

The Field Sports Arena Rules and Regulations

1. Division Regulations

All Divisions

All teams will be responsible for doing the following for each session:

- Handing in an up to date roster / Waiver form by the start of the first game
- Pay unbalanced team fees by no later than the start of the third week

Time Requirements: All teams play Two, 20 minute halves

Youth Divisions (18 years old and under)

- Youth players may play in an older division at the discretion of The Field Management
- Youth player must have a legal guardian’s signature on the consent / waiver roster in order to play at The Field Sports Arena.

High School Divisions

- 7th / 8th graders are permitted to play in high school league.
- Players who have graduated from high school or are not currently enrolled as a student in a school district are not eligible to play in the high school divisions.
- Any questions about a players eligibility may be asked by The Field Sports Arena management and a signed letter from the school district or student ID with graduating year must be provided in or order to participate.

Adult Divisions (18 years old and over)

- Adult players may play in any of the open leagues

League	Ball Size	# of Players
Men’s	5	6 Players
Women’s	5	6 Players
Coed	5	7 Players

If an Adult Division has a specified age to it a player may play in that division if they are within two years of the specified age, but a team may not exceed more than three players that do so.

Example

A 25 and over coed team can have a maximum of three players that are 23 years old.

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Open Division

- This division is open to any and all ages, at the discretion of The Field management. Players under 18 years of age must have parental consent.

Recreational Division and Regulations

NOTE: Only 3 select player are allowed on a recreational team

Select Divisions

- The Field Sports Arena recognizes ages U10, U11, U12, U13, and U14 to be select. Ages 15 and older are open to players.

Coaches Checklist

Listed below are a few of the key rules that all your players should know

- All kicks are direct!
- Team must be of like colored shirts (Different hues or the same color are fine)
- Players Under 18 must wear shinguards, any player not wearing shinguards will be asked to leave the field of play. Adults May play at their own risk without Shingaurds.
- Game time is forfeit time at the discretion of The Field Management
- Smoking or chewing tobacco is prohibited in or around the building
- Players spitting on the playing field will receive an automatic two minute penalty
- Slide tackling will not be permitted. (Exception to the rule – Goal Keepers may slide tackle in their own penalty box.)
- The game will consist of two 20 minute halves with a one minute break between halves
- Only 3 select players can play on a recreational team. A select player is one who has played select soccer in the spring or fall prior to the indoor season. Select applies to players nine years old and older.
- Coaches please inform all players of the suspension policy
- All players / Guardians must sign a team roster and a player waiver form. Any player not registered will be trespassing and ineligible to play.

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Note: Games may be forfeited if players do not comply with the rule

2. The Field of Play

Perimeter walls are part of the field of play.

House Rule

- *The top perimeter wall and anything above the red line on the lounge glass is out of play*

Markings on the field are present and visible and all calls that may reference the ball in correlation with the markings are under the discretion of the official.

3. The Ball

- The Ball shall not be changed during the game unless authorized by the official or management
- The official prior to each game will approve the ball.
- If the ball should burst or deflate during the game
 - The game shall be stopped while the ball is changed out
 - The game will restart by a drop ball where ball deflated.

House Rule

- *If the game is stopped, the appropriate free kick will re-start the game.*
- *If the ball is deflated in the penalty area, there shall be a drop ball outside the penalty area nearest to where it became deflated.*
- *The Field Sports Arena will supply game balls. No other balls will be allowed on the premises. Game ball will be returned to the official at the conclusion of each match.*

4. Roster Regulations

- All teams must have their team's players on a roster and turned in to The Field's management by the first game of the session.
- A new roster must be provided for each session.
- Each player must fill out a liability release form. Any player who does not fill out and sign a release form will be considered Trespassing and the team they are playing with will automatically forfeit the game.
- All players under the age of 18 years of age must have parent or legal guardian's signature before they can play. Those 18 years and older may sign for themselves.
- Any changes to be made to the roster must be made by the second (2) game of the session. It must be changed on the roster file at The Field's office and witnessed and initialed by a representative of The Field's management.
- A team may carry as many players as it needs on its roster.

House Rules

- *Use of an ineligible player will result in a forfeit by the team guilty of this action.*
- *Players may play on 1 team in each division.*
- *Only 3 select players are allowed on a recreational team.*
- *COACHES PLEASE NOTE: You may roster as many players as you like but we will only supply 12 awards to the division winner.*

5. Number of Players

- Games will be started by two teams,
 - * Youth Division play 8 players, one of whom shall be the goalkeeper.
 - * High School Divisions 6 Players, one of whom shall be the goalkeeper
 - * Men's / Women's Divisions play 6 players, one of whom shall be the goalkeeper.
- Coed Divisions will consist of 7 players, one of whom shall be the goalkeeper. Any team unable to field a minimum of 4 players (two of which must be female) will forfeit the game. (See coed rules for further information)
- Any team unable to field a minimum of 4 players (6v6 league) for the will forfeit that g

6. Player's Equipment

- Players shall not wear anything which may injure him/herself, or any other player on the field.
- Illegal equipment is any equipment which in the opinion of the official or management is dangerous or confusing.
 - Types of illegal equipment:
 - Rings, Watches, Necklaces, and piercings or items projecting from personal clothing.
 - Head, arm, thigh or hip pads containing sole leather, fiber, metal or any unyielding materials.
 - Shinguards which are exposed. (Shinguards must be covered.)
 - Helmets, Hats, Caps, Visors and hair bonnets.

EXCEPTIONS:

1. Goalies may wear a head protector made of closed- cell slow recovery rubber or similar materials that stay soft in final form. This head gear shall have a chin strap and shall not have a bill or other protruding design characteristics or cover the face other than the forehead.
 2. Goalies may wear fingersave type gloves
 3. Religious, military or medical medals may be worn, if taped to the inside of the uniform or to the body.
- Goalies must wear colors which distinguish him/herself from the other players and official.
 - Team uniforms will be similar in color, but are not required to match in style or have numbers on them.
 - SHINGUARDS ARE MANDATORY FOR ALL PLAYERS UNDER 19. Socks must cover shinguards at all times. Adults may play at their own risk without guards.

HOUSE RULES:

- *Casts or knee braces made of hard, unyielding material must be examined by the official prior to the game. Cast or braces should be padded prior to the start of the game and if an official or management determines the object to be dangerous, it is their discretion if the player shall play or not.*

**** ONLY FLAT-SOLE, TURF, OR GYMSHOES MAY BE WORN****

NO CLEATD ALLOWED!!!!

6. Player's Equipment (Con't)

- The team listed first on the schedule is the home team. In the event of two team with like colored uniforms, the HOME team is responsible for changing the color of its uniforms. **The Field will not provide shirts.**

Punishment for any infraction of the laws indicated:

- The player at fault shall be removed from the field of play to adjust equipment. Any player who enters / re-enters the game having failed to carry out adjustment will be assigned a time penalty. Time penalty is at the discretion of the official.

7. Goalkeeper Restrictions

- A goalkeeper may not handle the ball a second time until the ball has been played into the neutral zone.
- A goalkeeper must distribute the ball within five seconds after gaining control of the ball with their hands. IT is the official's discretion as to the time the goalkeeper gains initial control of the ball.
- The ball may not be passed to the goalkeeper's hands from the neutral zone by a member of that team. The defensive team must gain possession in the red zone before passing the ball to the keeper's hands.
 - The following are considered changes of possession:
 - a) A defensive steal
 - b) The Ball being kicked over the perimeter of the wall
 - c) A goal kick
 - d) A foul on the attacking team
- ❖ Examples of Goalie two-touch fouls:
 - a) Goalie distributes the ball to his fullback within the defensive zone of his goal area; a fullback then kicks the ball back to the goalie who then picks the ball up with their hands.
 - b) Goalie distributes the ball to a fullback who takes the ball into the neutral zone, then kicks the ball to the goalie who then picks the ball up.
 - c) Fullback gains possession in the neutral zone, he then either dribbles or passes the ball into the red zone, the ball is then passed back to the goalie who then picks it up.
 - d) Goalie receives the ball outside the penalty box then dribbles into the penalty box and picks the ball up.

7. Goalkeeper Restrictions (Con't)

❖ Basic Ruling Two-Touch Foul By Keeper:

- a) Ball must be played into neutral zone and must be played or touched by an opposing player before the keeper can handle the ball a second time.
- b) This ruling is void if an opposing player receives / plays the ball prior to entering the neutral zone.

❖ Goalie Foul Rules



- a) Any time a penalty is assigned against the goalie (except for fighting); the penalty shall be / can be served by another member of his/her own team. Yellow cards will still be assigned against the goalie.
- b) The opposing team will be awarded a direct free kick from the spot of the goalies foul. (See exceptions below)
 1. If the foul is committed in the box the free kick will be awarded at the top of the arch of the penalty area.
 2. If the goalie is called for a flagrant foul in the box the opposing team will be awarded a penalty kick.

8. Start / Duration Of Game

- ❖ The game is started by a player taking a place-kick from the center spot into his/her opponents' half of the field of play. Infringement of kick-off will be re-started by a re-kick. If kicker plays the ball twice, a direct kick is awarded to the opposing team. (Playing the ball twice includes instances where a player kicking off the perimeter wall to themselves before the ball is touched or played by another player. This rule applies to all free-kicks. The ball must roll $\frac{1}{2}$ its own circumference.
- ❖ The game shall be re-started in a like manner after the end of each half or after a goal has been scored.
- ❖ The ball is in play at all other times from the start of play, including:
- * Rebounds from the perimeter wall/referee
 - * In the event of a supposed infringement of the law until a decision is given by the official
- ❖ All kicks are direct free kicks
- ❖ A goal can be scored directly from kick-off.

8. Start / Duration Of Game (Con't)

❖ Time In Play

- * The clock shall not be stopped when the ball is out of play
- * Time shall be extended to permit a penalty kick being taken at or after the expiration of the normal period of play.
- * The time shall be stopped if, in the opinion of the referee, there is a serious injury.

HOUSE RULES:

- * The duration of the game shall be two equal halves of 20 minutes each, for a total of 40 minutes. Interval between halves will be one minute.
- * After the end of each half, when restarting play, ends of field will be changed and a kick-off will be taken by the opposing team that kicked off the previous half.
- * The team that is guest will have the first kick off.
- * Game time is forfeit time at discretion of The **Field** management.
- * Additional time will be added to the clock if in the opinion of the referee infringements of the laws or other causes deem it necessary.
- * **The Field Sports Arena** does not permit the suspension of play for team time-outs.

9. Substitutions

- ❖ Substitutions may be used on an unlimited basis, provided that the players substituted for arrives in the general area of the bench before replacement enters the field of play.
- ❖ Play will be suspended to allow completion of substitutions on the following occasions:
 - * After a goal is scored
 - * After a time penalty has been assigned
 - * On an injury time-out
 - * Ball is out of play and has crossed over the perimeter wall on your team's possession
- ❖ Any of the players may change with the goalkeeper, provided the referee is informed before the change.
- ❖ All substitutions shall be deemed to be a player and shall be subject to the authority and jurisdiction of the referee (off) the field of play.
- ❖ If, a team repeatedly substitutes to consume time and delay the game, these tactics will be considered unsportsmanlike conduct. The official will stop the clock, add time to the clock, and will assign the offending team with a time penalty. Time of penalty is at the discretion of the official and a coach will have to select a player to pull off the playing field for the duration of that time penalty.
- ❖ Any non-player/coach that enters the field of play without permission of the referee will be ejected from the game.
- ❖ An official may stop play to determine if a player is injured. If after re-examining the player it is determined the player is able to continue, replacement for that player is not mandatory.

Punishment for infringements:

- * The offending player shall serve a penalty time period of 2 to 5 minutes. Time of penalty is at discretion of referee. Play will re-start by a direct free kick.

10. Scoring

- ❖ A goal is scored when the entire ball has passed over the goal line, between the goal post and under the crossbar, provided it has not been thrown, carried or intentionally propelled by hand or arm by a player of the attacking team, except in cases of the goalkeeper who is in his / her own penalty area.

11. Three-Line-Violation

- ❖ The goalie is guilty of the three-line-violation when he/she throws or kicks the ball across the three lines (both red lines and the center line) in the air, towards the opponent's goal without the ball touching the wall, the floor, or having been touched by another player.
- ❖ The only exception to the law is a goalkeeper may kick or throw the ball across the three lines if his/her team is playing with 2 less players than the opposing team.

Punishment for the infringement

- * Of the law: The referee shall award a direct free-kick to the opposing team from the center or the first red line.

12. Free-Kicks/ Delay of Game Penalty

- ❖ Free-Kicks: When a player is taking a direct free-kick inside his /her own penalty area, all opposing players must remain outside the area and must be at least 10 feet from the ball while the kick is being taken. The ball is in play immediately after it has traveled half of its own circumference and is beyond the penalty area. The ball must be kicked beyond the penalty area before it is in play. Failure to do so: Re- Kick.
- ❖ When a player is taking a direct free-kick outside his/her own penalty area, all of the opposing players shall be at least 10 feet from the ball.
- ❖ Delay of game penalty: if any player, in the referee's opinion, intentionally puts the ball out of play (over the perimeter wall or to the ceiling) to delay the game, the game shall be stopped and a direct kick is awarded to the opposing team at its offensive third. A time penalty shall be assigned to the offender. NOTE: Throwing/ kicking the ball away from an opponent awarded a free kick is considered a delay of game tactic. Goalies will not be violators of this provision if deflecting a ball over the perimeter wall within their goal area.

13. Time penalties (House Rules)

- ❖ All time penalties carry automatic yellow cards.
- ❖ Two time penalties on the same individual results in automatic ejection
- ❖ Duration of time penalties is at the discretion of the official.
- ❖ All 5 minute time penalties must be served in full, regardless of time remaining in game or team being scored upon.
- ❖ Any team assigned three time penalties within one half or a total of 4 time penalties within two halves will forfeit the game.
- ❖ All time penalties carry over to the next half.
- ❖ Referee's can send players to the bench for a minute "Cool Down" period. Cool down periods do not count as time penalties.

Cool down periods are designed to let players from both teams keep players on the field. When a player is sent off for a "Cool Down" they must stay off the field for one minute. During this period a player from the bench can substitute for the player sent off.

It is the discretion of the referee and coach as to the amount of time players stay in "Cool Down" the minimum time will be one minute. This rule is designed to prevent arguments and fighting. Management feels that "Cool Downs" give players a warning to change their play or attitude before a major problem arises.

After one minute the player in "Cool Down" a coach may substitute that player back onto the playing field.

14. Fouls and Misconduct

- ❖ Any Player committing the following offenses shall be penalized and the opposing team will be awarded a direct free kick from the place where the infringement occurred. (Example: Dangerous Play, obstruction, etc.)
- ❖ Any of the infringements listed above which are committed in the goal box by the defense will result in the ball being placed at the top of the circle of the penalty box.
- ❖ Any of those infringements made by an offensive player will result in the ball being placed at the spot of the foul.
- ❖ If, in the opinion of the official, the player is guilty of a serious breach of the offenses listed, he/she may be penalized with a time penalty. Amount of time is at the discretion of the official.

14. Fouls and Misconduct (Con't)

Penal Offenses

- * Playing in a manor considered by the referee to be dangerous.
 - * Charging the goalie when he/she has possession of the ball.
 - Exceptions being when the goalie plays the ball with their feet in or outside of the box.
 - * When playing as the tactics: of holding the ball in hands more than 5 seconds, if in the opinion of the referee are designed to hold up play.
 - * Kicking/Throwing the ball away from the team awarded a free kick.
 - * Dissent towards the referee (words or actions), on any given decisions.
 - * Unsportsmanlike conduct
 - * Any kick delayed longer than five seconds will be awarded to the other team.
 - * Any ball touched by the defense on the defensive third, which then touches the top of the net will result in a direct kick for the opposing team in the middle of the offensive red line.
- ❖ Two cautions per game, player shall be ejected off the field of play.

Cautionary offenses

- * A player or coach shall be cautioned for
 - Persistent infringement of the laws of the game
 - Dissent towards the referee (action or words)
 - Unsportsmanlike conduct

Ejection Offenses

- * A player will be sent off the field of play if
 - The player is guilty of violent conduct or serious foul play
 - The player uses foul or offensive language
 - The Player persists in misconduct after having received a caution-guilty of committing a second time penalty offense.
- * A player ejected off the field of play, the offending team will play short the remainder of the game, regardless of the time remaining or score of the game.
- * All ejections will be reported to **The Field's** management.

15. Fighting

1st offense = Automatic 2 game suspension

2nd offense = Automatic season suspension and \$25 fine

- ❖ Each fighting offense will be reported to **The Field's** management and dependant upon offenses and situations of the infringement of the law ... etc... Additional suspension time can / will be added. A \$25 dollar fine will be given to second time offenders.
- ❖ If any player / coach / trainer, etc. leaves the bench area to join in an altercation on the field, or to start an altercation, he/she will be ejected from **The Field Sports Arena** and the game will be forfeited at that point, regardless of the score of the game or time remaining. If members of both teams leave the bench area to join an altercation the game will be declared a double forfeit and both teams will be recorded as a loss.
- ❖ Teams involved in such incidents will be subject to expulsion from **The Field Sports Arena** without refund.

16. Suspension Policy

- ❖ Any ejection carries with it an automatic game suspension for the rest of that game. Players or coaches may be suspended for more than one game by discretion of **The Field's** management.
- ❖ All suspensions will be imposed for that teams "next" scheduled game.
- ❖ Suspended players / coaches will not be permitted on the player's bench or the playing surface for the duration of the game suspended.
- ❖ Suspension does not pertain to the other teams or leagues on which players play or coach. Suspensions will be carried out within divisions of suspension assessed.

16A. Team Removal

- ❖ Any Team that may be fielding ineligible players and will not change or is unwilling abide by The Field Sports Arena Rules will be removed from the league. (Deposit will be non refundable) and an additional \$25 fee will be incurred for rescheduling by the ineligible team.
- ❖ Any Team that in the opinion of The Field Sports Arena management excessively fights or on a consistent biases is unwilling to abide by the Rules and Regulations of The Field Sports Arena will be removed from the league. (Deposit will be non refundable) and an additional \$25 fee will be incurred for rescheduling.

17. Regulation / Responsibilities

- ❖ The Field's official's jurisdiction of the official begins when they enter the field of play. They shall enforce the rules and their decisions on points of fact connected with the play are final, so far as the result of the game is concerned. The referee, however, can reverse his decisions so long as the game has not been restarted.
- ❖ His/ Her jurisdiction of authority of penalizing shall extend to offenses committed when play has been temporarily suspended or when the ball is out of play, prior to game or after completion of the game.

Referee Duties

Pre-game

- * Inspect and approve game ball.
- * Examine the uniform and equipment of each player to see that it is within compliance of the rule
- * Conduct a pre-game conference with coaches and captains to review pertinent rules and general house rules.

Game Duties

- * Enforce the laws of the game
- * Have discretionary power to stop the game, for any infringement of the laws and suspend or terminate the game whenever by reason of interference by spectators, or other causes, he/she deems such stoppage necessary
- * Caution any player guilty of misconduct or ungentlemanly behavior and suspend that player if player persists to infringe laws of game, etc... from participation in the game.
- * Allow no persons, other than players and coaches to enter the field of play without permission
- * Stop the game, if in the opinion of the official a player has been seriously injured; have the player removed as soon as possible from the field of play and resume play. If a player is slightly injured, the game shall not be stopped until the ball has ceased to be in play.
- * Send off (eject) from the field of play, any player / coach who in the officials opinion is guilty of:
 - a) Violent conduct, or serious foul play
 - b) The use of foul or abusive language
 - c) Persistent misconduct
 - d) Spitting
 - e) Slide tackling

17. Regulation / Responsibilities (Con't)

- ❖ Referee / official has discretionary power to add time to clock at any time during a game, for infringements of the law, interference of spectators, coaches, players, or other causes deem such additional time is necessary.
- ❖ Players, coaches, and spectators that enter the field of play without the permission of the referee will be ejected from the field of play and **The Field Sports Arena**. Additional actions may be taken against individuals committing this action, and is the discretion of **The Field Sports Arena's** management.
- ❖ If the Referee suspends or terminates a game, then the game will stand as is. A report of the game will be given to **The Field Sports Arena's** management for final determination of the game.

18. Coed Rules

- ❖ A team consists of seven players. A team can have no more than four males (or less than two males), on the field at one time, (The Goalie is a Gender Neutral Position and doesn't count toward your male or female numbers). Females may replace males but males cannot replace females. Any team unable to field a minimum of four players, two of which must be females, will forfeit that game.
- ❖ All fouls and misconduct laws and house rules apply to coed also, except those mentioned below:
 - A female player must kick the ball off to start or restart the game.
 - All free kicks in the offensive half must be taken by a female
 - A female attacking player must touch the ball in their offensive half before a goal can be scored from the time the ball crosses the center halfway line into the defensive zone of the opposing team, it must be touched by a female of the attacking team at least once before a goal can be scored. Once touch is made that touch is valid until the ball passes completely over the center half line, into the defensive half of the attacking team. Other methods which a touch may be lost are a goalkeeper gaining control of the ball with hands and / or goal kick, attacking team kicks ball over perimeter wall. Attacking team must obtain a retouch before a goal can be scored.
 - A goal will not be allowed if a defensive player deflects or kicks the ball in their goal before a touch by the attacking female player. A corner kick will result.

19. Protests

- ❖ No protests concerning the judgment call of a referee will be accepted.
- ❖ No protests concerning uniforms will be accepted
- ❖ All protests concerning the interpretation of rules will be judged by the protest committee.
- ❖ Protests must be submitted in writing within 24 hours to **The Field Sports Arena** management. Protests must be accompanied by a \$25 protest fee.
- ❖ Protests must be made to the official and entered on the score sheet before play resumes.
- ❖ The protest committee shall consist of **The Field Sports Arena** management and two referees.
- ❖ The decisions of the protest committee are final.

The Field Sports Arena management has the final say over all regulations, player eligibility, and facility rules.

Those not willing to abide by the rules or by The Field Sports Arena Management will be asked to leave the premises.

*For any questions concerning any of the Rules and Regulations listed above
Please see The Field Sports Arena staff or management.



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