



Soccer Rules & Regulations

POINTS OF EMPHASIS 2009/2010

1. Players are not permitted to grab the top of the walls. Referees will award a direct free kick for all infractions.
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 only permitted to play on one team within their age/division. 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 in two different age groups.
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 (Thursday and Sunday)
7. All Premier/Select Teams must play up at least one division. If a club team has more than 3 Premier/Select players on their roster, the team must play up one division. **Exception:** if the player is already playing up an age group or if a female player is playing in a male division. The **Premier players** will be marked with a P behind their uniform number on the roster.
8. The side netting for Ages U9 U10 and U11 will remain in play. For U12 and up anything above the glass/boards will result in a free kick from where the ball left the field.

INCLEMENT WEATHER POLICY

In the case of inclement weather, such as snow and ice, if Body Zone decides it is unable to host competition that day or evening, the facility will contact all team representatives who are scheduled to be participate that day. All games in this scenario will be rescheduled and no loss of games will occur.

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, are 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 Club and premier level if the number of teams registered permit. If there aren't enough teams for a Premier division those teams registered will be required to play up to at least one age level. Premier levels will be U10, U12 and U14 both Boys and Girls. All teams must supply a ball for each game.

Season: The season will include 7 regular season games plus playoffs. Each team will play a total of seven - 45 minute games (running clock) and all teams are guaranteed a playoff 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 4th 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.

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.

Uniforms: No player may compete in the league without a matching team uniform shirt. Team shirts required a number on the middle back of shirt and teams are required to have matching colors. (It is strongly suggested that teams have 1 dark colored uniform and 1 light colored uniform. The number must be a minimum of 6" in height and of contrasting color of the shirt. Teams without proper uniforms after the 1st week of competition will forfeit any games where the team does not have sanctioned uniforms and will be responsible for any forfeit fees. Pinnies will only be used as a last resort.

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 U8 up to High School Leagues. **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-U16) will pay the official \$11.00/game and each 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 both officials for the forfeited game. If this is not paid prior to next game the team will not be allowed to play.

Prizes: The winning 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.**

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.

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 (4) by the start time of the game, that team will forfeit and follow the procedures noted below.

Forfeits:

Art. 1. When a forfeit is declared, the score shall be recorded as 5 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.

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.

Rules & Interpretations:

1. **Start of Game:** All games will start on time unless there would be a serious injury that would cause a delay. The kick-off can be played forward or backward, 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 spot at mid field and the player that was fouled (if able to) has 6 seconds to score. They can follow up a rebound and try to score as long as it is done in the 6 seconds. The keeper is not allowed to leave the goal box to challenge the player with the ball.
5. **Goalkeepers:** Upon gaining possession with the hands, goalkeepers are allowed unlimited steps; however, the ball must be played within 6 seconds. 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 feet in the box when handling the ball. 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. The keeper may not throw, drop-kick, or punt the ball over midfield on the fly without the ball making contact with another player or the boards. Violation of this will result in a free kick from midfield. When a goalkeeper goes to ground to make a save he must remain inside the box; if he goes out of the box he will be charged with a slide tackle and a direct free kick will be awarded from the spot of the infraction.
6. **NO SLIDE TACKLES!!!!**
7. **NO JUMPING OVER THE BOARDS!!!!**
8. **Out of bounds:** The side netting for Ages U9 U10 and U11 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 will be a 2 minute penalty. All teams must play short-handed until penalty expires or the short-handed team is scored on. 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.)
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 managers of Indoor Sports.**
11. **EJECTIONS** - When a player is ejected from a game the player must leave the bench area and the building. **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 the next game.
12. **FOUL LANGUAGE IS NOT PERMITTED!** The first time the player will be warned. The second time the player uses foul language, the player will be asked to leave. The player will then be suspended for their next game.
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 will 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 league winners will be given awards. 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.
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 8 games due to an uneven amount of teams in a division only their first seven 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-U16) will pay the official \$11.00/game and each 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.

Tiebreaker for playoffs:

All overtime games will start with a drop kick.

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

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

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

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

5th 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!