

# SOCCER FIRST INDOOR RULES AND REGULATIONS

**EACH COACH IS RESPONSIBLE FOR HIS/HER TEAM'S FULL KNOWLEDGE OF SOCCER FIRST RULES**

## Teams/Rosters

All players must complete a Soccer First waiver/liability release. Players cannot compete without a signed release on file. Players under the age of 18 must have a signature of a parent/guardian on the roster/waiver sheet.

**All teams U-18 and younger must have a person 21 years old or older in their team box at all times.**

## Divisions Fielding Sides Breakdown

U-7 thru U-10 – 8 on-a-side

U-11 & U-12 – 7 on-a-side

U-13 and Up – 6 on-a-side

Men's 40+ – 7 on-a-side

Coed 40+ – 7 on-a-side

Coed 50+ – 7 on-a-side

## Roster Maximum

Maximum of 18 players per roster.

## Co-ed Teams

A minimum of 2 female players must be on the field at all times for Co-ed Open and Co-ed 30+. This **does not** include the goalkeeper.

Co-ed 40+ and 50+ requires a minimum of 3 female players on the field at all times. This **does not** include the goalkeeper.

If a female player receives a time penalty and she is part of game action, you may play a female player short.

**Starting a game short a female player, you must also play short a male player (minimum number of players to start is one female player and two male players and the goalkeeper.)**

## Adult Teams with Age Restrictions

Adult 30+, 40+ - Teams must adhere to their age restrictions. Player must turn 30/40 during the calendar year.

Proof of age (Copy of Driver's License, Birth Certificate or Passport) must be kept with you at all times.

## Proof of Age & Roster

Where proof of age is required, players must submit proof of age upon request of **SoccerFirst**. Games played by ineligible players will be forfeited by offending team. If you would like to protest a roster, you must do it before the completion of the game. You must do this at the front desk and not with the referee.

Teams that use players that are not on the Team Roster will forfeit those games that ineligible players were used. No additions can be made to a Team's Roster after the start of the Fourth League Game.

SoccerFirst reserves the right to suspend a team from League Play for the use of ineligible player(s) due to Age Restriction or Non-roster violations.

## Payments

Teams must pay in **Full** and turn-in a completed Roster before the start of the **First** scheduled game.

Any team that drops out of a league after the sign-up deadline will not receive a refund. League schedules will not be altered as a result of a team dropping out or being suspended. Teams will be awarded a forfeit win and a score of 3-0.

## **Good Standing Teams**

Only teams in good standing will be accepted to play at SoccerFirst. Teams with outstanding balances from previous seasons will not be accepted until their past due amount has been settled.

## **Ball Size**

**Game Balls will be provided by the home team.**

U-7 thru U-12 - Size 4

U-13 and Up – Size 5

## **Uniforms & Equipment**

Teams should wear identically colored shirts. Numbered jerseys are highly recommended. T-shirts are permitted. The **Goalkeeper** should wear a jersey that is a different color from their team's and opponent's jersey.

**Color Conflicts** – In the case of color conflicts, the Home Team (listed first on schedule) must change. Soccer First suggests that each team bring an alternate jersey to all games.

**Shin Guards** – Are **mandatory** for all age groups.

**Shoes** – Flat-soled athletic shoes or TURF soccer shoes are allowed. **No cleats are permitted!!**

## **Dangerous/Illegal Equipment**

The Referee has the right to refuse entry into the game any player who, in the Referee's discretion, is wearing dangerous or illegal equipment. Tapped jewelry is permitted.

**Casts** – Properly padded casts are legal. It is the Referee's discretion if a cast is properly padded. If a player uses or tries to use their cast in a violent manner, he/she will be immediately issued a **Red Card!**

## **Games**

Regular season games shall consist of two (2) 24-minute halves.

Half time is one minute. Teams will remain on the same side of the field from where they started the game.

## **Warm Up**

SoccerFirst recommends players stretch out before play. Please be prepared to play at Referee's indication.

Late arrivals must signal the Referee and wait for a dead ball before entering the player's bench.

## **The Clock**

The Clock runs continuously. The Referee may stop the clock if, in their opinion, there is a possible extended delay (e.g. serious injury). The clock will not stop on minor injuries (e.g. player hit by ball). Minor or serious are at the Referee's discretion.

## **Game Cards**

Coaches – Please check and sign the Referee's score card at the end of every game. The game is not considered official if the card is not signed. Coaches, please make sure the score is recorded correctly.

## **Laws of Substitution**

Substitutions are "On-the-Fly", meaning at any time during the game. *It is always at the team's own risk.* This includes when the ball is live, on free kicks and kick-ins and corner kicks for/or against.

Players must leave the field of play **before** being replaced. Being within the touchline by his/her team's bench is acceptable unless either player becomes involved in the play while both are simultaneously on the field. A time penalty will be assessed if this occurs.

Substitutions must be made through the door. **A Time Penalty will be assessed to anyone jumping over the wall. Including jumping from the penalty box into the team box.**

**Goalkeeper Substitution** – The goalkeeper may be substituted at any time. The Substituting Goalkeeper should wear a jersey that is colored different from their team or opponent’s jersey.

Injuries – An injured player **must** leave the field if the referee requests the trainer/coach onto the field. There are no exceptions to this rule. The injured player may return as soon as the trainer/coach sees fit.

**Note:** The goalkeeper must leave the field if the referee requests the trainer/coach onto the field more than once.

- ◆ A Time Penalty will be assessed, if a team has too many players on the field occurring from substitution mismanagement.

### **Netting**

The enclosed fields are not only for safety purposes but to keep play continuous. The ball is immediately playable after it has been spotted by the referee when the opposing team plays the ball out of bounds.

Situations when the ball is out of bounds and where the ball is placed:

- ◆ Hits the Side Nets – A kick-in will be awarded at the point where the ball was ruled out.
- ◆ Hits behind the Goals – A goal kick or corner kick will be awarded. The corners of the field are marked by Red Dots.
- ◆ Hits Net above the Field - -Any touch of the ball to the net will result in a free kick awarded against the offending team. The kick-in will be directly under the place where it hit the netting.
- ◆ **Special Note** – If a player (including the Goalkeeper) kicks or throws the ball into the netting above the field from within the penalty box, a free kick will be awarded against the offending team. The free kick will be taken from the center of the arc (red-dotted carpeting on the field). **This rule applies only when the ball hits the top of the netting – not the side netting.**

### **Slide Tackles**

- ◆ Slide Tackling is permitted in all Youth Age Groups and Men’s Open
- ◆ Absolutely **NO** slide tackling is allowed in Co-ed Open, Co-ed 30+, Co-ed 40+, Coed 50+, Men’s 30+, Men’s 40+, Women’s 25+ and Women’s 40+.
- ◆ **ABSOLUTELY NO SLIDE TACKLING BETWEEN THE SIDE WHITE HASH MARKS AND THE WALL. THIS IS AN AUTOMATIC 2 MINUTE PENALTY (BLUE CARD).**

### **Method of Scoring**

**One Point** will be awarded for a goal scored within the opposition’s zone. This area is between the defending team’s goal and the first white line.

**Two Points** will be awarded for a goal scored by the attacking team from outside the opposition’s defensive zone. This includes the ball deflections off a defender or goalkeeper. If the ball deflects off an attacking player, only one point will be awarded.

- ◆ If the ball is on or behind the defensive zone line from an attacking player’s perspective, two points will be awarded for the goal. If the ball is in front of the line from the attacking player’s perspective, one point will be awarded for the goal.
- ◆ If a defender plays the ball back from outside the defensive zone and a goal is scored directly, two points will be awarded. If a defender plays the ball back from outside the defensive zone and it deflects off another defensive player, two points will be awarded for the goal.
- ◆ **Three Line Violation** – If a player plays the ball over the three lines (the two “white” lines and the mid-field line) **in the air** towards his/her opponent’s Goal Line without it touching another player, the wall, or the referee on the field of play between the “white” line. A free kick will be awarded to the opposing team on the center of the first “white” line the ball crossed.
- ◆ **Exception** – The goalkeeper while standing in his/her penalty area may **throw** the ball over all three lines.

### **Youth Heading Restrictions**

As per the rules laid out by US Youth Soccer, heading the ball is not permitted for any player 10 years old and younger. If a player heads the ball in a match, the referee shall award an indirect free kick to the opposing team at the spot of the infraction. If the heading occurs within the penalty area, the referee shall move the ball outside the penalty area and award an indirect free kick to the opposing team.

Players age 11 and older shall be permitted to head the ball during games without restriction.

### **Passing Back to the Goalkeeper**

A player may play the ball back intentionally to the goalkeeper from anywhere on the field; however, the goalkeeper may not use his/her hands to pick up the ball if the ball is played with any part of the foot. If the goalkeeper picks up the ball and the referee rules it was an intentional pass back with their teammates foot, a free kick will be awarded and spotted in the center of the offending team's restraining arc (red-dotted carpeting). If the ball is intentionally played back to the goalkeeper by his/her teammates and the ball is touched or deflected by the opposing team, the goalkeeper may use his/her hands to pick up the ball. It is the referee's judgment to determine whether or not the ball was intentionally played back to the goalkeeper.

### **Goalkeeper Restrictions**

**Hand to Hand** – A goalkeeper, having had control of the ball in their hands and having released it from their hands to be played by himself/herself or a teammate, may not handle the ball again until the opposition has touched or played the ball or there is a stoppage in play. This includes bouncing the ball.

**Goalkeepers cannot bounce the ball!**

**5 Second Distribution** – A goalkeeper, in possession of the ball **within** the penalty area, must distribute the ball outside this area or to another player within 5 seconds of having received the ball. Possession is defined as control with the hand or foot.

**10 Second Distribution** – If the goalkeeper retains possession or control of the ball **outside** his/her team's penalty area for a period of 10 seconds without attempting to distribute or advance the ball in a normal and usual manner, the referee will award a free kick to the opposing team.

**ILLEGAL PROCEDURE** – Handling: A goalkeeper who receives or carries the ball outside the penalty area by foot, shall not handle the ball inside the penalty area prior to the ball being touched by another player or prior to a stoppage in play.

**Handballs Outside the Penalty Area** – An Intentional handball, "severe in nature" by the Goalkeeper outside the penalty area to stop ball advancement or a shot will result in a 2-minute time penalty and a free kick.

### **Fouls**

The referee will assess time penalties for fouls deemed as severe, tactical, or blatant in nature.

Boarding **will** be assessed a free kick and a two-minute time penalty.

### **Free Kicks**

**All Free Kicks are Direct** – This includes the kick-off and kick-ins. The defending team must be at least 10 feet from the ball until it is in play (the ball must roll half its circumference to be in play). If the opposing team encroaches on a free kick before the ball has traveled one half its circumference, a time penalty may be assessed to the offending team.

- ◆ A free kick must be taken within five seconds after the Referee has deemed the ball ready for play. Failure to do so will result in the ball being "turned over" to their opponent.

### **Time Penalty**

Time penalties will be served by offending players, unless it is the goalkeeper. The goalkeeper will not serve time penalties issued against him/her unless the foul is deemed a Red Card offense. In this case, the goalkeeper will be sent off and another player designated by the coach will serve the time penalty.

### **Bench Time Penalty**

All persons, including coaches, on the team bench are considered part of the game. Time penalties can be given against the offending team. The coach may choose any of his/her players on the field to serve the penalty.

- ◆ **If the bench is charged with a Time Penalty, the offending team's Head Coach or Trainer will also receive a Yellow Card.**

### **UN-Sportsmanlike Conduct**

A time penalty will be assessed at the Referee's discretion for this conduct. (Examples: encroachment, illegal substitution)

### **Expiration of Time Penalties**

When a time penalty is assessed, the Referee will escort the player(s) into the appropriate team penalty box. For a time penalty, the player(s) will remain in the penalty box until: (a) the penalty time has elapsed, or (b) the other team scores a goal. If a hard 2 min has been issued (2<sup>nd</sup> blue for a player, etc.) that player remains in for the full 2 minutes. If a player from both teams is put in the penalty box for the same situation both players remain in for the full 2 minutes.

### **Penalty Kicks**

A penalty kick will be award if the Referee deems the foul committed to be a "direct foul" in the penalty area by the defending team.

- ◆ Kicking or attempting to kick an opponent
- ◆ Tripping an opponent
- ◆ Jumping at an opponent
- ◆ Charging an opponent
- ◆ Striking or attempting to strike an opponent
- ◆ Pushing or boarding an opponent
- ◆ When tackling an opponent, making contact with the player instead of the ball
- ◆ Holding an opponent or spitting at an opponent
- ◆ Handling the ball deliberately or obstructing the ball from its normal course of play

If a goal is scored on the penalty kick, the offending player can reenter the game. This only applies to a **Blue Card** offense.

Fouls committed by the defending team in its own penalty area not deemed by the Referee as a direct foul offense, a free kick from the center of the goalkeeper's arc (red-dotted carpeting) will be awarded.

### **Cards**

**Blue Card-** Is a Two-minute time penalty in the Team's Penalty Box. This is a soft card meaning the offending player may re-enter the game if the opposing team scores or when the 2 minutes have elapsed.

**IF TWO OPPOSING PLAYERS ARE SENT INTO THE PENALTY BOX TOGETHER, NEITHER PLAYER IS ALLOWED OUT UNTIL THE FULL TWO MINUTES ARE SERVED.**

**Spitting any place other than a trash can is an automatic 2 minute penalty.**

**Yellow Cards-** **If a player receives two time penalties during any single game, he/she will be given an automatic Yellow Card. A yellow card is a hard card and requires the offending player to remain in the box for the full 2 minutes even if the opposing team scores.**

The Referee may issue a Yellow Card at any time he/she deems necessary, accompanied by a two-minute penalty. This will be a hard card- **2 minutes mandatory without any chance for early release.**

- ◆ Any player, coach or trainer accumulating three Yellow Cards in one session will be suspended for one Game.

## **Red Cards**

If a player receives a third time penalty for whatever reason during any single game, he/she will be given an automatic Red Card and a five-minute penalty will be assessed. The Referee may issue a Red Card at any time they deem necessary, accompanied by a five-minute penalty.

Violent conduct, serious fouls or abusive language will result in an automatic Red Card given to the offending player, coach, or trainer.

The coach or trainer must designate which player will serve the five-minute time penalty.

The offending player, coach or trainer will serve a minimum of a one game suspension. The offending player, coach or trainer must leave the field and will then be escorted by SoccerFirst Management to the front door if necessary.

**ANY PLAYER OR COACH ENTERING THE FIELD OF PLAY AT ANYTIME WHEN THERE IS A POTENTIAL PROBLEM ON THE FIELD(FIGHTING,ARGUING) WITHOUT THE REFEREE'S PERMISSION WILL BE SUSPENDED FOR AT LEAST 2 GAMES AND POSSIBLY SUSPENDED FOR THE REMAINDER OF THE SEASON.**

**Time penalties will carry over to the second half if first half time runs out while serving a penalty.**

**Repeated Red Card offenses will result in a player, team or coach being indefinitely suspended from SoccerFirst.**

## **Suspensions**

**The RED CARD suspended player, coach or trainer will miss the team's next scheduled game and all other games for a full week and a day.(i.e. a red card was issued to you on a Friday , you are not eligible to play at Soccer First on any team till the ninth day which in this case would be Saturday.)So if you are shown a red card on Friday and you are supposed to have more games that night with other teams you must sit those games out and will not be able to play until a week from Saturday. SoccerFirst Management reserves the right to review any/ all Red Card offenses and take further action upon the player, coach or trainer. SoccerFirst Management also reserves the right to indefinitely suspend any player, team, coach or spectator who strikes or threatens physical or verbal harm to any participant or spectator at SoccerFirst.**

- ◆ The suspended player, coach or trainer is not allowed to sit on the team bench during the suspension.
- ◆ No refunds will be given to any player, coach or team indefinitely suspended from SoccerFirst.

## **Forfeits**

- ◆ Forfeited games will have a 3 – 0 Final Score. If the game has started and a team has to forfeit for any reason, the score on the field at the time of the forfeit will stand. **A team who forfeits a game for any reason will not be eligible for first place.**

A game will be forfeited if:

- ◆ A scheduled team is not ready to play within five minutes of the scheduled start time. The referee may extend this time period to ten minutes if he feels circumstances should allow (e.g. weather).
- ◆ A team does not have the minimum number of players needed to participate (this number is figured by taking the number of players allowed in an age group and subtract Two(2) players).
- ◆ Refusing to take or retake the field of play for any reason.

## **League Standings**

League standings will be decided as follows:

Three (3) points for a Win

One (1) point for a Draw

Zero (0) points for a Loss

If teams are tied on points, standings are then based on:

1. Most Wins
2. Head to Head Record
3. Least Goals Conceded
4. Goal Differential (Goals scored – Goals Conceded = Goal Differential)

Standings are updated daily and posted to the Soccer First website.