



## Soccer Rules & Regulations POINTS OF EMPHASIS

**1 PLAYERS ARE PERMITTED TO PLAY ON ONE TEAM WITHIN THEIR AGE GROUP.** Players found playing on two teams within the same age/division will result in a forfeit for both teams. Coaches are responsible for player's actions. Players may play on two teams if the teams are in two different age groups.

2. Verbal abuse of referees by players, fans or coaches will NOT be tolerated. Violators of this rule will be subject to ejection from the building.

3. Any ball going into the players' bench will result in a dead ball. A direct free kick will be rewarded from the spot the ball entered the bench.

4. Players are not permitted to grab the top of the walls to gain an advantage. Referees will award a direct free kick for all infractions.

5. If a player/coach is ejected from a game, they will automatically be suspended for the next game.

6. Body Zone reserves the right to schedule league games for any and all divisions on what will be called overflow days. If there are more teams participating in a particular division and not all games can be played within the allotted time frame or evening, games will then be scheduled on the overflow days.

7. The side netting for Ages U9 and U10 will remain in play. For U12 and older anything above the glass/boards (netting) will result in a direct free kick from where the ball left the field.

8. Yellow and Red cards.

- Yellow Card

A yellow card results in a two-minute penalty. The entire two minutes will be served with no re-entry if a goal is scored by the opposing team. If a goalkeeper received a yellow card their penalty may be served by a field player.

A yellow card can be given for the following reasons:

- Boarding a player — "Boarding" includes any charge (even if it would have been legal somewhere else on the field) that propels the opponent into or against the arena boards. The object is to keep players safe and playing under control.

- Elbowing an opponent

- Jumping Boards

- Intentional sliding tackle

- Constantly encroaching on not atomically giving the opposing team 7 feet on any restart.

- Unsporting behavior (including "trash talking")

- Dissent — If the player persists, a yellow card will be issued. If the dissent continues, a red card will be issued.

- Red Card

A red card results in the ejection of the penalized player and a four-minute penalty. The entire four minutes will be served with no re-entry if a goal is scored by the opposing team. The ejected player will miss the remainder of that game, as well an additional game or more.

A red card can be given for the following reasons:

- Any foul committed against an opponent that denies the player an obvious goal-scoring opportunity

- Serious foul play (committing a foul which the referee feels is of a serious enough nature to warrant an immediate ejection from the game)

- Use of foul or threatening language towards an opponent, teammate or referee
- Any player who is not a goalkeeper within his/her own penalty area who denies the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball
- Any foul from behind against an attacking player who has control of the ball and one or no defensive players between himself and the goal
- Any foul in which the defender is the last player on his team between the attacking player with the ball and the goal
- Spitting at any person
- Violent conduct (violence against another person while not playing for the ball)
- Any strike or attempt to strike another opponent
- Referee abuse (insulting, offensive language or behavior)
- Leaving the bench area to engage in a confrontation

Any player/team who has more than one serious behavior offense (fighting, cursing, etc.) is at risk of being removed/expelled from the league indefinitely.

There will be no refunds for teams expelled due to behavior.

### **INCLEMENT WEATHER POLICY**

If Body Zone remains open during inclement weather and teams decide on their own that they will not participate, those games will be considered a forfeit against the teams that do not show up to play. These games under no circumstances will be rescheduled due to the fact that Body Zone continued to operate. Body Zone does not operate under the same guidelines of any school district or PIAA sanctions; therefore, Body Zone is not responsible to close if schools or scholastic events are cancelled.

### **THE FIRST AND LAST RULE OF THE LEAGUE IS RESPECT.**

Teams or individuals who show a lack of respect to the officials, staff, players, and/or spectators of the league may have to immediately forfeit all games and will not be allowed to return. Teams are responsible for the actions and behavior of their players, coaches, parents, and fans on the fields as well as in the Body Zone Sports & Wellness Complex. Body Zone Sports & Wellness Complex will not tolerate fighting, profanity or any other action seen as unsportsmanlike conduct or offensive to others in any way shape or form. Body Zone Sports & Wellness Complex reserves the right to suspend, expel and terminate play by an individual, a team, a competition or a league based on inappropriate behavior by one or all parties involved. Some detailed rules will follow according to this facility's policy.

**Age Divisions:** We will offer a Rec and Competitive level if the number of teams registered permit. If there aren't enough teams for a Competitive division those teams registered will be asked to play up to at least one age level. Competitive levels will be U10, U12 and U14 both Boys and Girls. All teams must supply a ball for each game.

**Rosters:** Each team will consist of a maximum 18 player roster, which is due prior to the start of the league. No players may be added after the 2<sup>nd</sup> game (Rosters will be verified at this point). A player must play at least three regular games in order to be eligible for the playoff roster, which will be provided to each team by the league director.

**Season:** The first and third season will include four regular season games plus playoffs. Each team will play a total of four - 45 minute games (running clock) and all teams are guaranteed a playoff game. The second season will consist of 7 league games and playoffs.

**Team Benches:** Team benches allow a maximum of 2 coaches on or behind the bench. Players and coaches are the ONLY personnel allowed in the team bench area. No children, photographers, parents (not coaching), or others not on the roster. Due to safety and insurance reasons this rule will be enforced to provide spectators with a safe environment to watch the game. Please remove all trash and equipment from the bench area at the end of your game.

**Uniforms:** It is advised that team shirts have a number on the middle back of shirt and teams are required to have matching colors. Players without the same color shirts after the 1<sup>st</sup> week of competition will not be able to play in the game unless approved by the official for that game Pinnies will only be used as a last resort. If two teams have the same color shirts the pinnies will be worn by the home team or the team with the lesser number of players on it.

**Equipment:** Players may wear flats, turfs, or molded cleats. NO METAL CLEATS. Players with casts or braces will be permitted to play based on the referee's discretion. Shin guards are required for **ALL AGES GROUPS. NO JEWELRY PERMITTED IN ANY LEAGUE! PERIOD!** Players wearing jewelry must leave game until jewelry is removed and approved by official for re-entry. A regular substitution can be used to replace the offending player. Adult league participants not wearing shin guards assume all liability and risks associated with not wearing this form of protection.

**Officials:** Each team (U9-U14) will pay the official \$11.00/game and each JV/High School & Adult league will pay \$12.00/game. Game shall not start until the officials are paid. Teams will forfeit the game if they cannot pay the official and are responsible for paying officials for the forfeited game. If this is not paid prior to next game the team will not be allowed to play.

**Prizes:** The playoff championship team will be provided with a team award.

**Regular Season Game Play:**

**Teams:** All teams will play with 5 field players and a goalkeeper (6v6). The exception being U-9 divisions which will play with 6 field players and a goalkeeper (7v7). U-8 divisions will be 7 field players and a goalkeeper (8v8).

**Age Limits:** Based on EPYSA regulations. High School teams may enter adult divisions based on registrations or level of competition, but must have an adult representative present at all games. **High school senior boys may not play in the High School boys division; they must play in one of the Men's divisions. If at any time during the session a player's age is questioned, the coach of that player must provide Body Zone a proof of age, i.e. birth certificate or the players pass. If no proof of the players age is provided that player will be ineligible to play in the league until it is provided. Also No 11<sup>th</sup> Graders allowed on a JV Team.**

**Time/Length of Periods:** Playing time for games shall consist of one 45 minute running clock game. There is no half time. There is no overtime. League games will result in 3 points for a win, 1 point for tie. The clock will continue to run unless there is a serious injury.

**Lateness:**

1) Teams may start with 2 less players than a regular starting lineup.

2) If a team fails to produce the minimum required starters by the start time of the game, that team will forfeit and follow the procedures noted below. **Exception: if a team is short the required number of players to start the game and the opposing team allows that team to pick up additional players to play, the game the official must be notified of the agreement and the final score will count as a completed game.**

**Forfeits:**

Art. 1. When a forfeit is declared, the score shall be recorded as 3-0 and all statistics (other than the teams' and coaches' won/lost records) shall be voided, unless 30 minutes of playing time has been completed on the game clock. In that case, the score at the end of play shall stand and all other statistics shall count.

Art. 2. When the team that is behind in the scorebook is to be declared the winning team that score shall be marked with an asterisk in the official statistics; and it shall be noted that the game was won by forfeit.

Art. 3. When a game is interrupted because of events beyond the control of the responsible administrative authorities, it shall be continued from the point of interruption unless the teams agree otherwise or there are applicable conference, league or association rules.

Art. 4. The team that is responsible for the forfeit is responsible to pay the fees for the referee for both teams. **Example: Team A doesn't have enough players to start the game; they must pay their referee fees and the referee fee's for team B.**

**Timeouts:** No timeouts.

**Substitutions:** Substitutions will be allowed on the "fly" as long as the player is showing an attempt to get off the field. If the player leaving the field plays the ball while another player is already on the field to replace him there will be a 1 minute penalty and the team will play shorthanded. The player running off the field should be within 5 feet of the bench before the new player comes on. All players entering the field of play must enter the field by way of the door. Not over the boards.

**Rules & Interpretations:**

1. **Start if Game:** All games will start on time unless there would be a serious injury that would cause a delay. The kick off is determined by a coin toss. The kick-off can be played forward or backward and can be scored directly. Players on the defensive side of the ball must be 7 feet away from the ball.

2. **Off-sides:** There will be no off-sides.

3. **Dead Balls:** All dead ball situations are DIRECT free kicks. Defenders must be 7 feet away from the ball on all kicks.

4. **Penalty Kick:** A penalty kick will be awarded when the offensive team is awarded a free kick violation inside the defensive penalty area. The ball will be placed on the yellow line that is 24 ft. from the goal.

5. **Goalkeepers:** Upon gaining possession of the ball Goalkeepers have 6 seconds to get the ball back in play. Goalkeepers may not play the ball with their hands if the ball is intentionally kicked back to them by one of their own players. Heading and chesting the ball back to the keeper is allowed. **The keeper must also have both.** The keeper can grab the ball while standing inside the box for air balls, but not when the ball is on the ground outside the box. Keepers may not throw, drop-kick, or punt the ball over midfield without the ball making contact with another player, ground or the boards. Violation of this will result in a free kick from midfield. Keepers playing the ball from the ground are permitted to play the ball over the halfway line in the air. When a goalkeeper goes to ground to make a save he must remain inside the box; if they go out of the box they will be charged with a slide tackle and a direct free kick will be awarded from the spot of the infraction. Any slide tackled are cartable offenses!

6. **NO SLIDE TACKLES!!!!**

7. **NO JUMPING OVER THE BOARDS!!!!**

8. **Out of bounds:** The side netting for Ages U9 and U10 will remain in play. For ages U12 and up anything above the boards will be considered out of bounds and will result in a free kick from where the ball left the field. A ball hitting the netting at the higher section of the

boards at the ends of each field is either a goal kick or a corner kick. All goal kicks can be played anywhere inside the box. Corner kicks will be taken from a spot in the corner.

9. **Lights, Ceiling, Fan and Penalties:** Any ball which hits a light or fan in the center of the field will be a 1 minute penalty, and any ball that hits the ceiling or ducting will be a 2 minute penalty. All teams must play short-handed until penalty expires. No team may play with less than 3 field players and a goalkeeper. The ball will be placed at the spot where it hit the light or ceiling. Balls that are deflected into the ceiling or lights will be played from the spot of the deflection by the team who played the ball off the other team. (Same as an out of bounds call.) No penalty on a deflected ball that hits the lights or ceiling. The player that hits any of these objects must be the player that serves the penalty.

10. **FIGHTING WILL NOT BE TOLERATED!!!!**

Any player that is penalized for fighting will be suspended for the duration of the league and the team will be given a 2 minute penalty which will have to be served by another player. This includes striking of an official and/or disrespecting an official. If a team gets into a brawl the team will be suspended indefinitely. **All ejections and suspensions will be handled by the Manager of Indoor Sports.**

11. **CAUTIONS and EJECTIONS** - When a player is issued a yellow card their team must play a man down for a full 2 minutes. When a player is ejected (issued a red card) the team must play a man down for a full 4 minutes. The ejected player must leave the bench area and the building before the game restarts. Failure to do so will result in an extra game suspension. If a player/coach is ejected from a game, they will automatically be suspended for a minimum of one game.

12. **FOUL LANGUAGE IS NOT PERMITTED!**

13. **Coaching** - Only two coaches are permitted in coaching area. All coaches must stay in coach's area. Coaching from the sideline is permitted. No coach, player, or spectator may make obscene comments or gestures to referees, other coaches, player or spectators. **Coaches have total responsibility for the conduct of their players, friends, and spectators at all times. Spectators will be ejected from the building for disruptive behavior.**

14. **BENCH AREA!!!** Coaches are responsible for cleaning their bench areas after every game. Teams failing to do so may forfeit their next scheduled game.

15. **Playoffs** -Playoffs will be single elimination or tournament format depending on the make up of each division. Games will be 24 minutes in length and Championship winners will be given team award. All overtime games will be decided by golden goal, first team to score wins. Playoffs will be completed in the same night for all teams on their designated night. **(See for overtime game information on next page)** **Playoff placement** is determined by wins and loses. If there is a tie the first tie breaker is Head to Head, then goals scored against and then results against a common top rank opponent. If a team plays 6 games due to an uneven amount of teams in a division only their first five games will count towards the record.

**Fighting: Any player instigating a fight, throwing a punch, taunting, or verbally abusing a player, spectator, game official, or Body Zone Sports & Wellness Complex Employee or Representative will be immediately disqualified from the game. Note: Any player disqualified for the above offenses will be suspended for the remainder of the season and may be subject to additional local law enforcement procedures. Players must leave the building immediately. Clock will continue to run until play is restarted.**

**PROTESTS:** BODY ZONE SPORTS & WELLNESS COMPLEX DOES NOT RECOGNIZE OR ACCEPT PROTESTS.

#### **OFFICIAL LEAGUE POLICIES**

Each player, coach, official, team/league participant must sign a waiver release acknowledging participation in an indoor soccer league, and that they are covered by his/their own medical insurance, and agree not to hold the Body Zone Sports & Wellness Complex, its Agents, officials, or Sports Venue (field), liable for any injuries or harm that may result from their participation.

**GAME RESPONSIBILITIES:**

A) Each team (U9-U14) will pay the official \$11.00/game and each JV/High School & Adult league will pay \$12.00/game.

B) The game officials will be responsible for running clock and recording scores on scoreboard and reporting scores to the Indoor Sports Desk. It is the responsibility of each coach to be sure that the score is recorded properly at the end of the game.

C) Body Zone Sports & Wellness Complex does not provide liability insurance for players and STRONGLY SUGGESTS that teams and players provide liability insurance and supplemental player medical insurance.

**Playoff Games:** Every team is guaranteed a playoff game. Teams may choose not to play in the playoffs. Teams will need to inform league commissioner 72 hours before playoffs that they will not be playing to avoid fines. Body Zone Sports & Wellness Complex reserves the right to limit the number of eligible teams and conduct playoffs in any format based on available time and number of teams. All playoff games will be 24 minutes running clock.

**Tiebreaker during the playoffs:**

**All overtime games will start with a drop ball.**

1<sup>st</sup> Overtime – Golden Goal (Sudden Death). 2 minutes in length. Remove 1 field player (4v4 with goalkeeper)

2<sup>nd</sup> Overtime – Golden Goal (Sudden Death). 2 minutes in length. No Goalkeepers (4v4 with No goalkeeper)

3<sup>rd</sup> Overtime – Golden Goal (Sudden Death). 2 minutes in length. No Goalkeepers (3v3 with No goalkeeper)

4<sup>th</sup> Overtime - Golden Goal (Sudden Death). 2 minutes in length. No Goalkeepers (2v2 with No goalkeeper)

5<sup>th</sup> Overtime - Golden Goal (Sudden Death). 2 minutes in length. No Goalkeepers (1v1 with No goalkeeper)

**Thank You for participating in our Soccer League! Good Luck!**