

N-SPORTS REC CENTER

ADULT & YOUTH INDOOR SOCCER RULES

****The head coach is responsible for making sure all players are aware of every rule prior to any participation by a player in any game or any portion of a game or activity****

****NO ALCOHOL in player boxes or on the field****

****ONLY WAIVERED PLAYERS are allowed on the field & player boxes. Siblings, parents, etc. are not allowed. Highschool teams MUST have a parent/coach in player boxes every game.****

ROSTER/WAIVER: The number of players on a roster is limited to 15 players per team. The roster must be completed prior to the 1st game of current session and must include all players on that team, no matter what their status. All rosters must be submitted by the captain or manager to N-Sports by the first scheduled game. The league provides no medical insurance of any form. The N-Sports league only recognizes players who have been entered on a roster/and signed a waiver. **"N-Sports reserve the right to allow whomever it chooses and to refuse whomever it chooses for participation in the league".**

Inclement Weather: We play, almost always. It is up to your discretion to show up or not. In the event of a cancellation, please check our website www.nsportsreccenter.com and Facebook page as they will be updated first or call N-Sports at 636-239-1405.

Liability Release: You must read and sign the Waiver and Release form to be eligible to participate in any event at N-Sports Rec Center. No one will be permitted to participate without a signed waiver on file. You can visit www.nsportsreccenter.com to view and print a Waiver and Release form or stop by the facility. By signing their lease, you are contractually agreeing to the terms set forth and waive your right to hold N-Sports Rec Center and/or any of their employees liable for any unforeseen occurrences before, during and after the completion of an N-Sports Rec Center event, including the conditions of the playing surface and surrounding structures.

Officials Discretion: Our official's decision during the game will stand as called. We realize not everyone will agree with the official's decisions and our hope is that you will appreciate their efforts. Without officials, we would have no game. We realize everyone, including our officials, will make mistakes. Thank you for your understanding and cooperation in keeping the game moving. Abuse of officials will not be tolerated and may result in a caution, red card ejection and suspension of league play.

Dissent: We make bad passes as players, and officials miss calls just as they miss the occasional open net. Please control your players and your behavior, so that everyone may enjoy the game. A dissent penalty results in a yellow card, which the player serves the full two (2), the team does not play short. Two dissent penalties result in a red card; the player will be ejected from the game.

Conduct: Foul language and violent conduct will not be tolerated, at any level, anywhere on the premises. Offenders will immediately receive a red card and will be ejected from the facility; this includes the players, and spectators.

REFEREE ABUSE: ANY ABUSE of a referee, whether verbal or physical WILL NOT BE TOLERATED BY PLAYERS, COACHES, SPECTATORS, ETC. Disciplinary actions may include suspensions, banishment from facility, and possible criminal charges.

Rosters:

- A roster with signed Waiver and Releases must be turned in by your first game. Anyone playing must have signed a Waiver and Release Form, Player Code of Conduct Form and a Parent Code of Conduct Form to participate in games. NO EXCEPTIONS!
- Rosters are limited to 15 players.
- A roster check by coaches must be requested before the game. The official will check both teams' rosters before declaring a decision. However, if management notices "subs" at any point during the game, the player(s) will be removed from the game and it will be an automatic forfeit for that team.
- The coach(s) is solely responsible for requesting a roster check.

Registration and Eligibility: All players must have a signed Waiver and Release Form in order to participate in any game. A team using a player, who has not signed the Waiver and Release Form will be an automatic forfeit of the game. Management may request an ID on a player at any time and/or birthdate. A team using ineligible players will forfeit all games in which that person played. We expect all teams to use only eligible players. Management and game officials may request to see a Registration Card at any time.

Protests: *No protest will be accepted.*

Team Benches/Player Boxes: Please keep comments clean and in the spirit of sportsmanship.

- A maximum of two (2) coaches are allowed in the Player Boxes. Non-roster players are not permitted in the bench area. Coaches are responsible for keeping kids out of the player boxes.
- Only water bottles and sport drinks are allowed inside of the Player Boxes. No other outside food or drinks allowed. Always Keep the lids on drinks to avoid spills and tracking of liquid onto the field. **No seeds, nut or gum allowed.**
- Please keep the bench areas clean during and after your game. Please clean your bench area at the end of your game by throwing away all unwanted bottles and trash.
- Anyone leaving the bench upon an altercation, including the coaches, will receive a red card and will cause the game to end immediately in a forfeit for their team and possible disciplinary action by N-Sports Rec Center Management.
- Suspended players may not enter bench area during their suspension.
- Spitting on the field is strictly forbidden. Violation may include unsportsmanlike penalty and/or caution if a repeat offender.

Goal by Basketball Court: There is to be no coaching, yelling, shouting, etc. from behind this goal. Offenders will be given a warning by being asking to sit down elsewhere. If there is a second offense (same game or not), that will earn the team a two (2) minute bench penalty where your team will play short.

Order of Determining League Winners:

- Direct head to head

- Head to head goal differential
- Least goals against all opponents during league play
- Total goal differential for session (goals for minus goals against)
- Number of shutouts in that session (including forfeits)
- Head to head to playoff game

Substitutions: Player substitutions can be made during active play or at any stoppage of play by the official.

An illegal substitution may occur when a player enters the field before the substituted player is more than five (5) feet from the bench area or the official determines substituting player was actively involved in the play before substituted player has left the playing surface, resulting in too many players on the field. A bench warning will be issued to the offending team for the first offense. The restart will be a direct kick from the offending teams redline. If in the opinion of the official, the infraction was deliberate to gain advantage or disrupt, the opposing team from a clear advantage, a blue card for unsportsmanlike conduct and a yellow card caution will be issued to the offending team who will play a person short for the duration of the penalty, unless a goal is scored during the timed penalty. A goalkeeper change may be done during active play, so long as it does not violate the above substitution rules. If a goal is scored while you are changing goalies, the goal will stand. Coaches may also notify the official to permit a goalie change at a stoppage of play where possession of restart is that of the substituting team or after a goal has been scored.

The “Running” Clock: There will be a running clock throughout the game. We stop the clock for serious injuries. Teams are given one (1) to (2) 2minute halftime. Once the official has whistled for the game to begin or be restarted, teams must take the field. Any delays will result in the ball being awarded to the team that is ready and the clock will start. Due to our schedule, teams are NOT guaranteed any time on the field to warm up. Teams should stretch before the game. We do not allow any ball play outside of the field, on the concrete.

- Game time is starting time
- If a team does not have the minimum number of players to begin, the clock will continue to run for a 10- minute “grace period”. If after the 10-minute “grace period”, the team still does not have the minimum to begin play, the game will be considered a forfeit.
- If players arrive during the 10-minute “grace period”, the game will begin at that point, but the clock will not be re-set.
- If the game has been forfeited, the two teams may still play for the remainder of the time under a forfeit.

Team(s) that Delay the Game from Starting:

- If both teams have enough players to begin the game, but one team is not ready to begin at the starting mark, the official will advise the team that they need to get into positions to start play
- If after the official warning, the team is still not in position to begin play, the official may issue a two (2) minute blue card for Delay of Game, in which the team will play short-handed.
- The clock will stop on all whistles in the last minute of the game, if the score differential is one goal or less.

Ball “In and Out” of Play:

- If the ball leaves the field of play and hits the side netting, it is placed on the nearest white hash mark directly

below the point where it made contact with the netting.

If the ball leaves the field of play and strikes the ceiling or supporting beams, the restart will take place at the nearest red or white line from where the ball last played.

Restarts and Free Kicks:

No whistle will be indicated for restart unless indicated by the official.

All free kicks are direct. Ball must be stationary before the free kick is taken.

Except for a drop ball, the same player who takes the restart may not touch the ball until another player has made contact.

For restarts by a team within its own goalkeepers' box, the ball is not "in play" until the ball leaves the area. If touched, the kick is retaken.

Only players taking the restart may request defenders to move 10 feet, not other teammates. Coaches may only request the 10 feet for teams K-3rd. If desired distance is requested, official will indicate restart on his /her whistle.

If a "quick restart" is attempted by the offense, any defender still inside the required 1- foot may not attempt to play the ball (example: stick a foot out to block it).

Attacking players may not stand in the goalkeeper's crease during restarts.

Dangerous Play:

High kick-called when the foot or leg endangers an opponent

Playing with the sole of your foot up, facing the opponent

Going into a play with your back turned

Sliding/slide tackling

Playing the ball on while on the ground

Sliding, Tackling, Playing on the Ground:

Sliding, tackling and playing on the ground are NOT permitted.

Any sliding may result in a blue card and penalty assessment as determined by the official or a yellow card caution that results in dangerous play.

Slide "tackling" in High School games carry a mandatory two (2) minute blue card and may result with a yellow or red card, based on the intent and severity of the play.

Slide "tackling" in youth games, will be whistled as a foul and may result with a blue card based on the intent and severity.

If a player plays the ball first and then falls to the ground as a result of momentum, it may not be considered a foul provided the player's action doesn't endanger an opponent.

If one knee touches the ground during play, in most cases, it will not be called a dangerous play unless in the opinion of the official that player has put another player at risk by creating a dangerous situation or obstructs opponent from playing the ball. In the process of playing the ball, if another body part comes in contact with the ground during the play, the play shall be whistled if action is deemed by the official of putting other players at risk or obstructs opponent from playing the ball. Result of infraction will be a free kick to the non-offending team; however, the official may allow play to continue if there is a clear advantage for the non-offending team. If advantage does not materialize after two to three seconds, the official has the authority to award the free kick from the point of infraction.

A player may not play the ball from the ground, even if an opponent is not around. This is for the player's safety. The goalies, when making an attempt to stop the ball, may slide, however, the slide must be initiated from inside the penalty area.

- It is the player's responsibility to stay on their feet!

Kicking from Behind-NOT PERMITTED

- This included kicking the ball from behind, though, in between, and around the back of legs of the person who has possession of the ball.
 - The defender may shadow the player with the ball, but not strike from behind, or through the legs for the ball.
 - In advanced competition, an official may allow a defenseman to hold their position with a light hand check on the offensive player shielding the ball.
 - The chances of striking the opponent's ankles or knees are far greater from behind than a "clean" strike of the ball from the front of the player.
 - This rule will be enforced 100% in High School Games, even if the ball is struck cleanly with no contact to the legs or ankles.
 - In youth games, (1st through High School), a foul shall be called IF the defending player makes ANY contact to the player with the ball.
- **Men's adult league ONLY KICKING FROM BEHIND is permitted. Only if no physical contact is made. Referees can access a blue card if reckless contact occurs. ****

Handling the Ball: This rule instructs officials to call a foul only when it's intentional.

- The FIFA rule of "handling the ball" instructs officials to call a foul only when the hand propels or plays the ball.
- If the ball "plays the hand" (ball hits the arm in a natural position), no foul shall be called, regardless of where the ball goes unless it is determined that the ball would have entered the goal. In this instance, the official has the authority to award the goal and issue a yellow or red card to the offending player based on the intent of the infraction.
- If players block their face and the ball hits their hands, no foul is committed, as long as players did not direct the ball to themselves or their teammates resulting in a gained advantage. If the team gains an advantage, a foul will be called.
- A deliberate handball (player knocks ball out of the air with hand/arm purposely), will result in a card assessment as determined by the official. If a player intentionally plays the ball with the hand/arm and impedes the ball from entering the goal, a goal will be awarded and a red card and ejection will be issued to the offending player.

Goalkeeper Rules:

- Goalkeepers must start their slide in the box and make contact with the ball inside the box, however, if slide and ball were contacted in the box and the goalkeepers momentum carries them outside of the box, no infraction shall whistled.
- Goalkeepers have five (5) seconds to distribute ball from their hands. They may bounce the ball while in possession.
- Goalkeepers may dribble the ball into the box and pick it up providing an opposing player last played the ball.
- A deliberate handball by the keeper, outside the penalty box, may result in a two (2) minute penalty and a penalty kick. An intentional handball is a free kick at the point of infraction. In reference to the goalkeeper's box, what matters is, if the ball and hands are inside or outside of the box. If they are on the line or inside the box at the moment of contact, it cannot be a handball. If the goalkeeper's entire body is lying outside the box, but their hands are on the ball, which is inside the box or on the line, it is NOT a handball.

Teams may pass the ball back to their goalie; however, as in indoor, they are no longer allowed to pick the ball up. Restart for this infraction is opponent free kick at the top of the penalty area red line of the end they are attacking.

****Goal keeper can punt or drop kick the ball****

For all full sided youth games, through U8 , the goalie is allowed to use their hands on all pass backs from ANYWHERE on the field.

Goalkeepers will serve ALL assessed penalties for 7th grade through High School. Younger divisions may opt to have a field player serve the penalty, unless the keeper has received a red card.

If you intend to switch a goalkeeper during play, they do not receive warm up time on the field. You must switch them on the fly, at your own risk. Officials will not hold play to allow a switch. We suggest switching them after a goal has been scored or at halftime, but do not delay the start of the second half.

Number of Players:

Including goalie		Minimum to play	Length of game
U-8	7	5	(2) 18 min halves
U-10	7	5	(2) 20 min halves
U-12	7	5	(2) 20 min halves
U-14	6	4	(2) 20 min halves
HIGHSCHOOL	6	4	(2) 20 min halves

Field Players Equipment:

Teams must wear the same color, but we do not require names or numbers on the shirts. Goalies must be in a different color than their team and the opponents.

If both teams wear the same or similar colors, the home team must change into another distinguishing color or wear pennies. The home teams I the team designated on the league schedule.

Pennies are not provided.

Shin guards must be covered by socks and are REQUIRED for everyone.

Hard plastic/metal leg/knee braces, must be covered or wrapped or will be ruled eligible by the game official or management.

Tennis shoes or turf (minimum of 32 studs) must be worn, no metal or outdoor cleats.

****No jewelry allowed, no taping allowed****

The Ball:

For U-8 THROUGH U-12, the ball size will be **4**.

For U-14, AND HIGHSCHOOL through ADULT, the ball size will be **5**.

Fouls and Cards:

A *foul*, resulting in a free kick, is assessed to a player who commits any of the following offenses:

○ Dangerous Play, Jumping/Obstruction, Handling the Ball, Tripping/Kicking, Boarding, Slide Tackling, Holding, Charging, Elbowing, Pushing, Spitting and/or Four Language. A timed penalty, two (2) minute blue card should be assessed when any of the above offenses are deemed by the official to be careless, reckless or involves excessive force.

Blue Card:

- Playing in a careless, reckless or dangerous manner
- The team plays shorthanded for two (2) minutes unless a goal is scored
- A delayed two (2) minute penalty may be given in the event of an advantage

Yellow Card:

- Playing in a careless, reckless or dangerous manner
- Second blue card to the same player
- An intentional or serious foul as determined by the official. A two (2) minute blue card MUST be issued FIRST for the original infraction with the yellow card to follow for the intent
- Unsporting behavior or dissent, FROM PLAYERS OR COACHES. Player(s) serve a two (2) minute or a five (5) minute penalty, as determined by the official. Official will indicate to coach what time is to be served. Team does not play short while the time penalty is being served.

Red Card:

- Second yellow card or third blue card
- Any foul or abusive language directed at any official, player, coach or spectator. Players who receive a red card or two (2) yellow cards for dissent or unsporting behavior, their team does not play shorthanded
- Fighting, spitting at/on or striking an opponent
- Vicious or an extremely dangerous play
- Team with an ejected player plays short for the entire five (5) minute penalty even if a goal is scored

The official has the right to eject any player, coach or spectator at any point before, during or after a game. An ejected person must leave the field and surrounding area immediately. Failure to do so will result in the team forfeiting the game. Any ejected person is suspended for the remainder of the game and their next scheduled game. Coaches who receive a red card may not be a spectator at their next game. In all cases, management has the right to issue a more severe suspension.

Suspensions for players/coaches, who receive a RED card:

- In all cases, management has the discretion to issue a MORE or LESS severe suspension than listed below:

A red card is a minimum one game suspension, for that particular league and that night
Anyone receiving a second red card within a six (6) month period is suspended for a minimum of two (2) weeks. Anyone receiving a 3rd red card within one (1) year period is suspended for a minimum of four (4) weeks.

Fighting/Altercation Suspensions:

- ALL players involved, in an altercation on the field, will be reviewed by management who will determine the length of suspension.
- Any person who strikes (open or closed fist) another person will be suspended for the remainder of that session or six (6) weeks.
- Any player defending him or herself, without striking an opponent will be reviewed.
- Those players/coaches who instigate an altercation on the field will receive a minimum two (2) game suspension and a review by management with possible further suspension.

Penalty Kicks: A penalty kick is only awarded when:

- A two (2) minute penalty (blue card) is issued to a defensive player for a foul that was committed inside the box.
- A clear goal scoring opportunity was lost due to a foul that occurred outside the box and a two (2) minute penalty (blue card) was issued.
- The timed penalty begins after the penalty kick is taken. The ball is live after the kick.
- All players except the player taking the penalty kick and the goalkeeper must be beyond the top of the red circle. The player taking the penalty kick may not play the ball again until touched by another player. The result of this infraction will be a free kick from the red line in the end of the field of the team defending the preceding penalty kick.

For penalty kicks, the ball is placed on the dot inside the box.

- Goalkeeper must remain on the goal line until the kick is taking; however, they may move side to side on the goal line but must not leave the goal prior to the ball being played. Result of this infraction will be a retake of the kick unless the ball shall have entered the goal.
- Any player leaving their position above the top of the red circle may result in the penalty kick being retaken unless the ball enters the goal.
- In ALL cases, for a penalty kick to be awarded, a two (2) minute (blue card) must be issued first.

****IF, In the opinion of the referee, a player commits a foul near any wall that endangers the safety of an opponent, a penalty kick will be awarded, and a blue or red card will be issued to the offending player(s). Note that this offense can occur at anywhere on the field, yet still result in a penalty kick. ****

Pass Back Rule:

- This restricts the goalkeeper from using their hands if their teammate deliberately passes the ball back to the keeper from anywhere on the field.
- A goalkeeper is allowed to dribble the ball back into the box if the ball was played by an opposing player.

**HEADBALL RULINGS: Only U10 TEAMS AND BELOW ARE AFFECTED.
(U11 AND UP are allowed).**