a waiver of liability form. If a participant is under the age of eighteen, a parent or legal guardian must sign the waiver. Anyone entering the player bench or the field must have a completed and signed waiver. Players, coaches, assistants, and all others must have a completed waiver before entering the bench or field.

A team using a player who did not complete a waiver prior to playing will forfeit that game. If a player puts inaccurate information on his/her waiver or uses another player's identity/information to play, his/her team may forfeit that game, and the player may be suspended for one year. All fees paid by a suspended player are non-refundable.

There are visible signs on each player's box that release the LSC of all liabilities.

A1-2 Identification

Acceptable documents for verification of age or identification are one or more of the following: driver's license, DMV ID, passport, an original birth certificate with a raised seal, green card, high school ID with birth date, or any government issued ID with his/her birth date listed thereon.

If a formal protest is made, it is the team's responsibility to re-verify the age and/or identity of the player. Also, management may request identification from a player at any time to verify age and/or identity. The only forms of identification acceptable in these cases will be one of the items listed above.

If the player can no longer provide proof, or if the player lied about his/her age, his/her team may forfeit every game in which the offending player participated.

Any participant who is discovered to have lied about his/her age or identity to play in any league will be suspended for a minimum of one year. All fees paid by a suspended player are non-refundable.

A1-3 PLAYER ELIGIBILITY

a.) A player must be at least eighteen (18) years old to play or enter the bench area in any adult league. Any exception to this must be cleared by management, and the parent(s) of the minor intending to play in the adult leagues.

b.) A youth player may play in a youth age group older that he/she is eligible for, but never in a younger age group (unless approved by management).

c.) If a player has been paid to play professional (indoor or outdoor) soccer or played collegiate level within the last six months, or is currently playing professionally, he/she is only eligible to play at the highest level in each league available in the facility (unless approved by management).

d.) Management may restrict advanced players from playing in leagues more than two levels down.

e.) Persons with physical or mental impairments of a serious nature that may put them or others at risk will be restricted from play and bench area. Pregnancy and heart problems are conditions that put persons at risk.

A2. TEAM REGISTRATION

A2-1 ROSTER RESTRICTIONS

The maximum number of players per roster is 12 for adult and high school teams, and 14 for full-field youth teams.*

The maximum number of players per roster is 10 for west-field youth teams.*

The maximum number of players per roster is 8 for quarter-field youth teams.*

* Reserved for management discretion.

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 before their Game 3/Week 3** of the season to complete and finalize their roster. New players wanting to be added after Game 3/Week 3 MUST be approved by management.

No one may play on two teams in the same Division except in those instances and circumstances where the facility management, in their sole and complete discretion, requires a team or player to change divisions. Then, in such an event, a player may play on two teams with authorization of management for that one season. No one may switch teams after having played for one team in the same season except where management, in their sole and complete discretion, determines that said switch is in the best interest of the player, the teams, and the game.

If a player is on two teams in the same Division, that player must declare only one team's eligibility before the start of playoffs.

In order to keep balanced leagues, Longevity Sports Center may move players from teams and, if necessary, even the entire team to a different league.

A2-2 Next Season Registration

Teams currently playing in any league will have the first priority to re-register by placing a \$100 deposit before Week 8/Game 8 of the current season. The deposit is non-refundable.

A3. PAYMENTS

A3-1 Team Deposits/Payment Schedule

Every adult team must pay a \$100 non-refundable deposit before the start of a new season in order to be registered and put on the game schedule.

Every youth team must pay a \$150 non-refundable deposit before the start of a new season in order to be registered and put on the game schedule.

A team may pay registration fees, in whole, or in part by various players, at the sole discretion of the Contact Person/Team Manager and players whose fees are not paid according to said Contact Person/Team Manager may be prohibited from playing.

The Contact Person/Team Manager and all players are responsible for paying the entire team fee.

Adult team fees are \$1000 per 10-Week season. If team balance is paid in full before Game 2/Week 2, the team will receive a \$100 discount off the team fee (making the team fee \$900 for the season). If team fees are not paid in full by Game 5/Week 5, the team will be removed from the league without refund and all players will be suspended from ALL LSC play/leagues.

Full-field youth team fees are \$1000 per 10-Week season. West-field team fees are \$800 per 10-Week season. Quarter-Field youth team fees are \$600. Youth team fees are subject to change if season is shortened to a 8-Week season. Youth team Discounts are available for early registration only, which are determined by indicated early registration dates. All youth team fees must be paid in full by Game 1/Week 1 or subject to an additional \$100 late fee.

Individual fees for house teams must be paid in full before the season start date.

By making a team deposit/payment and playing Game 1, your team is committing to the full season AND committing to paying the full team balance. Abandoning the league will result in suspension of ALL rostered players until the team balance is rectified with management.

If a player's membership will expire within the current season, the player must renew his/her membership upon paying the whole or part of the team fee. All players must have an active membership to play.

A3-2 Official's Fees

Official's Fees are built into the team fees.

A3-3 Refunds

No refunds are given to suspended players. If a player who joined a team which registered as a "normal team" wants a refund, he/she must arrange to get the payment from the team's authorized Contact Person/Team Manager. If a team deliberately forfeits two games in a season or decides to drop out of the league, they may be replaced and no refund given. In addition, they may not be allowed to register a team again.

No refunds are given to players registered as an "individual/house team player." Individuals are reserving their spot on the house team and committing to a full season.

A3-4 Returned Checks

If any player's or team's check is returned, that player or team will be suspended from playing until payment is made. A \$25 returned check charge is assessed in addition to the amount of the original check.

A3-4 Membership Holds (Injury/Pregnancy)

Players may petition to have membership extended if they are severely injured. Written proof of injury from a medical doctor is required. All petitions will be considered on a case by case basis. No extension of membership is guaranteed.

Whenever a female player provides legitimate proof that she is pregnant, her membership will be suspended until child is born and the expiration date will be extended for a maximum of 9 months from her original expiration date. LSC will NOT ALLOW a pregnant woman to play after the first trimester of the pregnancy (3 months). Once membership has been suspended she will not be allowed to play until after the child has been born.

A4. LEAGUES

A4-1 Schedules and League Formats

Leagues usually run ten (10) game seasons. If there are enough teams, a league may be broken into two or more divisions best determined by skill level. Formats for a league may change from season to season, depending on the number of teams in the league.

Adult league schedules are created on a weekly basis. Game time reminder emails are sent to players three (3) days before the day of game.

Youth league schedules are created on a weekly basis for Weeks 1 and 2, as well as the last two weeks (playoffs). After week 2, the remaining of the regular season games will be posted on Dash for public view.

Longevity Sports Center may or may not close on certain holidays. LSC will be closed on 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.

A4-2 Standings, Tiebreakers and Playoffs

Leagues are set on a Best Record system.

Tiebreakers in standing/ranking going into playoffs proceed in this order:

- 1) If two or more teams are tied, the teams' total goal differential determines the division standing/ranking.
- 2) If two or more teams are still tied, the teams' total fewest goals scored against determines the division standing/ranking.

Playoffs are played the last two (2) weeks of a league. The top 4 teams in a division's standing/ranking advance to playoffs. The first of the last two weeks will be semi finals, where the 1st seed plays 4th seed, and the 2nd seed plays 3rd seed. The winners of these two games will play each other in the following week for the championship.

A player must play in at least three (3) of their team's regular season scheduled games, and at least 20-minutes each of the 3 games, to be eligible to play in a playoff game.

A4-3 Forfeits

A team will forfeit if there are not at least four (4) players ready to play within 3 minutes of a game's scheduled start time. A team will forfeit if they lose enough players in the course of a game that they are unable to field four (4) eligible players. A team will forfeit if they are not paid up to the amount due by the game. A team may forfeit if playing with players with inactive memberships.

Forfeits are recorded in the standings as a loss for the forfeiting team and maximum points for the winning team (7-0).

A forfeit is given to a team if a player on the team has deliberately broken any rules regarding registration or eligibility, or a team causes a game to be terminated. If a game is terminated as a result of a team's violent or aggressive behavior deemed by the referee or management, the other team will be awarded the win with a +1 goal differential.

If a team deliberately forfeits two (2) games in a season or decides to drop out of a league, they may be replaced and no refund given.

If a team forfeits because of a NO SHOW, and does not notify the league manager or staff at least 24 hours in advance, that team must pay a **\$30 NO CALL/NO SHOW fee** prior to their next scheduled game.

If your team is in danger of forfeiting due to a lack of players, please tell the league manager and he/she will attempt to find more players.

A4-4 Suspended Games

Any game which is suspended at or after half time is final. A game which is suspended before the end of the first half because of a facility issue or blackout or injury will be rescheduled.

A4-5 Reschedules

If your team has a scheduling request and you make sure the league's manager has it in an email or in written form before the weekly league schedule is made/posted, we will try hard to accommodate said request but said requests cannot be guaranteed.

If your youth team has a scheduling request and you make sure it is on your League Scheduler Form before the league schedule is made/posted, we will try hard to accommodate said request but said requests cannot be guaranteed.

After the schedule is made, a reschedule is only possible if there is an available time slot, the other team agrees to reschedule, and if the team complies with facility policies. If a reschedule is possible, the team making the rescheduling request must pay a \$30 rescheduling fee.

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.

A4-6 Rulebooks

Rulebooks are available online at our website www.lsclv.com.

A4-7 Awards

Each player on the team which wins a league/division Championship will receive a T-shirt or pin. A player must play in at least three (3) of their scheduled games to get a T-shirt or pin, special circumstances may be handled by the league manager.

A5. DISCIPLINE

A5-1 Red Card Suspension

If a player, coach, or spectator is issued a red card, he/she is ejected for the remainder of that game and the length of the suspension will be determined by management.

Any player, coach, or spectator who touches, bumps, physically contacts or verbally abuses a game official or facility staff shall be guilty of violent conduct and ejected from ALL LSC leagues/play for not less than one year and up to permanently.

Any player, coach, or spectator who receives a red card suspension cannot return to the facility for any reason until the full time of the suspension is served.

A player who receives a red card suspension is suspended from ALL LSC leagues/play until the full time of the suspension is served, at the sole discretion of management. If a player plays in multiple leagues and receives a red card in one league, that player is suspended in ALL leagues until the full time of the suspension is served.

A5-2 Multiple Red Cards

Any action after you receive a red card and your prior history will affect the length of your suspension.

A5-3 Terminated or Abandoned Games

If the referee terminates a game, the outcome of the game and any disciplinary action will be decided by the facility manager. See Referee Powers, section B4-1. If any player, coach, or spectator involved with a particular team gives the referee cause to terminate a game, the victory will be awarded to the opposing team with a +1 goal differential.

A6. ALCOHOL POLICY

No outside alcoholic beverages are allowed on the premises. Anyone suspected of consuming alcohol or illegal substance before, during, or after the game will be removed from the playing field and/or bench area and, depending on conduct, the premises. They will be given a red card and a suspension dictated by management.

The only exceptions to this rule will be when LSC opens the bar where beer and wine will be sold. Players and others must abide by the rules governing drinking on the premises and must drink responsibly. If a player is inebriated on the field, the player will be removed from the playing field and/or bench area and, depending on conduct, the premises. They will be given a red card and a suspension dictated by management.

A7. PET POLICY

Animals are NOT allowed. Service animals are welcome and must be in uniform.

PART B PLAYING RULES

B1. BALLS

The facility will furnish balls for league games. Adult leagues play with a size 5.

Quarter-field youth games play with a ball size 3. West-Field and all Full-field U13 and under youth games play with a ball size 4. Full-field youth games above U13 and High School leagues play with a size 5.

B2. PLAYERS

B2-1 NUMBER OF PLAYERS

Each team plays with a maximum number of players and a designated goalkeeper on the field.

Adult leagues and High School leagues play 6 v 6 (5 Field players and 1 Goalkeeper). A team can play with a minimum of three (3) players and a goalkeeper (4 total) but will forfeit if it then loses a player; for example, to a penalty or an injury. See Roster Restrictions, section A2-1.

In the Adult and High School leagues, if a team is losing by 5 goals, that team may add one (1) additional field player. If the team scores and is now losing by 4 goals, the team no longer gets an additional player and that player must come off the field. Only one additional player max can be added if a team is losing by more than 5+ goals.

Full-field youth leagues play 7 v 7 (6 Field players and 1 Goalkeeper). A team can play with a minimum of four (4) players and a goalkeeper (5 total) but will forfeit if it then loses a player; for example, to a penalty or an injury. See Roster Restrictions, section A2-1.

West-field youth leagues play 5 v 5 (4 Field players and 1 Goalkeeper). A team can play with a minimum of two (2) players and a goalkeeper (3 total) but will forfeit if it then loses a player; for example, to a penalty or an injury. See Roster Restrictions, section A2-1.

Quarter-field youth leagues play 4 v 4 (4 Field players with NO Goalkeeper). A team can play with a minimum of two (2) players but will forfeit if it then loses a player; for example, to a penalty or an injury. See Roster Restrictions, section A2-1.

In the Full-field, West-field and Quarter-field youth leagues, if a team is losing by 4 goals, that team may add one (1) additional field player. If the team scores and is now losing by 3 goals, the team no longer gets an additional player and that player must come off the field. Only one additional player max can be added if a team is losing by more than 5+ goals.

A facility may run a tournament or a special league with a variation of the number of players and may, or may not, have a designated goalkeeper.

B2-2 Goalkeeper

A team must have a designated goalkeeper on the field at all times. The goalkeeper must wear a jersey color that distinguishes him/her from all other field players and from the referee. A team may NEVER have more than one goalkeeper on the field at one time. See Goalkeeper Substitutions, section B2-3d.

The goalkeeper may play the ball with his/her hands within his/her own penalty area, if the ball is not deliberately passed to him by a teammate's foot pass. In Adult and High School leagues, the goalkeeper may distribute the ball by either rolling or throwing only. In all other youth leagues, the goalkeeper may distribute the ball by rolling, throwing, punting, or drop kicking except for a free kick start. The goalkeeper may drop the ball to his/her own feet and kick or dribble the ball. Once the goalkeeper drops the ball to his/her own feet, he/she cannot pick it up again. See Goalkeeper Restarts, section B13-3 and Goalkeeper Violations, section B15-2.

There are NO goalkeepers in the Quarter-field youth leagues.

B2-3 Substitutions

B2-3a Substitutions During Play

During the game, unlimited substitutions of players may be made, provided that the player substituted for is off the field of play or within the touch line in the area of their team bench before the replacement steps onto the field.

Neither the substitute entering the field nor the player leaving may play the ball while the other is on the field. If either substituting players play the ball, a Blue Card will be given to the team making the substitution and a free kick penalty will be awarded to the opposing team on the third white line belonging to the team in violation.

B2-3b Guaranteed Substitutions

A team is guaranteed to substitute eligible players in a timely manner at the following times:

- 1) After a goal is scored,
- 2) On an injury, official's time out.
- 3) When any time penalty is given.

Guaranteed substitutions can take place anywhere on the field and must be done in an appropriate and timely manner. Play will restart with a referee's whistle.

B2-3c Shootout Substitutions

No substitutions are allowed on a shootout. All players eligible to take a kick in a shootout must be on the field when the game time officially ends. A goalkeeper can be replaced by another player on the field as long as that player is on the field of play when the game time officially runs out.

B2-3d Goalkeeper Substitutions

- 1) On a guaranteed substitution, a goalkeeper can substitute for any player on his/her team, including players on the field. The departing goalkeeper must receive acknowledgement from the referee when a goalkeeper change is made during a guaranteed substitution.
- 2) On any other substitution, the goalkeeper must be replaced by a player from his/her team's bench, who cannot leave the bench until the goalkeeper is at his/her bench or off the field. The goalkeeper must enter the bench to remove his/her goalkeeper jersey.
- 3) When a goalkeeper receives a blue card time penalty, another player on the field can serve the penalty.
- 4) When a goalkeeper receives a yellow or red card penalty, the offending team must get another designated goalkeeper onto the field and ready to play in a timely manner. The violation results in the offending team playing an additional player short.

B2-3e Illegal Methods of Entering or Exiting the Field

Players may only enter or exit the field through their own bench door. Any other entry or exit may result in a Blue card penalty.

B2-3f Substitution Violation

Violations of the above substitution rules will result in a Blue card penalty. Play is restarted with the ball placed on the third white line belonging to the team in violation.

B2-4 Injuries

The referee shall send any player off the field that requires treatment for injury or blood (regardless of whether the blood is his/her own or another's or is on his/her body or uniform). For treatments involving blood, the player must obtain the referee's approval before he/she may reenter the field.

Play shall stop when the referee decides

- 1) An injury is critical (safety of the player comes first),
- 2) The injured player's location is likely to interfere with play, or
- 3) The injured player's team has control of the ball.

When play is stopped for an injury, the injured player must leave the field, except the goalkeeper. The second time play is stopped because of an injury to the same goalkeeper, he/she must leave the field. An injured player may re-enter the field after play is restarted. If play is stopped for an injury, anyone entering the field to assist the injured player must wait for the referee's signal. If no clear possession is determined the ball is given to the defensive team.

B3. PLAYER'S EQUIPMENT

B3-1 Uniforms and Equipment

All the field players of a team must wear the same color jersey, or everyone must wear a penny. The goalkeeper will wear a jersey color that distinguishes him/her from all other field players and from the referee. The visitor team wears pennies in case of a jersey color conflict.

Shin guards are mandatory. Shin guards must be an appropriate size for the player and must be covered by socks.

B3-2 Jewelry, Footwear and Headwear

No jewelry or watches are allowed (unless covered).

Players must wear indoor turf shoes or tennis shoes. 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.

Casts, splints, or body braces made of hard substances must be padded to the satisfaction of the referee and management.

No hats are allowed except for goalkeepers and must be worn backwards. Other, non dangerous headwear must be approved by management.

A player who loses a shoe or headwear during the normal course of play will receive a warning from the referee for the first offense and a Blue card penalty for the second offense.

B3-3 Equipment Violations

The referee can order a player to remove any unauthorized or dangerous equipment. A Blue card penalty shall be issued to the player who fails to comply with the adjustment ordered. The player is prohibited from play so long as he/she is not in compliance with the order.

B4. THE REFEREE

B4-1 Referee's Powers

The referee's power to assess penalties and maintain control of the game includes violations committed during play, during stoppages, and as the players and others proceed to and from the field. The referee has the power to:

- a) Warn/Penalize/Caution/Eject - From the time the referee enters the building he/she has the power to penalize any player, coach, or spectator for fouls or misconduct as stated in these Rules and to give warnings or time penalties, including blue, yellow, or red cards, regardless of whether the ball is in play.
- b) Declare an Advantage - The referee allows play to continue when the team against which an offense has been committed could benefit from such an advantage.
- c) Stop, Suspend, or Terminate the Game - The referee has the discretionary power to stop the game for any violation and to suspend or terminate the game because of the elements, interference by spectators, extreme misconduct, or other situation which he/she deems unsafe or unacceptable. In the case of a terminated game and any necessary disciplinary action will be determined by the facility manager.
- d) Prohibit Entry onto the Field - The referee ensures that no unauthorized persons enter the field.
- e) Halt Play Due to Injury - The referee may stop the game if a player has been injured and have the player removed from the field.
- f) Signal Restarts - The referee signals the restart of the game.

B4-2 Referee's Report

The referee will file a report with the league manager, giving all pertinent information about any red card incident.

B4-3 Referee's Decisions

The decisions of the referee regarding facts connected with play and interpretation of the rules are final. The referee may change a decision prior to restart, upon his/her own reconsideration.

B5. SCOREKEEPER

If there is only one (1) scorekeeper in the facility, the scorekeeper will be posted in the middle of the two large South and North Fields. If there are two (2) scorekeepers on duty, one scorekeeper will be appointed to each field and will reside in the scorekeeper box during games located at the halfway line, outside the field. His/her responsibilities include:

- 1) Ensures that every person entering the bench or field is on a team's roster and/or has a waiver signed,
- 2) Ensures that no unauthorized persons enter the field,
- 3) Start the clock at the scheduled start time and keep the time for the duration of the game,
- 4) Record fouls and time penalties, goals scored,
- 5) Sound the horn to indicate illegal substitutions or too many players on the field,
- 6) Inform a player when his/her time penalty will expire,
- 7) Sound the horn or otherwise inform the referee about any fouls or misconduct on the bench, in the stands, or on the field behind the referee's back,
- 8) In case of an altercation on the field, make every attempt to prevent players from leaving the bench to join in; observe and record violations which happen during the altercation,
- 9) In case of an injury, fill out an incident report,
- 10) In case of a red card, fill out a red card report

B6. COED LEAGUES

In the 6 v 6 format for Coed leagues, a fielded team consists of three (3) men and three (3) women. Teams are allowed to play with more women, but CANNOT play with more than 3 men on the field.

In Coed games, the number of males on the field CANNOT exceed the female players by more than one. If a team is losing by 5 or more points, the team can add an additional player. This additional player can be male or female.

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 the 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 at 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. 1 or 2 points is determined by the last offensive player, male or female, to touch *and* intending to score a goal.

COED 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 is maxed out and does score, the offending team will receive a blue card and the defensive team will be awarded a free kick from the offending team's third white line. Anyone can serve the blue card penalty.

B7. YOUTH LEAGUES

Youth leagues (all ages under High School) are run 7 v 7 non-restricted coed, meaning that teams can play with all boys, all girls or an unrestricted mixture of both. All goals count as 1. Management will do its best to create fair matchups between teams based on skill.

In Youth leagues, there is a goal differential rule in effect. A team which is behind by four (4) goals is allowed to add a player. Players must be subtracted by the trailing team as the goal differential returns to three (3) goals.

Youth teams may have a maximum of two coaches or non-players that must be at least 18 years of age (with waivers signed and on the roster), on the team bench during a game.

West-field and Quarter-field youth teams CANNOT score off a direct kickoff. A ball must be passed in before a shot can occur.

Goalkeepers on the West field CANNOT score off a direct punt. However, if the ball hits a person or the ground before entering the goal, that will be counted as a goal.

Besides the West and Quarter field special rules, all free kicks are direct.

On West-field and Full-field youth teams, the goalkeeper may distribute the ball by rolling, throwing, punting, or drop kicking except for a free kick start. The goalkeeper may drop the ball to his/her own feet and kick or dribble the ball. Once the goalkeeper drops the ball to his/her own feet, it becomes live and he/she cannot pick it up again.

Quarter-field youth teams play with no keeper. Quarter-field youth teams must try to push the defender(s) forward when their team is advancing the ball. The defender can drop back on the small goal when the opposing team is advancing. Referees will tell the defenders to move up if needed.

All youth league penalty kicks are taken at the yellow dot outside the keeper box.

B8. HIGH SCHOOL LEAGUES

High School leagues are run 6 v 6 non-restricted coed, meaning that teams can play with all boys, all girls or an unrestricted mixture of both. All goals count as 1. Management will do its best to create fair matchups between teams based on skill.

In High School leagues, the goalkeeper may distribute the ball by either rolling or throwing only. The goalkeeper may drop the ball to his/her own feet and kick or dribble the ball. Once the goalkeeper drops the ball to his/her own feet, it becomes live and he/she cannot pick it up again.

High School teams may have a maximum of two coaches or non-players that must be at least 18 years of age (with waivers signed and on the roster), on the team bench during a game.

B9. DURATION OF THE GAME

B9-1 Game Length, Extension or Regulation Time

All Adult and High School leagues consist of two (2) equal halves of 20 minutes. Youth leagues consist of two (2) equal halves of 19 minutes.

The referee may call an official's time out for an injury or any unusual circumstance.

If the goal differential is within three (3) towards the end of the first half, the clock stops on dead balls 30-seconds and under. If the goal differential is within three (3) towards the end of the second half, the clock stops on dead balls 1-minute and under. If the goal differential is outside of three (3) towards the end of either half, it is a running clock.

West field and Quarter field youth games are a running clock and time does not stop no matter the goal differential.

B9-2 Time Outs

Teams are allowed one 1-minute timeout per game. A time out must be called during a dead ball. If a team's goalkeeper has possession of the ball in his/her hands, that team may call for a time out.

B9-3 Suspended Games

Any game which is suspended at or after half time is final. A game which is suspended before the end of the first half because of a blackout or field malfunction will be rescheduled.

B9-4 Terminated or Abandoned Games

If the referee terminates the game, the outcome of the game and any disciplinary action will be decided by the facility manager. See Referee Powers, section B4-1. If any player, coach, or spectator involved with a particular team gives the referee cause to terminate the game, the victory will be awarded to the opposing team with a +1 goal differential, or "as is" score if opposing team is ahead.

If a team abandons a game, the outcome of the game and any disciplinary action will be decided by management. Team may be subject to a fine and/or suspension without refund. Team manager will be responsible for paying this fine before the beginning of the next scheduled match.

B10. START OF THE GAME

B10-1 Starting the Clock

Balls must be off the field immediately after the referee or the scorekeeper calls for them. Offending team will receive a Blue card penalty. If both teams are involved, the clock will start and ball removal done under a running clock.

The clock will begin running at game time with referee present.

The team must have at least the minimum requirement of players ready to play for the game to officially begin.

If a team is unable to start the game after 3 minutes have elapsed, the game is forfeited and the opponent is credited with maximum points of 7-0 (for standing purposes).

B10-2 The Kickoff

The visitor team kicks off the first half on the referee's whistle. The player kicking the ball may not touch the ball a second time until it is touched by another player (a "double touch"). Players may not cross the mid line until the ball is kicked ("offside"). The kickoff does not have to go forward. A goal may be scored directly from a kickoff (except for West and Quarter field youth leagues). If offside is called or the kicker takes longer than 5 seconds to play the ball, the opposing team is awarded a free kick at the mid line center spot. (Because this restart is a free

kick, the players can be anywhere on the field, if they do not encroach.) If a double touch is called, the opposing team will be awarded a free kick at the point of the infraction.

After each goal, the game is restarted with a kickoff by the team just scored upon, except when a goal is scored at the end of the half.

Prior to the second half, the teams change defensive ends. The home team kicks off the second half.

B11. THE BALL IN AND OUT OF PLAY

B11-1 Ball in Play

The ball is still in play

- 1) When it rebounds from a goalpost, crossbar or wall and remains in the field,
- 2) Touches the ceiling netting,
- 3) When it rebounds off a referee on the field, or
- 4) In the event of a supposed violation, until stoppage is ordered by the referee.

B11-2 Ball Out of Play

B11-2a Ball Out of Bounds

The ball is out of bounds when it touches the side netting above the walls.

A ball out of bounds will restart where it hit the netting determined by the referee.

Any ball kicked out of the field will be replaced with another; players should not leave the field to retrieve the ball.

B11-2b Ball Out of Play

The ball is out of play when it crosses the goal line or when the game is stopped by the referee's whistle. A ball out of play is restarted with a kick off, free kick, or a goalkeeper throw. See Restarts, section B13.

B12. SCORING

B12-1 Scoring Goals

A goal is scored when the whole ball crosses the whole of the goal line, between the goal frames and under the crossbar frame, provided that no violation of the rules has been committed by the team scoring the goal. A goal cannot be scored once the horn has begun to

sound; the whole ball must cross the whole line before the start of the horn. The team scoring the greater number of goals is the winner.

All free kicks are direct.*

A goal may be scored directly from a kickoff or any restart, including but not limited to: goalkeeper throws, corner kicks, kick in's and other free kicks, except in the case of a violation of the rules recognized by the referee.

***West and Quarter field youth league scoring exceptions:** At kickoff, a ball must be passed in before a shot can occur. Goalkeepers on the west field CANNOT score off a direct punt. However, if the ball hits a person or the ground before entering the goal, that will be counted as a goal.

B12-2 Interference

No goal is allowed if an outside agent alters the path of the ball on its way over the goal line. The restart is a free kick to the defending team.

If the ball hits a referee and possession changes, the game will be stopped and a drop ball will be used to return possession to the team originally in control of it.

B13. RESTARTS

B13-1 Definitions and Procedures

A restart is the procedure for resuming play after a stoppage. Restarts consist of kickoffs, free kicks (including Kick-Ins) and goalkeeper throws. Once the referee signals a restart, a player has 6 seconds to play the ball and may not touch the ball again until it has been touched by another player. For a 6 second violation, the opposing team is given a free kick at the same spot unless the violation occurs in the team's own penalty area then the ball must be placed at the top of the penalty area. In the case of a double touch, the opposing team is given a free kick at the point of infraction. The ball must be stationary; if it is not, the kick is retaken. Opposing players may not encroach. See Encroachment, section B15-4c.

A whistle is not required for a restart after a foul, unless it is taken at the top of the penalty area.

A whistle is not required for a kick-in, ceiling out of bounds, or a goalkeeper throw.

The following restarts require the referee to signal the restart with a whistle:

- a) A kickoff,
- b) A free kick taken at the top of the opponent's penalty area,
- c) A shoot out,
- d) When a player requests that opponents are 15 feet from the ball,
- e) After a time penalty is given, or

- f) After a referee's stoppage.

If the player taking the kick does not wait for the whistle, the kick may be retaken.

After each goal, the game is restarted with a kickoff by the team just scored upon, except when a goal is scored at the end of the half.

Prior to the second half, the teams change defensive ends. The home team kicks off the second half.

B13-2 Free Kick Restarts

Specific free kick restarts include:

- a) Free Kick in Own Penalty area - When a player takes a free kick in his/her defensive penalty area, all opposing players must be a minimum of 15 feet from the ball until the ball is in play.
- b) Free Kick in Opponent's Penalty area- When a team is awarded a free kick in their opponent's penalty area, the kick takes place at the top of the penalty area. Defensive players must be 15 feet away from the ball, and the kicker must wait for the referee's whistle.
- c) Advantage - The location of the restart after an "advantage" is signaled
 - 1) At the center spot of the mid-line if a goal is scored,
 - 2) At the point of the original foul if a defensive player touches the ball,
 - 3) At the point of the infraction if another foul occurs before the defensive team touches the ball. See Advantage Rule, section B15-4b.
- d) Penalty Kicks - The restart for a penalty kick is taken in accordance with section B16-2.
- e) Three Line Pass Violation - The restart after a three line pass shall be taken at the offending team's defensive third white line center spot. See Three Line Pass, section B14-1.
- f) Pass Back to Goalkeeper Violation - The free kick awarded after an illegal pass back to the Goalkeeper. The kick is taken at the top of the offending team's penalty area (on the yellow dot). The defending team may have a wall and must provide a minimum distance of 15 feet and the play is restarted with the referee's whistle.
- g) Kick Ins - When the ball touches the netting above the wall, a kick in is awarded to the opposing team, and play is restarted on the outside hash line where the ball went out. If the ball touches a player or other person on the bench who is inadvertently extending into the field, or if the ball exits through an open bench door, a kick in shall be awarded to the opposing team.
- h) Corner Kicks - A corner kick is a kick in when the ball is last played by a defending player and hits the netting between the yellow corner dots, the opposing team takes a free kick from the yellow corner dot nearest to where the ball went out.

- i) Referee Stoppage - When the play is stopped by the referee's whistle for any unusual circumstance, play is restarted at the place it was stopped with a free kick by the team that was in possession when the whistle was blown. If possession was not clear, the ball is given to the defensive team.

B13-3 Goalkeeper Restarts

If a player from the opposing team impedes the progress of the goalkeeper or prevents or hinders him from releasing the ball into play, the offending player receives a blue card for unsportsmanlike behavior.

B13-3a Goalkeeper Throws

When the ball is last played by an attacking player and hits the netting between the corner dots, the opposing goalkeeper restarts play with a throw. The throws shall be taken by the goalkeeper from any point within the penalty area.

The goalkeeper has 6 seconds to throw the ball, and he/she may not play the ball again until it is touched by another player. A violation shall result in a free kick awarded to the opposing team at the point of the infraction if it occurred outside the penalty area, or at the top of the penalty area, if it occurred within the penalty area.

B13-3b Goalkeeper Free Kicks

The goalkeeper may also restart play with a free kick; for example, after an out of bounds or an injury time out.

B14. PROCEDURAL VIOLATIONS

Procedure violations do not result in Blue card penalties, are not recorded as fouls and are not added to a team's foul count. A free kick is awarded to the opposing team.

B14-1 Three Line Pass

A ball kicked or thrown over all three lines in the air without touching another player, the perimeter wall, or the referee is an illegal three line pass. The ball will be brought to the center spot of the team in violation's third white line, and a free kick awarded to the other team.

If a player from its own defending third sends the ball and it is going to 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 Pass Rule.

B14-2 Illegal Pass Back to Goalkeeper

The goalkeeper may not play the ball with his/her hands if the ball is deliberately kicked to him by a teammate's foot either directly or off the wall. The goalkeeper may use his/her hands to play the ball if it is deflected off a teammate, or if the teammate plays the ball with another part of the body, e.g.; his/her head, chest, or knee. A violation results in a free kick to the opponent at the top of the penalty area.

A player may not circumvent this rule by playing the ball from his/her foot to his/her head and then passing it back to the goalkeeper. A violation results in a Blue card penalty to the offending player.

B14-3 Other procedural violations include:

- a) Goalkeeper brings the ball in the penalty area and picks it up,
- b) Player takes longer than 6 seconds to put the ball into play,
- c) Player double touches ball on a restart,
- d) Offsides on a kickoff,
- e) Goalkeeper possession.

B15. FOULS AND PENALTIES

B15-1 Fouls

B15-1a Offenses and Restarts

The restart after a foul is called will be a free kick within 3 feet of the point of the infraction, or a free kick at the top of the penalty area. A whistle is not required for a restart after a foul, unless it is at the top of the penalty area, or the kicker asks for 15 feet.

B15-1b Six Foul Accumulation

Every accumulation of six fouls by one team results in a Blue card time penalty. Any person on the field can accept the Blue card time penalty. (Procedural violations and time penalties do not count toward the total of six fouls). The foul count carries over from the first half to the second half.

This rule may be used for playoff games and any regular game which can be foreseen to be problematic. This rule can be enacted and enforced at any point of the game. If this rule is enacted, before or during the game, the league manager or scorekeeper will let the team manager know that the six foul accumulation rule is now in affect.

B15-2 Violations Involving the Goalkeeper

B15-2a By the Goalkeeper

- 1) The goalkeeper may only possess the ball within the penalty area for a maximum of 6 seconds (hands). He/she can move anywhere in the penalty area in that 6 seconds. If the goalkeeper exceeds that time, the opposing team is given a free kick at the top of the penalty area. The defending team must provide 15 feet minimum distance for the kick. The kicker must wait for the referee's whistle.
- 2) The goalkeeper may not play the ball with his/her hands if the ball is deliberately kicked to him by a teammate's foot either directly or off the wall. The goalkeeper may use his/her hands to play the ball if it is deflected off a teammate or if the teammate plays the ball with another part of the body; e.g.: his/her head, chest, or knee. A teammate of the goalkeeper may not circumvent this rule by playing the ball from his/her foot to his/her head and then passing it back to the goalkeeper. A violation results in a Blue card penalty to the offending player.
- 3) The goalkeeper has only one possession with his hands per team possession. The goalkeeper cannot bounce the ball or throw it in the air and catch it again.
- 4) The goalkeeper cannot bring the ball into the box and then pick it up.

If the 6 Foul Accumulation Rule is enacted, violations of rules 1-4 above are procedural infractions and are not added to the six foul counts.

For any goalkeeper violations in the penalty area, the opposing team is awarded a free kick at the top of the penalty area. The defending team must provide 15 feet minimum distance for the kick. The kicker must wait for the referee's whistle.

- 5) 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. A violation is a free kick at the yellow dot with a wall.
- 6) If the goalkeeper either deliberately strikes an opponent by throwing the ball violently at him, or pushes him with the ball while holding it, he/she shall be cautioned or ejected, as deemed appropriate by the referee, and the opposing team awarded a penalty kick if the offense is initiated within the penalty area.
- 7) If a ball is handled by the goalkeeper outside the penalty area, it may result in a Blue card penalty.

To clear up any confusion about the goalkeeper handling the ball around the penalty area we offer the following explanation: the key point is the location of the ball. If the ball is inside the penalty area (lines are inside) at the moment of contact, it is not a handball, even if any other part of the goalkeeper's body is outside the penalty area.

When a goalkeeper receives a blue card time penalty, the offending team may have another field player accept the time penalty. When a goalkeeper receives a yellow or red card time penalty, the offending team must get another designated goalkeeper onto the field and ready to

play in a timely manner. A violation results in a Blue card bench penalty to the offending team, and the team will play an additional player short.

B15-2b Against the Goalkeeper

- 1) If a player from the opposing team deliberately impedes the progress of the goalkeeper or prevents or hinders him from releasing the ball into play, the offending player receives a time penalty for unsportsmanlike behavior.
- 2) During play or on a restart, if a player follows a goalkeeper around inside the penalty area, impeding him from the play, a foul will be called and the ball awarded to the goalkeeper's team at the point of infraction.
- 3) Charging the goalkeeper or attempting to play the ball when he/she has possession of the ball is a foul. The goalkeeper is said to have possession of the ball when either the goalkeeper has at least one hand on the ball, or the goalkeeper is covering up the ball and no play can be made on the ball without striking the goalkeeper.

B15-3 Time Penalties (Cards)

B15-3a Definitions and Restarts

Referees may issue blue, yellow or red cards for various infractions.

A player can be given a yellow or a red card without first receiving a blue card or warning. (Blue, yellow, and red card offenses are described in B15-4a, B15-5a, and B15-5b)

After a time penalty for a hard foul is given, play is restricted at the point of the infraction with a free kick by the opposing team.

B15-3b Short-Handed Play

When a player receives a Blue card time penalty....

1. The player cannot return to the game until their full time is served or their opponent scores a goal.
2. The time penalty begins on the referee's whistle to restart play once offending player is in penalty box.

When a player receives a Yellow or Red card time penalty....

1. The player cannot return to the game until their full time is served, even if a goal is scored against his/her team.
2. The time penalty begins on the referee's whistle to restart play once offending player is in penalty box,

When a player receives a time penalty, his/her team's shorthanded play ends when...

1. The time expires
2. Or, if a Blue card penalty, the other team scores a goal.

Regardless of the number of players from one team serving time penalties, a team may not have fewer than four players on the field. Only two (2) time penalties per team may be served at one time. Any penalties after that cannot start until the shortest time penalty ends. Because an offending player cannot return to play until his/her penalty is served, a team that does not have enough substitutes to field at least four eligible players must forfeit the game.

B15-3c Accumulation of Blue, Yellow and Red Cards - Personal Penalties

Multiple blue cards:

- 1) 1st blue card = player is penalized two minutes.
- 2) 2nd blue card after serving 1st blue = player is penalized four (4) minutes, and is recorded as being at yellow card status.
- 3) 3rd blue card = player is recorded at red card status. His team is penalized five minutes and that player is out for the rest of the game.

Multiple yellow cards:

- 1) 1st yellow card = player is penalized four minutes, and is recorded at yellow card status.
- 2) 2nd yellow card after serving 1st yellow = player is recorded at red card status. His/her team is penalized five minutes and that player is out for the rest of the game.

Accumulating a blue and yellow card:

A player who receives a blue or yellow card consecutively = red card status. His team is penalized five minutes and that player is out for the rest of the game.

Red card:

If a player, coach, or spectator receives a red card, that person is ejected from the premises for at least the remainder of the game. His/her team is penalized for five minutes.

B15-3d Bench Penalties

The following violations can result in a bench penalty, which is a time penalty during which the team plays short but no player is recorded as serving the penalty.

- 1) Illegal substitutions.
- 2) Abusive language or persistent misconduct from the bench area.
- 3) Abusive language or persistent misconduct by spectators in the stands.

A team can receive an unlimited number of bench penalties with or without an initial warning.

Play restarts with a free kick by the opposing team where the ball was when the whistle (or horn) sounded.

B15-4 Blue Card Penalties

B15-4a Blue Card

Blue Card is 2 minutes in the penalty box. The offending team plays a player down. Player may return with the 2 minutes only if opponent team scores or full 2 minutes is served. If two players on opposite teams receive a blue card at the SAME TIME, they both remain in the box for the FULL 2 minutes even if either team scores.

If a goalkeeper receives a blue card, any player on the field can serve the 2 minute penalty. In Coed adult leagues, if the goalkeeper is male, the penalty must be served by a male.

Behavior which warrants a minimum of a blue card includes, but is not limited to:

Boarding (See Definitions)

Sliding (See Definitions)

Delay of Game (See Definitions)

Dissent (See B15-4d)

Second off-sides on a shoot-out (See B16-2g)

Bench misconduct (See Definitions)

Charging (See Definitions)

Unsporting Behavior (See Definitions)

Equipment Malfunction (see B3-2)

Too many players / no goalkeeper (See B2-3d)

Persistent Misconduct

Encroachment (See 15-4c)

Leaving team bench gate open (A team's bench gate MUST be securely closed at all times)

B15-4b Advantage Rule

In instances where the referee would issue a blue card, but chooses to apply the advantage rule, he/she shall acknowledge the offense by physical indication above his/her head until either:

- 1) The team of the offending player gains control of the ball (possesses the ball for more than one second, deflects the ball into open space, or directs the ball toward a teammate or the goal), or
- 2) The referee stops play for any reason.

Once play is stopped, the offense is recorded and the penalty is served by the player. If a goal is scored against the offending team the penalty is still recorded and served by the player; however, the team may not play short if they have an eligible substitution. The location of the restart after a delayed blue card is:

- 1) At the center spot of the mid-line if a goal is scored, or
- 2) At the point of the original foul if a defensive player touches the ball, or
- 3) At the point of the infraction if another foul occurs before the defensive team touches the ball.

B15-4c Encroachment

For all free kick restarts:

- 1) The defender must provide a minimum of 5 feet for the taking of a free kick. If a defensive player makes any movement toward the ball to block the free kick and crosses into the 5 feet minimum space, he/she is guilty of encroachment and the entire team will receive an OFFICIAL WARNING OF ENCROACHMENT. If encroachment occurs again by any member of the already warned team, the referee is in power to penalize the team with a Blue card penalty. Any member on the field can serve the blue card penalty. This is up to the referees' discretion. The defender may move from side to side to play the ball but not forward.
- 2) If the player taking the free kick asks the referee to enforce the 15 feet distance, he/she must wait for a whistle restart. If a defensive player makes any movement toward the ball to block the free kick and crosses into the 15 feet distance, he/she is guilty of encroachment. The defender may move from side to side to play the ball but not forward.
- 3) If the referee asks a defensive player to move 15 feet from the ball, and the player does not immediately comply, a Blue card delay of game penalty may be assessed.
- 4) If the player taking the free kick chooses to "quick kick" the ball and it strikes the defender attempting to provide the minimum space, then there is no encroachment.
- 5) When a team is awarded a free kick in its opponent's penalty area, the kick will take place at the top of the penalty area. Defensive players must be 15 feet away from the ball, and the kicker must wait for the referee's whistle.

On a kickoff, the defending team must be on their side of the mid line and outside of the center circle. A player stepping into the center circle before the ball is kicked is encroachment. The kickoff is retaken.

B15-4d Dissent/Entering the Referee's Crease

Any words or actions directed by a player, coach, or spectator at a referee in question or shows a difference of sentiment or opinion of a call. Dissent may result in at least a Blue card penalty. If the penalty is given to the coach or the bench, the team must play short, but no player is recorded as receiving the penalty.

Only the authorized team captain or coach may discuss a call with the referee (at a stoppage of play) with the agreement of the referee.

Players may not approach the referee or scorekeeper during discussion. Players who approach may be given a Blue card penalty.

B15-5 Extreme Misconduct

B15-5a Yellow Card Offenses (Cautionable Offenses)

Yellow Card is 4 minutes in the penalty box. If opponent team scores, player stays in box for full 4 minutes. The offending team plays a player down for full 4 minutes.

If a goalkeeper receives a yellow card, the goalkeeper must serve the penalty for the full 4 minutes.

Behavior which warrants a minimum of a yellow card includes, but is not limited to:

- 1) Fouls which the referee considers "reckless",
- 2) Initiating physical contact short of fighting,
- 3) A tackle from behind.
- 4) Persistent infringement of the rules.

B15-5b Red Card Offenses (Ejectionable Offenses)

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.

Behavior which warrants a mandatory red card includes, but is not limited to:

- 1) Second Yellow Card,
- 2) Third Time Penalty,
- 3) Fouls which the referee considers to involve "excessive force"
- 4) A tackle from behind which endangers the safety of an opponent,
- 5) Striking or attempting to strike an opponent,
- 6) Any form of fighting or violent conduct or violent retaliation,
- 7) Spitting on the field, or spitting on or at another person,
- 8) Leaving the bench or penalty box to join an altercation on the field,
- 9) Abusive language or behavior toward a referee, scorekeeper or facility staff,
- 10) Touching, bumping or any physical contact with a referee, scorekeeper, or facility staff.

The scorekeeper or referee while in uniform; any management; or staff on duty have the right to eject a player, coach or spectator before, during or after a game. That person must leave the

property immediately. If an ejected player(s) fails to leave the premises, the game will be terminated and the victory awarded to the opposing team. If, after receiving a red card misconduct continues, additional red cards may be issued.

The player, coach and/or spectator who received the red card will be notified by email to the length of suspension and/or expulsion. Player may be subject to a fine and/or \$33 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.

B16. PENALTY KICKS AND PLAYOFF SHOOTOUTS

B16-1 Penalty Kick Fouls

A penalty kick shall be awarded for any foul committed by a defending player in his/her defensive box.

B16-2 Conduct of a Penalty Kick

- a) The designated shooter must set the ball on the center spot of the yellow dot. The goalkeeper has both his/her heels on the goal line and may not move off it until the ball is kicked.
- b) Both the defensive and offensive team must be behind the offending team's third white line except for the designated shooter and the offending team's goalkeeper. When the referee blows the whistle, play is restarted. The player taking the penalty kick must take a direct shot or pass to a teammate. Players can only cross the third white line after the ball is touched. If the designated shooter takes a shot, misses and ricochets off the wall, the shooter cannot be the first person to touch the ball. If the designated shooter is first to touch the ball before any other player touches it, the referee will blow the whistle and award the opponent team a free kick at the point of contact.
- c) A player cannot circumvent the rules to gain an advantage. A violation is unsporting behavior; a warning will be issued, and a Blue card penalty may be given. (An example is entering one door and your player exiting the other door during a penalty kick). Play is stopped for the warning and/or card, and the penalty kick is retaken.
- d) Should game time expire before the taking of a penalty kick, the penalty kick will still occur and the final score will be noted.
- e) During a penalty kick, if a goalkeeper commits a dangerous foul, a Blue card penalty will be issued.
- f) Offsides on a penalty kick: If any player crosses the third white line before the designated shooter touches the ball, the horn will sound and play will be stopped. The referee will give a verbal warning to all the players. If one or more players is offsides again, his/her team receives a bench penalty and will be one player short. (If both teams

are offsides, both are one player short.) If one or more players is offsides again, another bench penalty is given and the team is short one more player.

B16-3 Playoff Shootout

For league or tournament formats in which some playoff games cannot end in a tie and must have a winner, the game will be decided with a playoff shootout. (E.g., the winner advances, or winner takes all.)

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

Conduct of a playoff shootout is as follows:

- a) If a tie, only players on the field when the time runs out are eligible for the playoff shootout.
- b) A team can change goalkeepers for a playoff shootout, but only with another person on the field when the time runs out. The keeper that starts the shootout will be the designated keeper for the entire shootout and cannot change unless the keeper is deemed injured.
- c) Each team chooses three (3) players to take the first three (3) shootouts, and states the order in which they will shoot.
- d) All eligible players must be behind the mid-line except for the designated shooter and the goalkeeper.
- e) Playoff shooters are one on one between the shooter and the goalkeeper. No one else from either team is involved in the shootout. Opposing goalkeepers take turns defending one goal.
- f) The shooter must score in a timely manner after the ref blows his/her whistle.
- g) The designated shooter must set the ball on the center spot of the opponent's yellow dot. The goalkeeper has both heels on his/her goal line and may not move off it until the ball is touched.
- h) Game decision penalty kicks for Coed game will start rotation with a female player first, then male, then female, and will alternate until finished. Female penalty kicks count as 1 goal in playoff shootout.
- i) If at the end of the three shooters the score is still tied, each team chooses one more shooter, they each take a shootout, and this continues until one team scores and the other misses. No shooter may shoot twice until all eligible players on the field for their team have taken a shootout or until the other team repeats a shooter.
- j) During a shootout if a goalkeeper commits a foul, a verbal warning will be given and the shootout will be replayed.
- k) During a shootout, if a goalkeeper commits a second foul, a new goalkeeper must be chosen for the remainder of the playoff shootouts.
- l) If a goalkeeper commits an offense for which a card is given, then a new goalkeeper must be chosen for the remainder of the playoff shootouts.

League managers are responsible for the enforcement of these rules.
If you have any questions, please ask your league manager.

STRENGTH & HONOR

