



Apex Garrison St. Center Indoor Soccer

Policies, Rules of the Game & Code of Conduct Youth and Amateur Edition

APEX POLICIES & RULES

-The possession, consumption or use of any alcoholic beverage, drug, controlled substance or the possession or use of any firearm at Garrison Street Center by any player, coach, referee, team official, or spectator prior to, during, or after the playing of any Apex activity is prohibited. Any individual who violates this prohibition shall be subject to disciplinary action by Apex, and authorities may be notified.

-We reserve the right to refuse play and/or service to anyone.

-No animals permitted in the facility. (Exception: working animals allowed.)

-Adult supervision of children required at all times.

-Apex does not assume responsibility for any lost or stolen items.

Sportsmanship & Liability: The type of game the Apex will neither support nor tolerate is one in which there is behavior that brings shame to the game of soccer, or that results in physical violence. If a player, coach or spectator violates any rules set forth, s/he will be subject to disciplinary action by Apex and may be prohibited from playing in Apex sponsored games and/or events. Individuals are expected to play under control, within the rules of the game and to the best of their ability in order to avoid causing injury to themselves and/or other persons using the facility. No provoking, taunting or unsportsmanlike conduct of any kind will be tolerated. Individuals utilizing this facility do so at their own risk. Apex Park and Recreation Districts assume no liability for any injuries or accidents which may occur. Please reference Liability/Injury Waiver and Release Forms and signage posted within the facility. We reserve the right to honor any other organization's judiciary sanctions against players, teams, and officials.

League Registration/Fees: Teams are registered on a first-come, first-served basis; with existing registered teams getting priority. A team will be refunded *only* if space in the league/division requested or an acceptable alternative is not available. Registration must be paid in full *before* the second game is played. Teams dropping out of or suspended from the league will forfeit all paid fees.

Levels of Competition: Apex reserves the right to make necessary changes within league divisions to ensure equal level of ability and competition amongst the teams. Teams shall be judged by rosters and past records.

Game Days: Each division is assigned a day. On very rare occasion, divisions may be assigned to play on days not originally assigned. The following holidays will be recognized: New Year's day, Easter, Fourth of July, Thanksgiving Thursday and Friday, Christmas Eve, Christmas Day and New Year's Eve.

Awards: All First Place teams will receive up to eleven (11) Awards. Beyond that number teams may purchase more.

Rule 1. Field & Facility

- 1) Artificial Turf Field dimensions – 183' x 90'
- 2) Jumping /climbing over the bench wall will result in an automatic 2 minute penalty.
- 3) Warm-up areas: When warming up, stay within the designated warm-up area. Balls should at all times be kept under control and away from spectators. No kicking against walls/ceiling or you may be asked to leave facility.
- 4) Teams Bench Area: Only players and maximum of two coaches are allowed in bench area during games. Family, friends, and guests are allowed in designated spectator areas only. No video taping from team benches permitted.
- 5) All Youth and High School teams MUST have at least one, and no more than 2, adults (coaches) in bench area at all times.
- 6) No food, drinks, tobacco, glass containers and/or gum permitted on playing surface.

Rule 2. The Ball

- 1) Ball size and weight: U4-U8 = standard size 3, U9-U12 = standard size 4, U13 and above = standard size 5
- 2) Ball change: only referee may change ball
- 3) Ball: Game balls are provided by Apex and are maintained by Referees.

Rule 3. The Players

- 1) Liability/Injury and Release Form: No individual will be allowed to participate in any league game, practice session, tournament, clinic, camp, open pick-up game, or other activities until a Waiver and Release of Liability Form has all the necessary information and signatures properly completed.
- 2) Rosters: Player rosters must be signed prior to playing and submitted to Apex Garrison Street Center. Player additions will be permitted until the end of the fourth game. Failure to comply will result in forfeiture of all games played with illegal player(s). Players may only be added with the permission of management. Players must be able to provide proof of identification/age upon request.
- 3) Players may only be on one roster in a given league; however, players may participate in more than one division and league. Apex Garrison St. Center reserves the right to determine if a player is considered too advanced for a given division and remove the individual from the roster; this is done in the spirit of maintaining parity in a given division.
- 4) U12-U18 & Adults: 6v6 - Not more than 6, nor less than 4, players per team on field.
U10/U11: 7v7 – Not more than 7 players, nor less than 5, players per team on field.
U8/U9: 8v8 - Not more than 8 players, nor less than 6, players per team on field.
 - a) Exception is the Mercy Rule (See Rule 10).
 - b) Multiple time penalties: No less than 4 players including GK on the field of play. If a team drops to less than four players on the field, they must forfeit the game.
 - c) None other than persons listed on the Roster are permitted in the player boxes.
 - d) All team bench personnel and players are subject to the authority and jurisdiction of the referee.
- 5) Over 25: Only one player under the age of 25 shall be allowed on a team's roster; all other players must be 25 or older.
- 6) Forfeits: If after five minutes a team is unable to field at least the minimum number of players allowed for their league, they must forfeit the game. If a team forfeits a game the winning team may conduct a closed practice or share players with the other team for a scrimmage; all rules are still in effect. Referees are not required to officiate unless play demands it. No make-up game is scheduled. A \$25.00 fine to all "No Call/No Show Teams."
- 7) Proof of Age: Players may be required to show proof of age before or at any time during a season. Any player that gives a false age or birth certificate on the players' roster will be suspended from all participation at the facility. Eighteen years of age is considered an adult.
- 8) Random Roster Checks
 - a) After the fourth game, all rosters are frozen. Apex Garrison St. Center reserves the right to make random roster checks.
 - b) If player's name is not on the roster by the fourth game, the person will be considered illegal and the team will forfeit.
- 9) Protesting a Player: Any team wanting to protest an illegal player (i.e., conduct a roster check) must do so *prior* to the second half of the game. If player in question is not on the roster and the game has begun, the team with the illegal player will forfeit the game. Protest of illegal players must be brought to the attention of the game officials prior to the suspected player(s) leaving the field of play. Player(s) in question will have five minutes to produce a picture ID including date of birth. If no proof of picture ID, the player is ineligible to continue in that game.
- 10) Coed League Players
 - a) Each team must have at least two women on the field during play.
 - b) If only one woman on a team is present for the game, the team will play one player short until two women are on the field of play.
 - c) Goalkeeper can be included as one of the two female players.

- d) If a team does not have any women present for game, they must forfeit the game.
- 11) Mercy Rule
 - a) Applies to Women's Games Only.
 - b) In the event that there is a five goal differential, the team that is losing has the option to add one more player to the playing field. If the goal differential becomes less than five after adding a player, the team must pull off the additional player.
- 12) Substitutions
 - a) May occur freely, provided that players substitute off field of play or within the touchline in the area in front of their team bench.
 - b) Neither the player entering the field nor the departing player may participate in play while simultaneously on the field.
 - c) Substitution Violation:
 - i) The Referee issues a 2 minute team penalty for having too many players on the field.
- 13) Hardship (borrowing of players not legally on team roster)
 - a) A team that does not have enough players, and would be forced to forfeit, may ask players from a previous game to play as long as:
 - i) the opposing team approves,
 - ii) the number of borrowed players plus rostered players does not exceed 7,
 - iii) the borrowed player is on a current Apex soccer roster,
 - iv) the borrowed players must cease playing in the event that more rostered players arrive to bring the total number of players over 7.
- 14) Player Injuries
 - a) The Referee will send any player to the bench who requires treatment for injury or blood (regardless whether the blood is his own or another player's, or is on his body and/or uniform).
 - b) A player removal occurs at first opportunity recognized by Referee whether at the game's next stoppage or his/her order when (I) the injury is deemed critical, (II) if player is likely to interfere with play, or (III) the injured player's team has possession of the ball.
 - c) Any player sent off may only return to the field at Referee's approval.
 - d) Serious Injuries: Apex staff reserves the right to contact 911.
 - e) Players, spectators, and employees are NOT to offer medical treatment to any injured player.
 - f) Spectators may not enter the field area without Apex staff approval.
 - g) Ice will be provided as necessary.

Rule 4. The Player's Equipment

- 1) **Uniform:** All teams must have a white and alternate like-colored jersey for each player, excluding goalkeeper. Color Clarification: A team may not wear powder blue and navy jerseys during the same game. Any player who does not match the rest of the team will not be allowed to play until his/her jersey matches. Both teams are required to have alternate jerseys at all games.
- 2) **Color conflict:** The guest/visitor team is responsible for changing to jerseys of the same/like-color if both teams are wearing the same color.
- 3) **No yellow/gold or gray jerseys permitted, unless grandfathered. We do not supply pinnies.**
- 4) **Goalkeeper:** Jersey color must be distinguished from all other field players and from referees. Gloves permitted.
- 5) **Shin Guards:** standard shin guards mandatory. Socks MUST completely cover shin guards. Under NO circumstances may a player participate without shin guards.
- 6) **Footwear:** indoor/outdoor soccer cleats or tennis shoes are permitted. No other cleats that pose any physical threat are permitted (e.g., screw-ins, steal spikes, baseball cleats, football cleats, toe cleats, etc.)
- 7) **Not Permitted:** Jewelry, sunglasses, exposed metal parts. Splints/braces/casts or accessories that are not removable must be padded/taped to the satisfaction of the Referee. Knee braces must have sleeve covering the whole of the brace.
- 8) **Violation:** A player may not participate until in compliance with above equipment requirements.

Rule 5. The Referee

- 1) At least one Referee will officiate each game. Coed & Men: 2 referees officiate. Score keeper optional.
- 2) The Referee shall wear a USIndoor/Apex approved referee shirt with Apex patch, black shorts/pants, long black socks & black shoes
- 3) The Referee and/or Management shall execute all rules and have complete authority. Apex management will oversee the refereeing in this facility.
- 4) Decisions are final: The decisions of the Referee regarding facts connected with play and interpretation of Rules are final. The Referee may change any decision prior to restart of play.
- 5) Powers: The Referee's power to assess penalties, and otherwise assure fair play and maintain control of game, extends to violations of these Rules committed during play, during stoppages, and as players and other personnel proceed to and from field of play. This includes power to:
 - a) Award or disallow a goal
 - b) Suspend or terminate the game: The Referee stops, suspends, or terminates the game at his/her discretion by reason of the elements, interference by spectators, an unsafe condition/situation, or other justifiable cause.
 - c) Stop the Clock: The Referee stops the game clock within last minute of game due to an unusual delay; i.e., penalty assessed, injury.
 - d) Prohibit Field Entry: The Referee ensures that no unauthorized person enters the field of play during a game.
 - e) Summon Security: The Referee asks facility Supervisors to prevent any spectator or player from interfering in play of game for:
 - i) Violent conduct, including tossing objects onto the field.
 - ii) Foul or abusive language or behavior.
 - iii) Persistent unseemly behavior.
- 6) Game Report: The Referee files a Game Report which includes final score, any disciplinary action and other incident (e.g., serious injury) or circumstance before, during or after the game.
- 7) The Referee(s) shall not be held liable for any injuries, property damage or other loss suffered.
- 8) The Apex Supervisors have the right to enter score box and/or playing field to assist in maintaining or establishing control of the game. In these situations, the Supervisor has the power to make calls and issue cards.

Rule 6. The Duration of the Game

- 1) **Periods:** A regulation Adult (18+) game consists of two 22 minute halves. For U8-U18, game consists of two 20 minute halves.
- 2) **Time Outs:** Adults (18+) teams are allowed one 30 second time out per team per game. **NO time outs for U8-U18 games**
- 3) **Overtime Period and Tiebreaker – Tournaments only:** If the game is tied at end of regulation, a 5 minute "sudden death" overtime period follows. If still tied at the end of the overtime period, a Tiebreaker takes place (see Rule 12).
- 4) **Running Clock:** Except in the case of a time out, unusual injury, delay in the last minute of game or last-second foul, the Game Clock counts down continuously through each Half or Overtime Period.
- 5) **Injury:** The clock will be stopped by a Referee or Supervisor after 30 seconds.

- 6) **6 Foul Penalty or Penalty Kick:** If time runs out on clock, allow 5 seconds for the penalty to be taken.

Rule 7. The Start and Restart of Play

- 1) **Kickoff:** play starts from the Center Mark. Referee's whistle will start play at the beginning of each Half and after every goal.
- 2) The home team takes the kickoff for the first half kickoff and any overtime period, and the visiting team takes the kickoff for the second half. Opposing team is outside of circle.
- 3) **Restarts:** Play resumes after a goal or stoppage. These take place by either a Kickoff, Free Kick, Goalkeeper Throw-In, or Dropped Ball. Other than for Kickoffs or as provided below, kick-in Restarts occur within three feet (3') from the spot of the ball at the moment of stoppage.
- 4) **Team Wall:** If a team requests 5 yards for a wall, the play must be restarted with a whistle.
- 5) **Double Touch Rule:** A player who starts play may not again make contact with the ball until it touches another player.
- 6) **5 Second Rule:** Player has 5 seconds to set the ball and 5 seconds to play the ball for a restart once ball is set.
- 7) A team receives a **Free Kick** after stoppages other than when a Dropped Ball or Goalkeeper Throw-In is required. Before the team takes the Free Kick, the ball must be stationary.
- 8) All opposing players must be at least 5 yards from the spot of the Free Kick (or, if within 5 yards of the opponent's Goal, along the Goal Line).
- 9) The spot of the Free Kick is that provided above, except:
 - a) *Within Own Penalty Arch:* from any spot therein. All opposing players must be 5 yards away.
 - b) *Within Opponent's Penalty Arch:* at the Free Kick Mark ("Top of the Arch") if it is a goalkeeper or superstructure violation. All other fouls are a Penalty Kick.
 - c) *Illegal Pass to Goalkeeper:* A Free Kick occurring after an illegal pass back to the Goalkeeper (Rule 10) is taken at the GK Top of the Arch..
 - d) *Delayed Penalty:*
 - i. according to the ensuing stoppage, as normally administered.
 - ii. in case the defending team obtains possession of the ball during play, at the spot of the original offense.
 - e) *Kick-In:* from the point on the Touch Line nearest where the ball crossed over the Perimeter Wall or touched wall netting.
 - f) *Corner Kick:* When the ball, having last touched a defending player, touches the netting between the two corner marks.
 - g) *Goalkeeper Distribution by throw-in (or punt by U12 and under):* When the ball, having last touched an attacking player, touches the netting between the two corner marks.
 - g) *Three-Line Violation:* from the offending team's Free Kick Mark (Top of the Arch).
 - h) *Superstructure Violation:* Ball touching ceiling netting shall be placed straight down from where ball was called out.
- 10) **Dropped Ball Restart:** If neither team has clear possession of the ball at a stoppage, play restarts with a Dropped Ball. A Dropped Ball caused while the ball is inside a Penalty Arch takes place at the Free Kick Mark. Ball in play once it touches the ground.
- 11) **Time Out Restart:** A team with possession of the ball may call a time-out (one per team, per game). A time out restart is an indirect kick from point where player had ball when time out was called.

Rule 8. The Ball In and Out of Play

- 1) **Ball in Play:** Ball is in "in play" once each Kickoff or Restart legally begins and the ball moves.
- 2) **Ball Out of Play:** Ball is "out of play" once any stoppage occurs which the Referee acknowledges or orders due to goals, fouls, time penalties, injuries, out of bounds, 3 line or superstructure violations.
- 3) **Superstructure Violation:** Occurs when the ball contacts any part of the building/netting above the field of play.
- 4) **Out of Bounds:** A ball is out of play if it leaves the field of play or hits side netting.

Rule 9. The Method of Scoring

- 1) **Goal:** A team scores a goal when the whole of the ball legally passes over the Goal Line, provided that the team has not committed a violation of the Rules in so doing. A goal may be scored directly from a Kickoff or Restart (unless a timeout restart).
- 2) **Winning Team:** The team scoring the greater number of goals during a game is the winner.

Rule 10. Fouls & Violations

- 1) **Fouls:** When a team commits any foul, the opposing team receives a Free Kick (unless advantage is called by Referee) at the place of violation (unless noted).
- 2) **Multiple Fouls:** Should a player simultaneously commit multiple fouls, the Referee penalizes the most serious one. All fouls result in a Free Kick unless otherwise stated.
- 3) **6 Fouls:** If one team commits 6 fouls (3-line violations and ball handling violations do not count toward recorded fouls unless it warrants a card); the opposing team is awarded a shootout, and one player from the violating team must serve a 4-minute "soft" penalty. Same for 9, 12, and 15 fouls except that a 4-minute "hard" penalty must be served each time. After 16 fouls, the game will be called and the offending team will be assessed a forfeit.
- 4) **Goalkeeper Violations:** For the following violations by a Goalkeeper, the opposing team receives a Free Kick at the Top of the Arch:
 - a) Goalkeeper may not cross halfway line unless their team is down by 3 goals.
 - b) 3-line Violation: Occurs when a goalkeeper propels the ball in the air across the two Red Lines and the Halfway line toward the opponent's goal without the ball's first touching the wall, another player or the Referee. Ball is placed on the Red Line nearest the GK that committed foul.
 - c) **Illegal Handling:** Bringing the ball from outside of the Penalty Arch to his/her hand within it, or receiving the ball again after a Goalkeeper Distribution without ball first making contact with another person
 - d) **Pass Back:** Handling the ball, having been passed deliberately and directly to him/her from a teammate's foot. No trickery (use of wall or foot to other part of body) permitted.
 - e) **5 Second Limit:** Controlling the ball with either his/her hands inside the Penalty Arch for over 5 seconds. No time limit if controlling with feet.
 - f) Any penalty that is committed inside the penalty area is a PK, except for a Goalkeeper Violation (Rule 10.4) or a Superstructure Violation.
 - g) No bouncing the ball.
 - h) **No punting allowed, except for U12 and below teams.**
- 5) **Advantage Rule:** The Referee allows play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from an existing offensive advantage. The referee will count this as a foul towards the 6 foul rule. In case of Carded Offense, Rule 11 applies.
- 6) **Flagrant Fouls:** A Shootout is awarded for the following Fouls committed by a defender in his/her defensive half of the field:
 - a) A foul within the Penalty Arch or Goal for which s/he receives a Time Penalty;
 - b) A foul from behind against an attacking player, having control of the ball and one or no defensive players between self and the Goal;
 - c) Any foul where s/he is the last player or her/his team between the attacking player with the ball and Goal.
- 7) See Rule 12.1.3

Rule 11.1 Blue Card Violations

- 1) **2-Minute Penalty:** Player must serve a 2-minute penalty for a blue card (hard).
- 2) **Blue Cards:** Unless otherwise provided in the Yellow and Red Card Rules, a Referee assesses a Blue Card and Foul for serious violations of the following:
- 3) **Penal Fouls:**
 - a) Kicking an opponent
 - b) Tripping an opponent
 - c) Jumping at an opponent
 - d) Charging an opponent
 - e) Striking or elbowing an opponent
 - f) Pushing an opponent
 - g) Holding an opponent

More offenses:

 - h) Spitting anywhere, but in trash receptacles
 - i) Tackling an opponent illegally – making contact with opponent before touching the ball
 - j) **Deliberate Handball:** Handling the ball (except by GK within own arch)
 - k) Playing in dangerous manner
 - l) Sliding – any loss of feet (in a sliding motion) will be considered sliding. Only goalkeepers may slide within penalty arch, but may not play ball outside of arch from a slide.
 - m) Impeding the progress of an opponent (Obstruction)
 - n) Preventing the Goalkeeper from releasing the ball from own hands.
 - o) Goalkeeper Endangerment: Endangering a Goalkeeper within his/her Penalty Arch by sliding or charging into him, regardless whether s/he is in control of the ball.
 - p) Boarding: Propelling an opponent into the perimeter wall, whether or not intentionally.
- 4) **Unsporting Behavior:** The Referee stops play for Unsporting Behavior, resulting in a Free Kick, for the following offenses:
 - a) Illegal Substitution After Injury: Attempting to enter play without Referee consent.
 - b) Banging walls, taunting, etc.
 - c) Equipment Violation: Enter play without an ordered uniform adjustment
 - d) Leverage: Using the body of a teammate or any part of the field to gain advantage i.e., a player may not hold wall with both hands to gain an advantage.
 - e) Encroachment: Entering the protected area of an opposing player taking a Free Kick (after initial warning)
 - f) Trickery: Passing the ball back to the goalkeeper by trickery
 - g) Dissent: Committing any of the following offenses, whether before, during, or after the game:
 - (i) Breach of Penalty Area Decorum: Delay in entering the Penalty Area or premature or un-permitted exit from the penalty area.
 - (ii) Entering the Referee Crease without Referee permission.
 - h) Other: Behavior which, in the Referee's discretion, does not warrant another category of penalty (e.g., taunting, foul language).
- 5) **Team Violations:** The Referee issues a Team Penalty for the following Violations by a team or unidentified person:
 - a) Leaving Team Bench: Players leave a Team Bench to enter field during game for a fracas, melee or confrontation with the opposition or a Game Official.
 - b) Bench Dissent: After an initial "warning" issued to the Team Captain, one or more players verbally abuse the Referee.
 - c) Other: Unsporting behavior which, in the Referee's discretion, does not warrant another category of penalty.

Rule 11.2. Yellow Card Violations

- 1) **Additional 2 minutes:** 2 blue cards = 1 yellow; s/he must serve another 2 minutes (hard).
- 2) **Straight Yellow Card:** If player receives a yellow card without first receiving a blue, s/he must serve 4 minutes (hard).
- 3) **Yellow Card:** Unless otherwise provided in the Red Card Rules, a Referee assesses a Yellow Card to a player who commits any of the following offenses in a manner that the Referee considers careless, serious or reckless:
 - a) Any actions stated in 11.1, but the Referee considers the offense to be careless, serious or reckless enough to warrant a yellow card.
 - b) Unsporting behavior: Any team personnel Violating 11.1.3 in an excessive manner.
 - c) Provoking Altercation: Making physical contact with an opponent (e.g., pushing or poking), short of fighting, as defined in the Red Card Rules, or using the ball in so doing, particularly in the case of a goalkeeper.

Rule 11.3 Red Card Violations – Ejectionable Offenses

- 1) **Additional 2 minutes, plus ejection:** 2 yellow cards = 1 red; s/he is ejected and the team must serve a 2 minute penalty (hard).
- 2) **Straight Red Card:** If a player receives a red card without first receiving a yellow, s/he is ejected and the team must serve a 5 minute penalty (hard).
- 3) **Red Card:** A person receives a Red Card for violations of Rules 11.1 and 11.2, which the Referee considers violent or use of excessive force, and for:
 - a) 3 Penalties: If this is the 3rd "Time Penalty" the player receives.
 - b) Elbowing: Intentionally elbowing an opponent above the shoulder.
 - c) Vicious Slide Tackling: A tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him/her.
 - d) Fighting: Striking or attempting to strike an opponent with intent to injure.
 - e) Leaving Team Bench or Penalty Area: Leaving a team bench or penalty area to engage in a fracas, melee or confrontation.
 - f) Extreme Unsporting Behavior: Committing particularly despicable behavior, including:
 - i) Referee Abuse: Words or actions directed by any team personnel at an official in dissent.
 - ii) Spitting at any person
 - iii) Persistent use of extremely abusive language or behavior toward Game Official
 - iv) Bodily contact with a Game Official in dissent.
- 4) **Red Card Suspension Policy:** Any player receiving a Red Card will be suspended for a minimum of 2 games, must sign a player code of conduct and pay a \$25 fine prior to returning. Any player suspended may not enter facility on the day(s) s/he is given a suspension. Apex Management also reserves the right to suspend a player or coach from playing on ANY OTHER TEAM until the suspension has been served. If a player is ejected in the last game of a session s/he will be prohibited from playing in the first two games after s/he registers for another session. In addition to the suspension outlined above, the player or coach may be suspended for additional games and subject to further disciplinary actions decided by Apex Management.

1 RED CARD PER SIX (6) MONTH PERIOD \$25.00 FINE

2 RED CARDS PER SIX (6) MONTH PERIOD \$35.00 FINE

3 RED CARDS PER SIX (6) MONTH PERIOD \$50.00 FINE AND TERMINATION FROM TEAM PARTICIPATION IN THAT CALENDAR YEAR.

SUBJECT TO PERMANENT SUSPENSION.

Any team that accumulates four (4) players or team Red Cards in a 12-month period will be suspended from the Center for a period of 12 months (with a forfeit of any fees paid toward any leagues). It is the responsibility of the teams Coach/Manager to control their players. If the Coach cannot Control his team, the Coach is subject to the same suspension as the player. Players are only allowed to talk to officials through their coaches/managers.

Fines: All fines must be settled before reinstatement; the team will be held responsible. Until the fines have been paid, the team will be banned from participating in any league at Apex.

Fighting: “ZERO TOLERANCE POLICY” Anyone threatening, stalking or assaulting another member, staff, official or spectator will be ejected, terminated and reported to the local authorities. **Any player receiving a Red Card for fighting will be suspended for a minimum of 4 weeks.**

Manager and player responsibility: It is the responsibility of each player and the player’s manager/coach to be aware of the total status of infractions. Failure to comply with suspensions may result in further disciplinary measures; which may include suspension of the players/coach and forfeiture of games played in. (This includes the use of illegal players; i.e., those not registered property on the team roster.)

Rule 12.1 Service of Penalties

- 1) Except as provided under Rule 12.2, a person who commits a carded offense serves the penalty. A person who receives a Red Card after the game has started MUST leave the facility. If player does not leave, the Referees and/or management reserve the right to terminate the game. The team in violation will receive a forfeited loss to the other team.
- 2) Players serving Time Penalties proceed swiftly to their team’s Penalty Area, have their penalty posted (which counts down in unison with game clock) and serve their penalty until their expiration or the conclusion of the game; except that, if a player’s release from the Penalty Area would cause too many players to be on the field from his team (as could occur in the case of the expiration of multiple, simultaneous Time Penalties, or Time Penalties to 3 or more players from the same team), s/he is released upon the earlier of: (i) the expiration of a teammate’s Time Penalty resulting in fewer than two teammates in the Penalty Area with penalty time remaining, (ii) a stoppage, when permitted by the Referee, or (iii) the next occasion that the ball goes out of play.
- 3) The player that receives a “Time Penalty” must immediately substitute after serving allotted time (only exception is if another substitute is not available).

Rule 12.2 Designation of Penalty Servers

Players are designated by their teams to serve Time Penalties of their team, non-player personnel, and of teammates who receive Red Cards. In each instance, the designated player may not already be serving a Time Penalty. Time Penalties served by designated players do not count against their personal records, but of those responsible. In **Coed Games:** if a female serves the penalty, there must also be one female on the field. If a male serves the penalty, there must be two females on the field.

Rule 12.3 Short-Handed Play:

For each Time Penalty being served by a player, his team shall play with one fewer field player until its expiration; provided that a team may not have fewer than the minimum under Rule 3.2 & 3.3, regardless of the number serving Time Penalties. Should a player receive a Time Penalty, while two or more teammates are already in the Penalty Area, his/her team continues to play with the minimum while s/he joins his/her teammates in the Area.

Rule 12.4 Exceptions to Penalty Time:

Under the following circumstances, Time Penalties either expire prior to their completed countdown, or have the beginning of their countdown delayed:

- 1) **Soft Penalties:** i.e., 6 Foul Goal - If a team is scored upon having fewer players on the field of play and the penalty is “Soft,” a player serving time is released from the Penalty Area and the time is wiped out. If the team has two players in the Penalty Area and both are serving “Soft” penalties, only the player whose Time Penalty was recorded earlier is released. If one player is serving a “Soft” penalty and the other is serving a “hard” penalty, the player serving the “soft” penalty may be released.
- 2) **Hard Penalties:** No player serving a “Hard” Penalty may be released early.
- 3) **Simultaneous Ejections:** When two simultaneous Red Cards carrying the same Time Penalties are assessed to opposing players, their Time Penalties are not served.
- 4) No player may receive more than 5 minutes for penalties arising at the same time, s/he is then ejected from the game.

Rule 12.5 Delayed Penalty:

In instances where the Referee would issue a Blue Card or Yellow Card, but for the Advantage Rule, s/he acknowledges the offense by holding the Card above his/her head until the earlier occur of the following:

- a) **Opponent’s Possession:** The team of the offending player gains control of the ball.
- b) **Stoppage:** The Referee stops play for any reason.

Once play is stopped, the offense is recorded and assessed, as customary, except when a goal is scored, in which case the Time Penalty is not served unless the yellow card was a “hard” penalty.

Rule 13 Penalty Kicks and Shootouts (6 Foul Rule)

6 Foul Rule only applies to Adults and High School levels; NOT Youth

Should time expire before the taking of the restart, the clock shall be reset to allow 5 seconds of play.

Rule 13.1 Penalty Kick: Any penalty that is committed inside the penalty area is a PK, except for a Goalkeeper Violation (Rule 10.4) or a Superstructure Violation. A Penalty Kick proceeds the same as a Shootout, except that:

- 1) The ball is placed at the Penalty Kick Mark nearer the attacking Goal.
- 2) The Goalkeeper must have two feet on the line and may not move from the goal line until after the ball is in play.
- 3) Both teams, except the kicker and goalkeeper, must be behind the Red Line until ball is played.
- 4) Once the Referee whistles the Penalty Kick to begin, the player taking the Penalty Kick has five seconds to strike the ball, restarting the play.
- 5) The player taking the Penalty Kick may not touch the ball again until another player has touched it.

Rule 13.2 For a Shootout (i.e., 6 Foul Rule), other than in a tiebreaker;

- 1) Any player of the attacking team may take the Shootout.
- 2) All players serving Time Penalties are in their appropriate Penalty Area. All players of the attacking team stand behind the Halfway Line and outside of the Center Circle. Players of the defending team stand behind the Halfway Line and inside the Center Circle.
- 3) The ball is placed at the Restart Mark nearer the attacking Goal.

- 4) The Goalkeeper has at least one foot on his Goal Line and may not move off it until after the Referee whistles the Shootout to begin.
- 5) Once the Referee whistle the Penalty Kick to begin, the ball is "in play" and the player taking the Shootout plays the ball forward using any legal manner to score (e.g., direct shot on goal, dribbling and shooting, playing the ball off the boards, passing to a teammate, etc.).
- 6) Neither team may substitute until the earlier of the first three seconds or the next stoppage.
- 7) Any Foul committed by the Goalkeeper on the player taking the Shootout results in a Penalty Kick.

Rule 13.3 Tournament Tiebreaker: If a tournament game is tied, after one 5 minute overtime, the winner is determined by a Tiebreaker. A Tiebreaker proceeds with Shootouts under Rule 13.1, except that:

- 1) The Referee designates a goal at which both teams shoot. Home team takes first kick.
- 2) All players, other than the player taking the Shootout and the defending Goalkeeper, remain within their Team Bench areas.
- 3) Subject to 7) & 8), both teams may have 3 Shootout opportunities, with players from each team shooting alternately.
- 4) The player taking the Shootout has 5 seconds to score after the Referee's whistle.
- 5) Except when a goal is scored, any Foul committed by the Goalkeeper results in a Penalty Kick, to be taken by any player on the shooting team in accordance with Rule 13.2, except the shooter may touch the ball but once.
- 6) Carded Offenses are recorded as in normal play, except there are no Time Penalties.
- 7) If, at any time, a team obtains a 2-goal advantage, that team is declared the winner. If, after both teams have taken 5 opportunities, one team has scored more goals than the other, even if it were to successfully score its remaining opportunities, the tiebreaker is ceased and the winner is declared.
- 8) During a Tiebreaker, no player may take more than 1 shot for every set of five kicks by his/her team.

Player's Code & Responsibilities

- Be generous when you win. Be gracious when you lose.
- Always play fair. Obey the laws of the game and respect the decisions of the officials.
- Conduct yourself with honor and dignity.
- Applaud the efforts of your teammates **and** your opponents.
- Games should provide enjoyment and entertainment for players, coaches and spectators.
- Above all, be positive while enjoying yourself and having fun!
- Be responsible to yourself, your team and your coach.

Parent's Code & Responsibilities *(Adapted from the United States Youth Soccer Association)*

- Remember that children have more need of positive example than criticism. Reinforce the good aspects of what your child is doing.
- Provide for your child and others a positive experience.
- Attempt to relieve the pressure of competition, not increase it.
- Be courteous to your child's coach and to officials.
- Remember that the opponents are necessary friends. Without them, your child could not play.
- Applaud good plays by your team and by members of the opposing team.
- Assist your child to be gracious in victory, and turn defeat to victory by working towards improvement.
- Make sure your child knows that, win or lose, you love him/her, appreciate his/her efforts and are not disappointed in him/her. This will allow your child to do his/her best as well as make mistakes without a fear of failure. Be the person s/he can look to for constant positive enforcement.
- Try your best to be completely honest about your child's athletic capability, competitive attitude, sportsmanship and actual skill level.
- Be helpful but refrain from coaching your child at any time. Leave the coaching to the coach!
- Teach your child to enjoy the thrill of competition, to be "out there" trying, to be working to improve his/her skills and attitudes and working in a team effort.
- Get to know the coach so that you can be assured that his/her philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his/her leadership.
- Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before responding.
- Make a point of understanding courage and the fact that it is relative. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort.
- Parental evaluation, both positive and negative, carries a great deal of weight with children. The positive attitudes shown by parents at games towards their child, his or her teammates, the opposing team, the officials, and the coach influence children's values and behavior in sports.

Coaches' Code and Responsibilities *(Adapted from the United States Youth Soccer Association)*

The behavior of coaches and other team leaders on the soccer field forms an example followed by players and fans. Therefore, the quality of personal character demonstrated by coaching personnel is most critical. Your adherence to the following standards is expected by your Association and will contribute greatly to raising the overall standard of behavior on the field.

- Create a positive, fun and safe environment in which your players can play.
- Provide a setting for continued growth and development: physical, mental and emotional.
- Allow your players to make mistakes so they may learn from them.
- Teach the fundamentals of soccer and the importance of team play.
- Refrain from letting the outcome of one game or a season overshadow the development of all your players' full range of talents.
- Always play fair. Obey the laws of the game and respect the decisions of the officials.
- Respect the players, spectators, officials, equipment and facilities.
- Teach cooperation and teamwork while developing leadership qualities in your players.
- Teach appreciation for sports as an area for life-long personal development.
- Help each player learn to identify his/her own capabilities.
- Help to channel each child's natural energy in a positive direction.
- Develop a feeling of success in your players. Every child should have an opportunity to experience some degree of success in sports and to feel good about himself/herself and sports.
- Teach how to compete, both winning and losing. Teach how to turn defeat into a positive step towards growth. Winning is desirable, but winning at any cost defeats the purpose of the game.
- Teach your players during practice, but hold down sideline coaching during games. This is their time to have fun and to use what you have taught them.
- Immediately provide any requested assistance to the referee in controlling players, parents and team supporters.