

Sportsplex Basic Rules

November 2010

House Rules:

1. Play to win but not with a “win at all cost” attitude.
2. Sportsmanship is encouraged at all times. Respect all players, referees, and staff.
3. Remember soccer is a contact sport; you play at your own risk of injury.
4. Soccer is fun for all ages. So have fun!!
5. Absolutely no gum on the bench or field and no drinks of any kind on the field.
6. Please clean all dirt from shoes before entering.
7. Before a game, enter the field through the entrance by the player benches. After the game, exit through the glass doors.

League Rules:

1. Ball Size- (U6,U7-U8, #3), (U9-U12, #4), (U13-Adult, #5)
2. Players-U12 and below- maximum of 7 players on the field / U13 to Adult- maximum of 6 players on the field
3. Uniforms-All teams must have team uniforms with the same color shirt. U12-Adult ages must have unique numbers on the back.
4. Equipment-Cleats must be hard ground molded. Soft ground cleats*, studs and metal cleats are prohibited. *soft ground cleats are longer than normal hard ground. All players must wear shin guards covered by socks. NO eyeglasses are allowed, only sport goggles. No earrings, necklaces, etc.
5. Duration-Games will be 2 x 20 minute halves. There will be a 1-minute halftime.
6. Out of Bounds- The ball is out of play if it passes over the perimeter wall, benches, or if it touches the net. The ball is placed back in play 3 ft. from the wall where it went out of bounds. If the defense kicks it out from its own goal box, the ball is placed at the top of the arc. If the ball hits the ceiling net, the ball is placed in the middle of the closest of the 3 lines from the point it was last touched, including balls kicked from the goal box. Goal kicks and corners are played when the ball hits the net between the yellow lines.
7. Fouls and Misconduct-Soccer rules are FIFA laws unless stated otherwise by Sportsplex of St. Charles (see complete rules at sportsplexstc.com).
8. Blue Cards-A blue card is given for any of the following: dangerous tackles or challenges, dissent, repeated offenses, holding, intentional hand ball or fouls, slide tackles next to boards and slide tackles from behind. The result is a 2-minute penalty that expires if a goal is scored by the opposing team.
9. Red Cards-Automatic ejection: 3 blue cards, intentional break away penalty, intentional hand ball off the goal line, descent to referee, instigating a fight or fighting and dangerous challenges. The result is a 5-minute penalty which must be served in full even if the opposing team scores.
10. Referees: The decisions of the referees are FINAL. Any complaints please put in writing and give to the front desk.
11. Free Kicks and Restarts: The ball must be completely stopped and played within 5 seconds. The defender must be 9 ft. from the ball on all free kicks including corners and restarts from the arc and center lines. All restarts are direct.
12. Slide tackling is allowed, but not within 9 ft. from the boards. This does not include goalies or players sliding to block shots in the penalty box.
13. The 3-line rule applies to U13 and above.

Please consult the overall rules of the facility for further details (www.sportsplexstc.com)

Sportsplex League Rules

To ensure an enjoyable and safe program for all participants, Sportsplex of St. Charles has developed a code of conduct. Participants shall:

- Show respect to all participants and staff
- Refrain from using foul language
- Refrain from causing bodily harm
- Show respect for equipment, supplies and facilities
- The Sportsplex St. Charles reserves the right to dismiss players who violate our Code of Conduct.

General

- Sportsplex St. Charles commercial insurance does NOT cover any injuries sustained while playing Soccer on the field. **PLAYERS PLAY AT THEIR OWN RISK.**
- Soccer is a game of skill, technique, physical endurance, competition, sportsmanship, fun, and fair play, but nevertheless, it is a **CONTACT SPORT**. If for any reason you feel you may get hurt, then it is advisable that you do NOT participate.
- Sportsplex St. Charles will not be held responsible for **LOST** or **STOLEN** property.
- Due to the nature of the game, balls may exit the field of play. Sportsplex St. Charles will not be held responsible for any injuries incurred to spectators while viewing the game.
- Smoking is not permitted in the Sportsplex St. Charles facility.
- No outside food or beverages are allowed in the facility.
- Please keep the facility clean and damage-free by using the garbage cans provided and by reporting any acts of vandalism to us immediately.
- Spectators are requested to sit (**NOT** stand) on the bleachers. Please do not stand along or against the boards, or behind the goal.
- Please show courtesy to your fellow spectators by supervising your children while inside the facility.
- Any person found guilty of throwing any object on the field will be asked to vacate the premises.
- Spectators entering the field of play during a game for any reason will be sent off from the facility and shall result in a game forfeiture for that team, and possible dismissal from the league.
- Anyone found guilty of willfully damaging Sportsplex St. Charles property will be banned from the facility and legal action will follow.
- No one is allowed to play soccer outside the playing field.
- Locker rooms are provided for each team and are available from 20 minutes before and 20 minutes after the game. Locker rooms are to be used for pre-game and post-game talks. Players should leave their bags inside the locker room.
- Only water bottles are allowed on the bench area. **NO** food, gum or other beverages are allowed on the field and on the bench area.

Game Transitions

- The teams playing immediately after the game in progress are **NOT PERMITTED** to stand anywhere along the boards and behind the goal.
- Teams must enter on the bench side and exit through the glass doors.
- Teams should occupy their designated bench area.
- Pre-game warm-ups are very limited, and all players should be ready to play directly after the previous game. Play will start at the scheduled start time, **NO** exceptions.
- Keep bench doors closed at all times, except during substitution.
- "Jumping the Boards" is not permitted.
- Teams should leave the bench area as soon as possible to allow the next teams fast access to the bench.
- First aid is available by the entrance door and ice from the concession stand.

Team Registration

- All players must be registered on a team to participate in league play and Soccer Success Waivers must be filled out in full.
- Players are not required to show proof of age. A copy of one of the following must be submitted by the team to the league: USYSA / AYSO team roster or players pass, birth certificate, drivers license, or passport **ONLY** if the team is being protested. To protest a game a team needs to write a written complaint/report and deposit \$100.00.
- All players are permitted to register for one team only per league.
- Team registration must be complete with players' jersey number, name, address, phone, date of birth, player's parent's or guardian's signature and coaches' signature. Team registration must be in **INK** or **TYPED** and must be completed before they are allowed to play or coach for that team. ***Please make Legible.

-ALL teams must pay the Registration Fees in full at or before the second game. Teams will not be allowed to play the third game if they are not paid in full.

- Players are NOT allowed to transfer to another team. Players may be added or dropped from the roster before the fourth game but all team rosters will be frozen thereafter.

-No team will be allowed more than eighteen (18) registered players (adult or youth) at any given time.

-All registrations expire at the end of each session.

-The Current Playing Year is August 1 - July 31.

-A youth player is one who will become nineteen (19) years of age or less during the current playing year.

-Youth players in each age division must be less than the maximum age before the first day of August of the current year: U19; U18; U16; U14; U13; U12; U11; U10; U9; U8.

Players in the Adult 30+ age division must be 30 or older by the end of the current playing year - July 31. A maximum of two players allowed over 25 years.

Team / Player / Coach - Rules & Violations

-Only registered players and THREE (3) coaches per team are allowed to enter the field and stay on the bench area.

Suspended players or coaches are NOT permitted on the bench. If all coaches were suspended from the previous game, the game suspension for one of the coaches will be postponed for the next game.

-Teams found guilty of playing ineligible players shall forfeit all games in which such players participated.

-Players or coaches using profanity towards Sportsplex St. Charles officials, timekeepers, employees or management will be suspended from the facility.

-Players or coaches receiving a red card before, during or after a game are automatically suspended for the next game and may be suspended for additional games pending a referee report. An investigation will follow regarding the incident (s), so please do not address this matter at the front desk after the game, as no explanation can be given until a complete referee report has been tendered with us.

-Any player or coach dismissed from the game must leave the bench area immediately before the game restart.

-A player or coach who has been suspended may join the team after the suspension has expired and after the team pays the required fine.

-Any team found using suspended players will forfeit game, and such players will be suspended the remainder of session.

-Any player or coach who receives TWO (2) Red Cards in a session will be suspended for the remainder of the session and may not be allowed to play or coach in the next session.

-Any team who receives FOUR (4) Red Cards in a session will be ejected from the league and faces future suspension.

-Fighting or instigating a fight will NOT BE TOLERATED. A game being terminated due to BOTH teams fighting - neither team receives ANY POINTS. Investigation will follow and additional fines, penalties, and suspensions may be assessed. If a player throws a fist they will be fined \$100.00 and cannot play in the facility for one year. If players clear the bench, there will be a \$200.00 fine and the teams will be suspended for one year. Any team, player, or coach with outstanding fines will not be allowed to join the league in the future. Any infractions with the referee between a player or a team will be suspended for a year from the facility.

-Sportsmanlike behavior is required at all times ON and OFF the soccer field. Sportsplex St. Charles reserves the right to dismiss any disruptive people from the facility.

-Coaches are responsible for their players and spectators of the team and for informing them of the Sportsplex St. Charles Rules and Regulations.

Standings

-POINTS shall determine the standing of teams in their respective divisions.

-League placement will be determined by:

Points; Head-to-head; Most wins; Least goals allowed; Most goals scored; Coin toss.

-Points are awarded as follows:

Three (3) for a Win; One (1) for a Tie; Zero (0) for a Loss Three (3) for a Forfeit, with a 3-0 score.

-For High School and Adult divisions **only** - points will be deducted for a Red card issued to players or coaches:

One (1) on the third Blue Card for an individual player per game; One (1) for each Red Card.

Awards

-Awards shall be given for 1st and 2nd place.

Protest

-Protest must be in writing and must be submitted to the League office no later than 48 hours after the game. Protest fee is \$100.00 cash. It is refundable if the protest is upheld. Protests submitted after 48 hours or without the \$100.00 fee will be dismissed.

Home Team

-The team that is listed first in the schedule is the designated Home Team.

In the event of a color clash, the away team must change. Sportsplex may provide pennies. The home team must provide the game ball. The home team always has the kickoff at the start of the game.

Forfeits

-The Time Clock will start at the designated game time and One (1) goal will be immediately awarded to the opposing team. For every Five (5) minutes thereafter that team is late or have less than the minimum number of players, ONE (1) additional goal will be awarded up until FIFTEEN (15) minutes have elapsed from the time clock. In the case of the latter, the game would then become a forfeit. A friendly game may be played.

Reschedules

Teams may request a reschedule, but it is not guaranteed. Sportsplex is **NOT** responsible for any rescheduling. Coaches must agree with the opposing teams coach and Sportsplex on the date and time of the reschedule. Rescheduling must be verified one week prior to the original game, and the game verified one week from the new date. Sportsplex will find a referee if these standards are met. The requesting team is responsible for the referee fee and a \$25 rescheduling fee.

I. Field of Play

-The field is approximately 185 ft. long by 85 ft. wide.

II. Ball

-U6, U7, U8 use #3 ball, U9 to U12 use #4, U13 and older use #5 ball.

III. Players

-The maximum number of players on the field:

U12 and younger, 7 players maximum

U13 and older, 6 players maximum *(U19 Coed must have one female on the field at all times.)

-No more than 16 players on a roster

-The minimum number of players is 2 less than the maximum.

-Substitutions may occur on an unlimited basis and "on the fly." Both players must be within the touchline and no more than a yard from the bench door or are off the field of play within their own bench area when the substitution is made.

Neither the player entering nor the departing player may participate in play during any period of time that they are simultaneously on the field of play. An illegal substitution will be penalized TWO (2) MINUTE time penalty and a free kick from the location of the ball when play was stopped.

-Any player bleeding from a wound must leave the field of play and shall not return without first reporting to the referee. When clock is stopped because of injury, injured player must be substituted.

IV. Equipment

-All teams must have team uniforms that are the same in color and have unique numbers. The numbers on the shirt must be the same as on the roster for each player. The goalkeeper shall wear colors that distinguish him from the other players and from the referee. Away Teams should change jersey if there is a conflict.

-Molded cleats and flat-soled indoor shoes are recommended. No replaceable studded shoes with metal tips are allowed.

-All players **MUST** wear shin guards that must be entirely covered by the socks.

-A player must not use equipment or wear anything that is dangerous to himself or another player. Any cast worn must be properly padded to the satisfaction of the referee. If a player needs to wear a soft helmet, facemask, knee brace, cast, etc., they are required to provide the league with a release or waiver from their doctor and parent/guardian. Players are not allowed to wear eyeglasses - only sports goggles or flexible frames are allowed. Bandanas (unless folded and worn as a head sweat band) and other objects or attire worn to intimidate opponents are forbidden.

-Any player without the proper equipment shall be sent to the bench to adjust their equipment and shall not return without first reporting to the Referee who shall be satisfied that the player's equipment is in order.

-Any player without the proper equipment after the referee's warning will be penalized by a TWO (2) minute time penalty.

V. Referee and other Officials

-The Referee(s) shall be responsible for control of the game. The referee's decisions regarding play are FINAL.

-Timekeepers/referees operate the time and scoreboard details (including time penalties) under the Referee's jurisdiction.

VI. Duration

-Games for RECREATION LEAGUE will be 2 x 20 minute halves with a ONE (1) minute half-time break. All games will have a continuous clock. The clock may be stopped for serious injury only and when (in the opinion of the referee) a team is purposely wasting time in the last two minutes of the game. Games for TRAVEL league (Sunday's) will be 1 x 41 minutes running clock. The clock will not stop for Sunday games.

VII. Start of Play

-The ball is in play when it is touched and it moves forward. If the kicker plays the ball a second time, a free kick shall be awarded to the opposing team from the spot of the infraction. A goal may be scored directly from a kickoff.

VIII. Ball In and Out of Play

-The ball is out of play when it completely passes over the perimeter wall, touches the net above the perimeter wall along the touchline, or the ceiling net. The ball will be placed 3 ft. from the wall at the point it went out of bounds. If the ball is kicked out of bounds (excluding corner kicks) from a defending team's goal box by the defending team (goalie included), the ball will be restarted from the restraining arc. This includes balls that bounce out of play from kicks or throws that were played from the goal box without contact from any player. Corner kicks and goal kicks are taken as described below.

***See also Goal Kicks and Corner Kicks

-If the ball strikes the ceiling, overhead light fixtures or structure, a free kick shall be taken from the centerline of the first line crossed or closest line.

IX. Method of Scoring

-A goal is scored when the whole of the ball passes completely over the goal line, between the goalposts and under the crossbar, provided the attacking team has committed no infraction.*Slaughter Rule: Any goal difference of 6, the losing team may add one player. Thereafter, the losing team adds an additional player for every 2 goals scored upon.

X. Fouls and Misconduct

-A player who intentionally kicks or attempts to kick, strikes, elbows, or attempts to strike or elbow, trips or attempts to trip, jumps at, charges in an unfair manner, pushes, when tackling - makes contact with the opponent before contacting the ball, holds, handles the ball deliberately, boards, slide tackles, commits a dangerous play, obstructs an opponent, charges a goalkeeper within the keeper's penalty area and prevents the keeper from releasing the ball shall be penalized by awarding a free kick to the offending team. Any of the above penal fouls committed by the defending team in its penalty area shall result in a penalty kick.

-Dangerous play, obstruction, "pass back" rule, goalkeeper double possession, and other non penal fouls committed in the penalty area by the defending team shall be restarted with a free kick to the offending team at the top of the restraining arc.

-A Blue Card may be assessed for:

- o Boarding, elbowing or any offense deemed severe, tactical or blatant in nature
- o Fouls that endanger the keeper but falls short of serious foul play
- o Illegal substitution (including jumping the boards)
- o Spitting (including on carpet)
- o Leaving the penalty box before the expiration of the time penalty, and
- o Bringing the game into disrepute, unsporting behavior (dissent by word or action, encroachment, circumventing the "pass back" rule, improper equipment after a referee warning, time wasting, delaying the restart of play, leaning on teammate's shoulders in order to better play the ball, unfairly distracting the kicker, taunting by word or action and persistent infringement of the Laws)

-If issued, shall result in TWO (2) MINUTE time penalty by offending player(s). The accumulation of THREE (3) Blue Cards will equal a Red Card and the offending player is dismissed from the game and a teammate serves the TWO (2) MINUTE time penalty.

-A Blue Card

time penalty is postponed if it would reduce the team to less than the minimum. The offending player must go to the penalty box and must be replaced on the field to maintain the required minimum number of players

-A Red Card may be assessed against players (including bench players) and coaches for violent conduct, serious foul play, spitting, striking, use of offensive, insulting, or abusive language, charging the goalkeeper in a violent manner, kicking the goalkeeper while the keeper is in possession of the ball, physically contacting a game official, leaving the penalty box or bench to engage in misconduct or confrontation, goalkeeper intentionally handling the ball outside the penalty area, and for intentionally denying a goal or goal scoring opportunity.

-If issued, shall result in the player or coach being sent off, a FIVE (5) MINUTE time penalty, and suspension from the next game. The FIVE (5) MINUTE time penalty must be served in FULL, and shall not be shortened by goal scored by the opposing team. The game will NOT resume until offending player(s) or coach(s) leave the bench. The team will forfeit the game if all THREE (3) coaches are sent off from the game.

-A Red Card issued to non-players will result in time penalties to be served by any player from the field.

-A Red Card issued to a team that reduces the team to less than minimum would result in a game forfeit.

-The referee may apply the "advantage rule" when administering time penalties. The referee shall hold the appropriate card overhead from the moment of the foul until play is stopped and the time penalty assessed. If before play is stopped, the offending team scores a goal, the time penalty will be recorded against the offender but the time will not be served.

-If a goal is scored during a power play by the team with more players, then a player from the team scored against shall

return to play. If more than one player is serving penalty, the player with the fewest time remaining shall return to play. If an equal number of players from both teams are legally on the field of play when a goal is scored, no player serving a time penalty shall return to play.

XI. Free Kicks and Restarts

- The ball must be stationary when a free kick is taken and the kicker shall have FIVE (5) seconds within which to play the ball after being signaled to do so by the referee. Failure to put the ball into play in time will result in the restart being "turned over" to the other team.
- When a free kick is being taken, all the opposing players shall be at least NINE (9) feet from the ball and must not gesture in any way that will interfere in the taking of the kick.
- On a corner kick or when a free kick is being taken from the top of the restraining arc, all the opposing players shall be at least NINE (9) feet from the ball. Violations of this rule will result in TWO (2) minutes penalty.
- The ball is in play when it is touched and it moves. The ball must be played forward on all kickoffs and penalty kicks. All other free kicks may be played in any direction. The player taking the free kick may not play the ball a second time. A goal may be scored directly against the defending team from a free kick.
- When a defending team takes a free kick in their penalty area, the ball is in play when the ball exits the penalty area.
- When restarting the game after a stoppage of play for any cause not covered elsewhere in these Laws, the referee shall drop the ball at the place where play was stopped. If in the penalty area, the ball shall be dropped at the top of the restraining arc. A dropped ball may only be played after it touches the ground and may be two-touched.
- Referees will only signal (whistle) on the following restarts: kick-off, and free kick from the top of the restraining arc.

XII. Penalty Kicks

- A penalty kick will be awarded for all penal fouls committed by defenders against an attacker in the penalty area.
- The goalkeeper may move from side to side but some part of both feet must remain at the goal line, i.e. neither foot may be entirely forward of the goal line.
- All players except the kicker and goalkeeper must be outside the penalty area and off the restraining arc and no closer to the goal line than the penalty mark. The ball is in play when it is touched and it moves forward. The kicker cannot play the ball a second time until another player has touched the ball.

XIII. Goal Kick

When the whole of the ball passes over the end perimeter wall between the corner flags (yellow lines), having last been touched by the attacking team, play shall be restarted by a goal kick. The goal kick shall be taken anywhere within the goal area. The ball is in play after it exits the penalty area.

- Players of the opposing team shall remain outside the penalty area until the ball exits the penalty area. A free kick at the top of the arc shall be awarded to the opposing team, if the player taking the goal kick plays the ball a second time before it leaves the penalty area.

XIV. Corner Kick

- When the whole of the ball passes over the end perimeter wall between the corner flags, having last been touched by the defending team, play shall be restarted by a corner kick.
- The whole of the ball shall be placed on the corner spot at the nearest corner flag. A goal may be scored directly from a corner kick.

XV. Goalkeeper

- Goalkeepers may change on the fly during the game providing the new goalkeeper is wearing a neutral colored shirt that does not conflict with either team or the referee.
- The goalkeeper, having had control of the ball in his hands and having released it from hands to be played by him or teammate, shall not touch the ball with hands again until it has been touched or played by an opponent. The goalkeeper may dribble or air dribble the ball but must distribute the ball to another player within FIVE (5) seconds.
- Goalkeepers are not permitted to retrieve the ball outside the penalty area, bring the ball back into the penalty area, and then pick the ball up with their hands. The goalkeeper may not handle the ball in her penalty area if it was intentionally passed to him by foot and by a teammate.
- Any infringement of these laws will result on a free kick at the top of the restraining arc for the opposing team.
- Goalkeeper time penalties must be served by a teammate.
- The goalkeeper shall be considered to be in control of the ball by touching it with any part of his arm or hand.

XVI. Three Line Rule-This three line rule applies to U13 and older.

- If a player plays the ball over THREE (1/3 lines) lines in the air towards the opponent's goal line, without it touching another player, the perimeter wall or the referee on the field between the end lines, the referee shall award a free kick to the opposing team from the center of the first 1/3 line that the ball crossed.

A goalkeeper, while standing in his own penalty area, may throw the ball over all 1/3 lines. Goalkeeper may throw the ball into the other team's goal, with the result being a goal scored

XVII. Matters not Covered For matters not specifically covered by these rules, FIFA Laws of the Game shall be followed when reasonably applicable or shall be determined by Sportsplex of St. Charles.