

The Zone Sportsplex RULES FOR INDOOR SOCCER

I. THE FIELD OF PLAY

OVERALL ATTRIBUTES: The field size is 185 feet in length by 85 feet in width. The goals are 14 feet by 8 feet.

The perimeter wall is part of the playing surface (not the netting).

MARKING:

Halfway Line and Center Spot - A half way line is marked across the field of play. A center spot is marked in the middle of this line and a circle with a 10 foot radius is marked around it. All opposing players must remain behind the circle on all kick offs.

Red Lines - A red line marking is placed across the field 42 feet into each half of the field measured from the half-way line to indicate three line violations. The area of play between the two red lines is considered the neutral zone.

Goal Area - The goal area at each end of the playing field consists of two lines drawn at right angles to the goal line two feet from the inside of each goal post. These lines extend into the field of play and are joined by a line 16 feet in length parallel to the goal line.

Penalty Area - At each end of the field of play, two lines are drawn at right angles to the goal line on the outside of each goal post. These lines are joined by a line drawn parallel with the goal line. The area enclosed by these lines and the goal line, plus the area inside the goal, shall be called the Penalty Area.

Penalty Kick Mark - Marks are made 18 feet from the mid-point of the goal line, measured along an undrawn line at right angles to the goal line. These are the penalty kick marks. At the taking of a penalty kick, the referee must position all other field players on the opposite half of the field.

Corner Kick Mark - A corner kick mark is made outside the penalty area on each side of the goal. All out-of-bounds, in the area between the corner kick marks, where the ball was last touched by a defensive player, will be restarted from these marks.

Touch Line - All side line out of bounds restarts will be taken from a point approximately three feet from the perimeter wall at the point where the ball exited the playing field.

Overall Playing Surface and Field Conditions - The referee has the authority to stop play if he feels that any aspect of the physical facilities (e.g., broken tempered glass), could endanger the players. Play will be resumed once such a problem has been remedied.

II. THE BALL

The ball used will be a regulation size 3, 4 or 5 soccer ball.

For age groups under 8 and below, a size 3 ball will be used.

For age groups under 12 and below, a size 4 ball will be used.

For age groups under 13 and above, a size 5 ball will be used.

III. NUMBER OF PLAYERS

In age divisions U13 and above, a game shall be played by two teams, each consisting of not more than six nor less than four players on the field, one of whom must be the goalkeeper.

In the age division > 40 and above, each team will consist of not more than seven nor less than five players on the field, one of whom must be the goalkeeper.

In the coed-no contact division, each team will consist of not more than seven nor less than five players on the field, one of whom must be the goalkeeper and three of the players on the field must be female.

In the coed jr high and high school division, each team will consist of not more than seven nor less than four players on the field, one of whom must be the goalkeeper and a maximum of 4 male field players.

In age divisions U10-U12 that play on the entire large walled field, the number of players on the field will consist of not more than seven nor less than five players on the field, one of whom must be the goalkeeper.

In age divisions U7/8 and U9/10 that play on the smaller lined field, the number of players on the field will consist of not more than five nor less than four players on the field, one of whom must be the goalkeeper.

If a team is down by 5 or more goals, they may add a player until they are down by less than 5 goals.

SUBSTITUTIONS - Substitutions may be made at any time on an unlimited basis during the game, provided the player substituted for is within one yard of the bench door and does not interfere with play at the time the replacing player enters the field of play. A team with too many players on the playing field will be penalized with a two (2) minute penalty not designated to any one specific player.

Games shall not start unless a team has the minimum number of players present on the player surface by designated forfeit time (5 minutes past the hour).

Team rosters must be submitted prior to the first game. Roster size may not exceed 18 players per team (14 players per team for adults). Any additions to a roster must be made prior to the start of the 3rd game.

No youth player may play for two or more teams within the same age group/league. However, a player may play on two or more teams in different leagues or age groups (i.e. recreation and competitive teams). Once a player plays for a team in a particular age group/league, he/she may not transfer to a different team in the same age group/league.

Any recreational team with 3 or more competitive players (players who hold a WSYSA player card) on the roster **MUST** register the team as a competitive team or play up a year within the recreational divisions. If a recreational team is found to have 3 or more competitive players on the roster, that team shall forfeit all games prior to and including the game in which it was discovered.

Exception: A team registering as a competitive team may play up an age group as recreational (i.e. U-13 competitive may play as U-14 recreational).

SUBSTITUTIONS - Substitutions may be made at any time on an unlimited basis during the game, provided the player substituted for is within one yard of the bench door and does not interfere with play at the time the replacing player enters the field of play. During the following five "guaranteed substitutions" players will be allowed to substitute as soon as the ball is dead and play will be held up to allow completion of substitution(s).

- a. A goal is scored
- b. A time penalty is awarded
- c. An injury time-out
- d. The ball is out of bounds
- e. A time out

A team with too many players on the playing field will be penalized with a two (2) minute penalty not designated to any one specific player and the game shall be restarted by a free kick, to be taken by a player of the opposing team, from the place where the ball was, when the play was stopped. If the free kick is awarded to a side within its own goal area, it may be taken from any point within that half of the goal area, in which the ball was when play was stopped.

GOALKEEPER SUBSTITUTION - Any teammate may change places with the goalkeeper at anytime as per regular substitution procedures, provided that the goalkeeper wears a jersey that does not conflict with either the referee or other players, provided the referee is notified.

PLAYER ELIGIBILITY - Leagues - men are not permitted to play in the ladies leagues

You must be 16 years of age or older to play in an adult league. If a player's age eligibility is questioned, The Zone reserves the right to require proof of birthdate. If an ineligible player has been used, that team shall forfeit all games prior to and including the game in which it was discovered.

IV. PLAYERS EQUIPMENT

The equipment of a player is a shirt, shorts, socks, regulation shinguards and indoor soccer footwear. Teams jerseys must be of the same color. Shirts and shoes must be worn at all times.

FOOTWEAR - A player's footwear must conform to the following standards: rubber flat-soled shoes or other footwear designed for artificial surfaces must be worn. No Plastic cleats are allowed, rubber soled shoes only.

SHINGUARDS - All players **MUST** wear regulation shin guards during play. Under no circumstances may a player participate without shinguards. Socks must completely cover the shinguards.

JERSEYS - Teams are required to have matching colored shirts or jerseys. The team listed first on the schedule must change shirts if there is a color conflict.

GOALKEEPER - The goalkeeper shall wear colors that distinguish him from field players and the referee. Any field player who replaces the goalkeeper must comply with this rule. The goalkeeper may wear protective headgear if it is deemed acceptable by the referee, (i.e., is not dangerous and does not interfere with other players). Long pants, long sleeved jersey, knee and elbow pads are strongly recommended for all goalkeepers, but not required.

DANGEROUS EQUIPMENT - Players shall not be permitted to wear anything deemed dangerous by the referee. Any cast worn must be properly padded to the satisfaction of the referee. Players will not be allowed to participate until their equipment meets with the approval of the referee. A two-minute time penalty shall be assessed to the offender who enters the game having failed to carry out the equipment adjustment as requested by the referee.

V. REFEREES

REFEREES' AUTHORITY - A one or two man system will be used at the discretion of The Zone. The authority and exercise of the powers granted to referees by this official rulebook commence when they enter the premises. The referees are responsible for the record of the game and the control of time keeping.

The referees' power of penalizing extends to offenses committed when play has been temporarily suspended or when the ball is out of play. Referees' decisions on points of fact connected with play shall be final, so far as the result of the game is concerned. The referee has the following responsibilities:

- (a) Enforce the rules.
- (b) Advantage: Refrain from penalizing in cases where they are satisfied that, by so doing, they would give an advantage to the offending team.
- (c) Power: The referee has the discretionary power to suspend the game for any serious infringement of the rules, interference by spectators or other cause, should suspension be deemed necessary. In the event of the suspension being attributed to one specific team, that team shall forfeit the game. If the point total attributed to the non-offending team at the time of that suspension exceeds the forfeit point total (3-0), then the score shall be allowed to stand. If both teams are deemed by the referee to be at fault to a serious degree, a double forfeit will be the result, and neither team will receive any points.
- (d) Illegal Entry: Allow no person other than the players and other referee to enter the field of play without permission.
- (e) Injury Stoppage: Stop the game if, in their opinion a player has been injured; have the player removed as soon as possible from the field of play, without risking further trauma as a result of removal; and immediately resume the game. The time clock will not be stopped unless, at the discretion of the referee, the injured player must be removed from the field by medical personnel. Ball possession shall go to the team in possession at the time of the stoppage. If there was no clear possession, the game will resume with a drop ball.
- (f) Player discipline: Caution any player guilty of misconduct or ungentlemanly behavior and if the player persists, suspend him from participation in the game.
- (g) Non-player discipline: Penalize or eject any coach or non-playing team personnel. All penalties or ejection's of non-playing personnel will result in a two or five minute penalty to the offending team.
- (h) Oversee the goal totals.

The referee is also responsible for the following: (a) Indicating illegal substitutions; (b) Operating the score board; (c) Signaling a 3 line violation; (d) Controlling benches; (e) Submitting the game record to The Zone administration; (f) Controlling time penalties; (g) Ensuring the official time is correct and that full time is allowed; (h) Enforcing the laws of the game. Violations will be signaled by his or her whistle, which stops play.

Any game played at The Zone, whether it be a make-up game, forfeit or whatever, the referees will have the same authority as in a regular game and all penalties such as red cards will be enforced and carried over to your next game, even if it is in the next session.

NOTE: House video system will NOT be used for referee critique.

VI. DURATION OF GAME

All games will consist of two halves of 22 ½ minutes each, with a 1-minute break at halftime. **THERE WILL BE NO OVERTIME.**

The clock will run at all times except at referee's discretion for injury or extended delay.

The ball is in play once it has been touched from a proper restart. For free kicks by the defensive team originating in their own penalty area, the ball shall not be in play until it has left the penalty area.

Play shall be extended to permit the taking of a penalty kick if the infraction occurred immediately prior to the expiration of time.

If the clock malfunctions, the remaining time will be estimated and re-set to count down from the restart of play. If the clock is inoperable, the referee will keep time on a watch.

VII. START OF PLAY

Games will start promptly at the game time scheduled. In order to keep clocks on time, teams must warm up off the field. **Kicking the ball outside of the playing field is prohibited.** At the beginning of the game, the teams will defend the end of the field their bench is on. The kick off shall be made by the Home team (1st team listed). Teams change ends at the start of each new period. At the start of each period, when restarting play, the kick off shall be taken by a player of the opposite team to that of the player who kicked off the previous period.

The referee having given a signal, the game will be started by a player taking a place-kick (a kick at the ball while it is stationary on the ground in the center of the field of play). Every player shall be in his own half of the field and every player of the team opposing that of the kicker shall remain not less than ten (10) feet from the ball until it is kicked off. The ball is in play when it is touched and moves forward. The kicker shall not play the ball a second time until it has been touched or played by another player. For any infringement of this rule, the kick off shall be retaken, except in the case of the kicker playing the ball again before it has been touched by another player. For this offense, a free kick shall be taken by a player of the opposing team at the point where the offending player touched the ball a second time.

A goal can be scored directly from a kick-off. **ALL KICKS ARE DIRECT.**

After a goal has been scored, the game shall be restarted in the above manner by the team conceding the goal.

RESTARTS FOR UNUSUAL CAUSES - For restarts in unusual circumstances (i.e. after injury), the game resumes with a kick, from the location of the ball when play is stopped. This kick is taken by the team that had clear possession prior to the stoppage. If there is no clear possession, then the game will be restarted with a drop ball at the point where the ball was when the game was stopped. If the game was stopped inside the penalty area, all restarts, whether by kick or drop ball, will be from the top of the restraining arc.

DROP BALL - The ball shall be deemed in play when the referee drops the ball and it has touched the floor. A player shall not play the ball until it has touched the floor.

FIVE SECOND PLAY REQUIREMENT - Failure by a team to put the ball into play within five seconds, as signaled by the referee, shall result in a possession turnover to the opponent.

VIII. BALL IN PLAY/OUT OF PLAY

The ball is in play at all times unless indicated by the referee including:

- a. if it rebounds from a goal-post, cross bar, or the perimeter wall into the field;
- b. if it rebounds off the referee when he is in the field of play;
- c. in the event of a supposed infringement of the laws until a decision is given.

The ball is out of play:

- a. when it has wholly crossed the perimeter wall.
- b. when it hits outside the perimeter walls or netting.
- c. when it makes contact with the net above the field of play. A free kick will be awarded to the opposing team at the center of the nearest red line. There will be no time penalty.
- d. when the game has been stopped by the referee

IX. METHOD OF SCORING

LEGAL GOAL - A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the crossbar, provided it has not been thrown, carried or otherwise propelled by hand or arm, by a player of the attacking side, except in the case of a goalkeeper who was within his own penalty area when he legally propelled the ball.

SCORING - The team scoring the greatest number of goals will be declared the winner. **Games can end in a tie.**

FORFEITS - A team not having the minimum number of players required at the start of the game will forfeit the match 3-0. Any team who receives a win because of a forfeit will receive a score of 3-0. The team that forfeited takes a 0-3 loss. Once a game has started and a team decides for any reason they want to forfeit, or they are forced to forfeit, the team forfeiting will receive a loss of 0-9 and the opposing team will be awarded a win of 9-0. These goal differentials will show in the standings.

X. DELAY OF GAME

THREE LINE PASS VIOLATION - A player is guilty of a three-line violation when he passes the ball across three lines (two red and center line) in the air, toward the opponents goal-line, without touching or having been played by another player. The whole of the ball must have crossed both red lines. If the ball is placed on one red line and kicked from there and then crosses over the other red line, there is no violation.

If the ball is played against the perimeter wall before it crosses three lines, no violation will occur.

If a three-line pass is declared, the referee shall award a direct free kick, which shall be taken by a player of the opposing team, from the center point of the first red line the ball crossed.

OVER AND BACK (PASS/PLAY INTO DEFENSIVE ZONE) - If a defender passes the ball back to his own goalkeeper from any other zone of the playing field and the goalkeeper handles the ball, the referee shall stop play and award a direct free kick from the center of the restraining arc. However, the goalkeeper may play the ball in any other manner so long as he does not handle the ball.

When referring to handling the ball, it means with the hands. He may however play the ball with his head or feet.

FIVE SECOND RULE - Failure by a team to put the ball into play within five seconds, as signaled by the referee, shall result in a possession turnover to the opponent. When playing as goal keeper:

- a. failure to distribute the ball having held it in his hands over five seconds, which, in the opinion of the referee, is designed merely to hold up the game shall be penalized by the award of a direct kick to be taken by the opposing team from the top of the restraining arc.

XI. FOULS AND TIME PENALTIES

A player who commits any of the following offenses while the ball is in play shall be penalized by the referee awarding a direct free kick to the opposing team, to be taken at the point of the infraction, unless the offense is committed by a player in his opponents goal area, in such case the free kick shall be taken from a point anywhere within that half of the goal area in which the offense occurred.

ALL FREE KICKS ARE DIRECT.

- a. Kicks, or attempts to kick, an opponent;
- b. Trips an opponent (Throwing or attempting to throw an opponent by use of the legs or by stooping in front of or behind him);
- c. Jumps at an opponent;
- d. Charges an opponent from behind unless the latter is obstructing;
- e. Charges an opponent in a violent or dangerous manner;
- f. Strikes, elbows, attempts to strike or elbow, or spits at an opponent. A time penalty must be assessed for any of these offenses. Spitting calls for immediate ejection;
- g. Holds an opponent;
- h. Pushes an opponent;
- i. Handles the ball, (i.e. carries, stripes or propels the ball with his arm or hand). This does not apply to the goalkeeper within his own penalty area;
- j. Boarding (i.e. propelling an opponent into the perimeter wall) in a violent or dangerous manner. **A penal time penalty must be assessed for boarding;**
- k. Dangerous play - Playing in a manner considered by the referee to be dangerous, i.e. attempting to kick the ball while held by the goalkeeper;
- l. Charging fairly at an improper time (i.e. playing with the shoulder, when the ball is not within playing distance of the players concerned);
- m. Obstruction - When not playing the ball, intentionally obstructing an opponent, i.e. running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent;
- n. Charging the goalkeeper - Body contact in the goal area between an attacking player and the opposing goalkeeper not in possession of the ball.
- o. **Slide-tackling!**
- p. Players shouting at players during the game will be assessed a foul and a free kick given to the opposing team from the spot of the foul.

- q. Any foul on the defensive team inside the penalty area that would be an indirect free-kick outdoors will result in a free-kick taken from the top of the penalty area line. This kick may be defended.

PLEASE NOTE

Due to the widespread restrictions on slide tackling and the potentially dangerous nature of the tactic in proximity to dasher boards, **slide tackling is not permitted!** Referees will use discretion for normal goalkeeper play within the penalty area.

If any of the above offenses are deemed by the referee to be of a serious nature, he shall caution the offender, assess a two minute penalty to be served by the offender, and award a direct free kick from the place where the offense has occurred to be taken by an opponent.

GOALKEEPING RESTRICTIONS - The following infractions shall cause the referee to stop play and award a direct kick to the opposing team at the top of the restraining arc:

- a. The handling (other than kicking) of an intention over and back pass from a teammate
- b. Three line pass violation
- c. Five-second distribution: A goalkeeper, in possession of the ball within the penalty area, must distribute the ball outside of the penalty area or to another player within five seconds of having received the ball within the penalty area. Possession shall be defined as control with hand or foot.
- d. Illegal procedure - Handling: A goalkeeper who receives or carries the ball outside of the penalty area by foot, shall not handle the ball inside the penalty area prior to the ball being touched by an opponent
- e. Handball outside penalty area: Intentional handball violations committed by the goalkeeper outside the penalty area shall be interpreted to be "severe in nature" and a time penalty must be assessed against the goalkeeper who, in the opinion of the referee, intentionally handles the ball to break up a play or save a shot at goal outside of the penalty area. Situations whereby the goalkeeper first handles the ball within the penalty area but his momentum carries him outside the penalty area while handling the ball shall not be deemed "severe in nature", and no time penalty shall be assessed.
- f. Once the goalkeeper releases the ball with his hands, he is not permitted to handle the ball again until the ball is played by a member of the opposing team.
- g. Goalkeeper striking: If, during play, the goalkeeper either intentionally strikes an opponent by throwing the ball violently at him or pushes him with the ball while holding it, the referee shall assess a time penalty. A penalty kick will be awarded if the offense was initiated in the penalty area.

GOALKEEPER PRIVILEGES -

- a. If a player intentionally obstructs the opposing goalkeeper in an attempt to prevent him putting the ball into play, the referee shall award a free kick
- b. Endangering the goalkeeper: A player who intentionally commits a foul against the goalkeeper which, in the opinion of the referee, falls short of serious foul play (ejection) but, nevertheless, endangers the goalkeeper beyond what is considered to be a normal hazard of play shall be assessed a time penalty.
- c. The goalkeeper shall have clear possession of the ball when he has it held in both hands or pinned against the floor, wall, post or crossbar with both hands.

TIME PENALTIES- Any technical two minute time penalty assessed against the goalkeeper may be served by another member of his/her team. The goalkeeper will serve all time penalties assessed because of goalkeeper misconduct. All the penalties so served shall be charged against the goalkeeper. This includes instances whereby the goalkeeper has been substituted by a field player.

BLUE CARD - 2 minute penalty (minor). Example: boarding, dissent, persistent and or violent fouling, too many players on the field, unsportsmanlike conduct.

YELLOW CARD - 4 minute penalty (referees discretion).

RED CARD - 5 minute major (referees discretion) plus ejection and at least a one game suspension is mandatory. Suspension does not include the game from which you were suspended. It is the next game or games.

All time penalties are to be served in full.

EJECTIONS - A player or non-player shall be ejected for incidents of:

- a. Violent conduct or serious foul play
- b. Foul or abusive language or action
- c. Accumulation of two yellow card time penalties
- d. Disrespect for referee or staff of The Zone

EJECTED COACH RESTRICTIONS - An ejected coach may not, from the time of his ejection until the conclusion of the game, have any communication with his team's players in the arena.

DELAYED TIME PENALTIES (Blue/Yellow Card Advantage) - In situations where the referee would want to penalize a player for an infraction by issuing a time penalty, while at the same time wishes to apply the advantage clause of Rule 5, the referee shall acknowledge the foul and signal that the advantage is being continued by raising a Blue/Yellow Card above his head and maintaining that signal until such time as:

- a. Opponent Possession: the offending team gains control of the ball, upon which the referee shall signal the foul by means of a whistle and appropriately penalize the offending player. Possession shall be defined as a player having clear control of the ball for more than one second. The restart should be at the point of the original infraction or at the top of the restraining arc if the offense took place inside the offended team's penalty area.
- b. Stoppage: The referee stops play by whistling any other stoppage (i.e. foul by either team or ball out-of-play). The player guilty of the foul which initiated the Blue/Yellow Card shall be appropriately penalized, and play should be restarted as appropriate for the original offense. If a foul is committed during the advantage worthy of a second time penalty, both penalties shall be assessed and appropriately served. If both penalties (Yellow Card penalties) are assessed against one offender, he shall be ejected.
- c. Goal: A goal is scored during the Blue/Yellow Card Advantage, upon which the offending player's penalty shall be recorded for accumulation purposes. No time penalty shall be served if a goal is scored by the offended team.

DURATION/EXPIRATION OF TIME PENALTIES - Time penalties shall be subject to the following concerning duration and expiration of penalty time. A player whose time penalty has expired must immediately leave the penalty area, subject to other restrictions in this section.

- a. Penalty Advantage Expiration – While a player is serving a penalty, their team is playing less a player and thus providing an advantage to the other team. If a goal is scored by the team serving the suspension, that team must still serve the remaining time from the for mentioned suspension. BUT, if the team opposite of the suspension scores a goal, the penalty has now been served and the team serving the time penalty is now allowed back to full strength. The player that was served the suspension must serve the entire time penalty before he/she is allowed back on the field.
- b. Multiple Penalties (Team): There must always be a minimum of four players on the field for each team. If a team has two players serving time penalties and a third player receives a time penalty, the third player must still serve his penalty and leave the field. He shall, however, be replaced by a substitute since four players must be on the playing field at all times. The team will play with four players until the second penalty has lapsed. However, after the first penalty has lapsed the player receiving that penalty can join the rotation of the four field players on a normal substitution basis. Once the second time penalty has lapsed the player receiving that penalty can rejoin the game without having to substitute one of the current field players. Likewise with the third penalty. If the team offended against scores, the first opposing player penalized may return to the field of play with a teammate from the field of play returning to his bench.
- c. Multiple Penalties (Player): Any player receiving two Yellow Card time penalties will be ejected.

PENALTIES ASSESSED TO GOALKEEPER - The first two-minute time penalty assessed to a goalkeeper may be served by a field player chosen by the coach. The chosen player may return to play immediately after the penalty expires, unless a multiple penalty situation as described above. If the goalkeeper receives a second Yellow Card time penalty, he will be ejected.

XII. FREE KICKS - When play has been stopped for an infraction, play shall be restarted with a free-kick taken by a player from the opposing team. During the taking of a free-kick, all of the opposing players shall be at least ten feet from the ball until it is in play. The ball must be stationary when a free kick is taken and the kicker shall have five seconds within which to play the ball after being signaled to do so by the referee. Failure to put the ball into play within five seconds of the referee's signal will result in the restart being "turned over" to the opponent. The ball shall be deemed in play when it has been touched. Under no circumstances may the player taking any free kick play the ball again before it has been touched by another player. Playing the ball twice includes playing the ball on the rebound off the perimeter wall, before it has been touched by another player. A goal may be scored directly against either team from such a kick.

LOCATION - Free kicks shall be taken from the point of infraction subject to exclusions listed herein or elsewhere in the rules. The referee may allow a free kick to be taken from a point within a three foot radius of the point of infraction unless, in his opinion, a team gains an unfair advantage, in which case the kick shall be retaken.

FREE KICK IN DEFENSIVE GOAL AREA - Notwithstanding any other reference in these rules to the point from which a free kick is to be taken, a free kick awarded to the defending team, within its own goal area, may be taken from any point within the goal area in which the free kick has been awarded.

FREE KICK ORIGINATING IN PENALTY AREA - When a player is taking a free kick in his team's penalty area, all opposing players shall remain outside the penalty area until the ball has cleared the penalty area, and shall be at least 10 feet from the ball while the kick is being taken. The ball shall be deemed in play after it has been touched and is beyond the penalty area. If the ball is not kicked directly into play, or if the kicker touches the ball again before it has left the penalty area, the kick shall be retaken. If the kicker touches the ball again after it has left the penalty area and before it has touched another player, a free kick shall be awarded to the opposing team at the top of the restraining arc.

FREE KICKS IN ATTACKING PENALTY AREA - Any free kick awarded to the attacking team for a foul or an infraction which occurred in its opponents penalty area shall be taken at the top of the restraining arc unless a penalty kick is awarded.

Only fouls which are deemed by the referee as having denied the attacking team a goal scoring opportunity or warrant a time penalty, will result in a penalty kick.

UNSPORTSMANLIKE CONDUCT TO PREVENT FREE KICK - If, when a free kick is being taken, any player gesticulates in a way to distract his opponents or encroaches into the penalty area or within ten (10) feet of the ball, the referee shall delay the taking of the kick until the law is complied with. If on the request of the referee, the player does not comply, he shall be deemed guilty of "unsportsmanlike conduct" and will be assessed a two minute time penalty.

VIOLATION/KICKER - If the kicker, after taking the free kick, plays the ball a second time before it has been touched by another player, a free kick shall be taken by a player of the opposing team at the point where the second touch took place. If the kicker delays the free kick longer than five seconds after having received a signal from the referee, his team shall lose possession of the restart.

LAW XIV PENALTY-KICKS

1. All players except the goalkeeper and the shooter must be behind the red line at the taking of the penalty-kick.

PLEASE NOTE: Where, in the opinion of the referee, the foul leading to the award of a penalty kick was completely unintentional and not serious in nature, no two minute time penalty need be served by the offending player.

XIV. RESTARTS - BALL OVER PERIMETER WALL

KICK IN - When the whole of the ball passes over the perimeter wall or makes contact with a designated out-of-bounds area (e.g. netting), it shall be kicked in from the point at which it passed over or made contact, by a player from the opposite team from that of the player last making contact. The ball shall be in play immediately after it has been touched, except in the case where the kick is taken from a point inside the penalty area, in which case it may not be played a second time nor shall it be deemed in play until it has exited the penalty area. A goal may be scored directly from such a kick.

GOAL KICK - When the whole of the ball passes over the end perimeter wall or makes contact with a designated out-of-bounds area between the corner markings (excluding that portion between the goal posts and under the crossbar), having last been played by a player of the attacking team, play shall be restarted with a keeper possession (yes, able to handle the ball).

CORNER KICK - When the whole of the ball having been last played by one of the defending team passes over the end perimeter wall or makes contact with a designated out of bounds area between the corner markings, excluding when a legal goal is scored, a member of the attacking team shall take a corner kick. A goal may be scored directly from such a kick. Players of the team opposing that of the player taking the corner kick shall not approach within ten (10) feet of the ball until it is in play.

PLACEMENT - The whole of the ball shall be placed on the nearest corner mark, and it shall be kicked in from that position.

XV. TEAM ROSTERS/ELIGIBILITY

ROSTER CONSIDERATIONS - A maximum of eighteen players may be placed on a team roster (14 players for adult leagues). A player can only play for one team in the same age group/league. Players must be able to provide proof of age when requested by The Zone administration. The following will be accepted as proof of age: (a) birth certificate or copy, (b) driver's license, (c) resident alien (green) card, (d) passport (e) National Soccer Governing Body registration cards. Rosters may be checked by The Zone administration before the start of the league. Any player found to be ineligible will be banned from the games; any games that have been played by such player(s) will be forfeited 3-0 to opponent (or if the score is greater than 3-0 to the opponent it will be allowed to stand as is).

ALL PLAYERS (OR PARENT IF PLAYER IS UNDER THE AGE OF 18) MUST SIGN THE TEAM ROSTER/WAIVER FORM PRIOR TO THE FIRST GAME.

ADMINISTRATION AND DISCIPLINE - Will be handled by an administrative official from The Zone

DISCIPLINE At the discretion of the designated official, the following minimums will be enforced: (a) 2 yellow cards in one game - ejection from game and suspension from next game; (b) 1st red card - ejection from game and suspension from next game; (c) 2nd red card ejection for balance of session or if final game of session ejection from first 2 games of next session.

INJURIES, DAMAGE, THEFT OR LOSS - The game of soccer involves physical contact. The facility, sponsors or any authorized representative, agent or employee of these shall not be responsible for any expense incurred by any team if the event is canceled in whole or in part or for any liability in connection with the event for personal injury or property loss in connection with traveling to, participating in, or traveling home from the event. Each team, player, coach or fan shall participate at his or her own risk.

INCLEMENT WEATHER - All teams are encouraged to do everything within their power to attend games. In the event of bad weather resulting in a team's inability to compete, a forfeit will result unless the facility has canceled the game.

NO SHOW & SPIRIT OF THE GAME POLICY - If a team fails to show for a scheduled game, the use of the field by the opposing team is at the discretion of the facility management. Teams are requested to appreciate that forfeiture is not in the "spirit" of the competition and detracts from the enjoyment of the event by participants. Where a coach has stated his intent to throw a game or states his intent to encourage his players to perform at sub par levels, or where one of the players or parents from that team admits to The Zone management that this occurred, the management has the right to disqualify the team concerned from further participation.

SPECIAL RULES FOR CO-ED

NUMBER OF PLAYERS – See number of players section above

GOALKEEPER - The goalkeeper may be male or female.

SPECIAL RULES FOR CO-ED

1. Women must take all direct kicks (excluding goal kicks).

SCORING

1. If a female player scores a goal, the goal is worth 2 points. If a male player scores a goal, the goal is worth 1 point.

TIME PENALTIES

If a male player receives a time penalty and the team is playing short a female player may not be substituted for in order for the team to have four males and one female during the time penalty. The female may be substituted for during the time penalty but the team would play with three males and one female

If a team is playing with the minimum number of females (2) on the playing field and one of the females is assessed a time penalty, both the offending female player **and** a male player must leave the field of play for the length of penalized time. However, a female must be substituted for the penalized female player to maintain the two female minimum players rule. If at the time of the time penalty, the team has three females on the field of play, only the offending female must leave the field of play for the time penalty.

If a team is issued two time penalties at the same time, leaving only four players on the field of play, the minimum of two female players on the field of play rule still applies.

Coed Macho Rule: The intent of this rule is to protect female players from uncontrolled and unreasonably aggressive play by male players. If the referee feels that a male player, in the reasonable belief of a female player, intimidates or threatens a female player, on his team or the opposing team, through aggressive or forceful play, a foul may be called and a direct free kick awarded. This includes:

- a. High/Hard Kicks: Any kick (or goalkeeper throw) taken with excessive force in the direction of a female player, and within an arc described by her arm span, and which rises above waist level in relation to that player. The ball need not make contact with the player in question for a foul to be called.
- b. Physical or Verbal Intimidation: Any attempt to take advantage of gender differences through physical or verbal intimidation.

Tie Breaker Procedure

A game, that ends in a tie, where a winner must be declared (tournament or playoffs) shall have the winner decided as follows. Each team will chose any 5 players on the roster (Co-Rec teams must use at least two women for the five) to participate in the shoot-out. The home team will go first. Each team will take five kicks alternating each time. If one team has scored more goals than the other could even if it were to complete its five kicks the shoot-out is finished. If the score is tied after 5 kicks the teams shall continue (using different players until everyone on the team has taken a turn) with the kicks until one team has scored a goal more than its opponent within its turn. The referee will place the ball goalie of the center circle the shooter will have 5 seconds to get off a shot on goal from the time he/she touches the ball after the referees whistle. U-12 and below 6 seconds. The shoot-out attempt is over after the shooter has made his attempt or 5 seconds has elapsed, whichever comes first. The shooter is not allowed to play rebounds. The goalkeeper must start with one foot on the goal line. Any foul by the keeper results in a penalty kick without the keeper in goal. This includes fouls outside the penalty area.