

# RED ROSE INDOOR ARENA



## RULES FOR INDOOR SOCCER LEAGUE AND TOURNAMENT PLAY

*The Red Rose Indoor Arena reserves the right to make any change(s) to the below rules at any time. The Arena encourages good competitive play without harm to any player.*

- **The Field of Play**
  - **Overall Attributes:**
    - “A” Field is 60 feet wide by 160 feet long.
    - “B” Field is 56 feet wide by 145 feet long.
    - The 8-foot high perimeter wall is part of the playing surface (not the netting).
  - **Marking:**
    - **White Halfway Line and Center Spot:** A white halfway line is marked across the field of play. A center spot is marked in the middle of this line.
    - **Defensive White Line:** At each end of the field of play, two lines are drawn parallel to the goal line. (Note: Between the Defensive White Line and the White Halfway Line the ball must be shot and may not be touched or deflected by anyone excluding the Goalie to score a 3-Point Goal.)
    - **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 1 foot from the perimeter wall at the point where the ball was last kicked.
    - **Overall Playing Surface and Field Conditions:** The Referee has the authority to stop play if he/she feels that any aspect of the physical facilities (i.e., broken glass), could endanger the players. Play will be resumed once the problem has been remedied.
- **Game Ball:**
  - The ball used will be a regulation size 3 (U6 and U8), size 4 (U10, U11, and U12) or size 5 (U13, U14, U16, U19, & Adults), soccer ball.
  - Game balls will be provided by the Arena, and at the end of the game must be returned to the referee.
  - Game balls are not to be used for warming up prior to game or for practices.
- **Number of Players:**
  - In age divisions U6’s and U8’s, the game shall be played by two teams, each consisting of not more than 7 or less than 4 players on the field, one of whom must be the goalkeeper.
  - In age divisions U10 , U11, U12, U13, U14, U16, U19, Men’s and Women’s, a game shall be played by two teams, each consisting of not more than 6 or less than 3 players on the field, one of whom must be the goalkeeper.
  - The game shall not start unless a team has the minimum number of players present on the field of play. If at 5 minutes past start of game time a team does not have the minimum number of players, the game will be deemed a forfeit against that team. The game will be recorded as a 0-5 loss.
  - If multiple offenses have been committed and being served at same time:
    - There shall be a minimum of 4 players per team on the field of play for age divisions U6, U8 and U10 Girls.
    - There shall be a minimum of 3 players per team on the field of play for age divisions U10 Boys, U11, U12, U13, U14, U16, U19, Men’s and Women’s.

- **Roster:**
  - Team Rosters and Waivers must be submitted prior to the first game/practice.
  - If your team has not supplied a completed and fully signed roster by the first game, your team will not be permitted to play, and will forfeit that game and any other games until a properly completed Roster and Waiver submitted to the management. Forfeited games are recorded as a 0-5 loss against that team.
  - Once a Roster is turned in it may not be changed without the approval of the Management. This rule will be strictly enforced.
  - Rostered Players who have signed the Arena's Waiver are the only Players permitted to play.
  - If any Player is under the age of 18, a parent must sign the Waiver Form.
  - Any Player found playing on a team where he/she is not rostered causes that team to forfeit that game. Forfeited games are recorded as a 0-5 loss against that team.
    - The only exception to this rule is when a team agrees to a forfeit before the start of their game due to a shortage of players, and would like to pick up players to play for fun. At this point any player that the team picks up must sign a temporary player waiver form supplied by Management prior to playing the game.
  - The Red Rose Indoor Arena reserves the right to allow teams to make changes to their roster due to uncontrollable circumstances, such as injuries, etc.
  - Any team that knows of another team committing any violations of the above rules for rostered players is to report the infraction to the management for review. Management will not permit any cheating from a team just to win a game.
  - Players are not permitted to play on more than one team in the same division.
  - Players are permitted to play in the same age group but in different divisions.
  - Players may also play in more than one age group as long as the player does not violate the age requirement.
  - A player may not play up more than 2 years from his/her current age group or to the next available age group. (i.e. U14 player may play U16 but not U19. U16 player may play U19.)
  - Coaches or Clubs that enter two teams in the same division will not be allowed to interchange players from one team to the other at any time. The two teams are considered two totally separate teams.
  - Any recreational team with 3 or more competitive players (players who hold USYSA Player's Card) on the Roster must register the team as a competitive team. 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. U12 competitive may play as U13 recreational).
  - For the Men's and Women's Open Leagues, a player must be 16 years of age or older.
  - The Arena reserves the right to ask for proof of age. If age is questioned, the team will have one week to supply proof of age via Birth Certificate; a State Player's Pass, or a Current Driver's License.
  - Any violations to the above rules will result in a forfeit against the team committing the violation per incident(s). Forfeits will be recorded as a 0-5 loss against that team.

- **Substitutions:**
  - Substitutions may be made at any time (“on the fly”) and at an unlimited number of substitutions during the game.
  - Entry or Exit is not permitted through the opponent’s gate.
  - The player substituted for must be within 3 feet of the team’s Entry/Exit Gate, and may not interfere with play at the time the replacing player enters the field of play.
    - **Illegal Entry:** A team with too many players on the playing field will be penalized with a two-minute penalty, not designated to any one specific player, and will play a man down for the duration of the penalty.
      - The game shall be restarted with 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 team within its own goal area, the ball may be placed anywhere within their goal area.
      - If the free kick is awarded to a team within their opponent’s goal area, the ball shall be placed on the penalty mark.
  - **Goalkeeper Substitution:**
    - Notify the Referee of a Goalkeeper substitution.
    - Upon Referee’s approval, any teammate may change places with the goalkeeper per regular substitution procedures, provided that the goalkeeper wears a jersey that does not conflict with either the Referee or other players.
- **Players Equipment:** Are a Shirt, Shorts, Socks, Regulation Shinguards, and indoor soccer footwear.
  - **Jerseys:**
    - Teams are required to have matching colored shirts or jerseys with numbers.
    - Jerseys are not to conflict with the Referee’s traditional Yellow or the alternate Black Jersey.
    - The “Home Team” (team listed first on the schedule) must change shirts if there is a color conflict.
  - **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.
    - Cleats or Molded Mini-Studded shoes **are permitted on Field A.**
    - Black Soled Shoes and Molded Mini-Stud Shoes **are not permitted on Field B**
  - **Shinguards:** All players must wear regulation shinguards during play. Under no circumstances may a player participate without shinguards. Socks must completely cover the shinguards.
  - **Goalkeeper:** The Goalkeeper shall wear colors that distinguish him/her from field players and the referee. Any field player who replaces the goalkeeper must comply with this rule.
  - **Dangerous Equipment:**
    - Players shall not be permitted to wear necklaces, chains, earrings, watches or bracelets.
    - Rings shall be removed if 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 the approval of the Referee.
    - A two minute penalty shall be assessed to the offender who enters the game having failed to carry out the equipment adjustment as requested by the Referee.
    - **Bleeding Injury:** A Player bleeding or oozing bodily fluid(s) must leave the playing area immediately, and may not return until the injury has been properly cleaned and covered.

- **Referee's Authority:**
  - The Red Rose Indoor Arena has granted the Referee the authority to exercise the Rules for Indoor Soccer League and Tournament Play upon entering the premises and will end upon leaving the premises.
  - A one or two man system will be used at the discretion of the Red Rose Indoor Arena.
  - **The Referee is responsible for:**
    - Controlling the time keeping. (The clock will remain running, unless the referee determines a serious injury where a player must be carried off the field of play or if the field of play is deemed dangerous.)
    - The record of the game.
    - The Referee's power of penalizing extends to offenses committed when play has been temporarily suspended or when the ball is out of play.
    - The Referee's 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:**
    - Enforcing the laws of the Game.
    - Violations of the laws of the Game will be signaled by his/her whistle, which stops play.
    - Operate the Scoreboard.
    - Ensure the Official Time is correct and that full time is allowed.
    - Oversee the goal totals and submit the Game Record to Management.
    - Advantage: Refrain from penalizing in cases where the Referee is satisfied that, by so doing, would provide an advantage to the offending team.
    - Discretionary Power: to suspend the game for any serious infringement of the rules, interference by spectators or other cause(s), 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 (5-0), 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.
    - Indicate Illegal Entry: Allow no person other than the players and other referee to enter the field of play without permission.
    - 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 with possession at the time of the stoppage.
      - If there was no clear possession, the game will resume with a drop ball.
    - **Player Discipline:** Caution any guilty player of misconduct or ungentleman-like behavior and if the player persists, suspend him/her from participating in the game.
    - **Non-Player Discipline:** Penalize or eject any coach or non-playing team personnel guilty of misconduct or ungentleman-like behavior. All penalties or ejections of non-playing personnel will result in a two or five minute penalty to the offending team.
      - Controlling the benches.
      - Controlling time penalties.
      - Any game played at the Red Rose Indoor Arena, whether it is a make-up game, tournament game, or forfeit game, the Referee will have the same authority as in a regular game.
      - All Send-Off Offenses (Red Cards) will be enforced and carried over to the Offender/Offending Team's next game, even if it is in the next session.
- **Duration of Game:**
  - **League Games:** consist of two 25-minute halves with a two-minute break at half time.
  - **Tournament Games:** will be determined by Management prior to Tournament Scheduling.
  - There will be no overtime.
  - The clock will run at all times except at the referee's discretion for serious injury or extended delay.
  - If the clock malfunctions, the remaining time in the half will be estimated by the referee and re-set to count down to the expiration of time.

- **Start of Play:**
  - Games will start promptly at scheduled game time.
  - In order to keep games on time, teams must warm up off the field of play.
  - Kicking the ball outside the field of play is prohibited.
  - When the previous game ends, the next teams will be allowed a reasonable amount of time to get all equipment into the bench area and take the field.
  - The game shall not start unless a team has the minimum number of players present on the field of play. If at 5 minutes past start of game time a team does not have the minimum number of players, the game will be deemed a forfeit against that team. The game will be recorded as a 0-5 loss.
  - **Choice of End to Attack:**
    - At the beginning of the game, the home team (first team listed on the schedule) shall decide the choice of ends.
    - Teams change ends for the second half.
  - **Kick Off:**
    - The team to kick off the first half shall be the visiting team (second team listed on the schedule).
    - The kick off for the second half shall be taken by the home team (first team listed on the schedule).
    - A goal cannot be scored directly from a kick off.
    - **The ball is in play:** once the ball has been touched in a forwards or backwards motion from any restart.
    - After a goal has been scored, the game shall be restarted in the above manner by the team conceding the goal.
  - **Five Second Play Requirements:** 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.
  - **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 was stopped.
    - The kick is taken by the team that had clear possession prior to 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.
    - **Drop Ball:** The ball shall be deemed in play when the Referee drops the ball and it has touched the floor.
- **Ball In Play vs. Ball Out of Play**
  - The Ball is in play at all times unless indicated by the Referee including:
    - If it rebounds from a goal post, cross bar, or the perimeter wall into the field.
    - If it rebounds off the referee when he/she is on the field of play.
    - In the event of a supposed infringement of the laws until a decision is given.
  - The Ball is out of play:
    - When it hits outside the perimeter walls or netting.
    - When it makes contact with any part of the building superstructure above the field of play.
    - When the game has been stopped by the Referee.

- **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.
  - **One Point Goal:** Ball shot and the whole of the ball must pass over the goal line between the goal posts and beneath the cross bar.
  - **Two Point Goal:** Ball must be shot between the Half-way “white line” and the Defensive “white line”. The ball may not be touched or deflected by anyone excluding the Goalie, and the whole of the ball must pass over the goal line between the goal posts and beneath the crossbar.
  - **Penalty Kick Goal - One Point:** Ball must be shot from the Penalty Marker Spot. The ball may not be touched or deflected by anyone excluding the Goalie (Direct Kick), and the whole of the ball must pass over the goal line between the goal posts and beneath the crossbar.
- **Scoring:** The team scoring the greatest number of goals will be declared the winner. In the event that the score is tie at the end of a game, it will be recorded as a tie.
- **Forfeits:** A team not having the minimum number of players required at the start of the game will forfeit the match 0-5. Any team who received a win because of a forfeit will receive a score of 5-0. The team that forfeited takes a 0-5 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 0-5 and the opposing team will be awarded a win of 5-0.

- **Delay of Game**

- **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 the Goalkeeper:** Failure to distribute the ball having held it in his/her 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 Penalty Marker Spot.

- **Fouls and Time Penalties**

- **Indirect Free Kick:** A player who commits any of the following offenses while the ball is in play shall be penalized by the referee awarding an indirect free kick to the opposing team, to be taken at the point of the infraction.
- **Direct Free Kick:** A player who commits any of the following offenses in his opponent’s goal area, in such case the free kick shall be taken from the Penalty Marker Spot.
  - **Kicks, or attempts to kick, an opponent.**
  - **Trips an opponent** (throwing or attempting to throw an opponent by use of the legs or stopping in front of or behind him).
  - **Jumps at an opponent.**
  - **Charges an opponent in a violent or dangerous manner.**
  - **Charging** fairly at an improper time (i.e. playing with the shoulder, when the ball is not within playing distance of the players concerned).
  - **Holds an opponent.**
  - **Pushes an opponent.**
  - **Handles the ball** (i.e. carries strikes or propels the ball with his arm or hand). [This does not apply to the Goalkeeper within his own goal area.]
  - **Strikes, elbows, attempts to strike or elbow, or spits at an opponent.**
  - **Boarding** (i.e. propelling an opponent into the perimeter wall) **in a violent or dangerous manner.**
  - **Dangerous Play** – Playing in the manner considered by the Referee to be dangerous (i.e. attempting to kick the ball while held by the Goalkeeper.).
  - **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).

- **Fouls and Time Penalties (continued)**
  - **Charging the Goalkeeper** – Body contact in the goal area between an attacking player and the opposing Goalkeeper not in possession of the ball.
  - **Slide tackling is not permitted!** The Referee will use discretion for normal Goalkeeper play within the Goal Area.
  - **If any of the above offenses are deemed by the Referee to be of a serious nature, he/she shall caution the offender accordingly.**
  
- **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 Penalty Marker Spot.
  - **Five-second distribution:** A Goalkeeper, in possession of the ball within the goal area, must distribute the ball outside the penalty area or to another player within five seconds of having received the ball within the goal area. Possession shall be defined as control with the hand or foot.
  - **Intentional Handball Violation outside the Goal 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 the goal area. Situations whereby the goalkeeper first handles the ball within the goal area but his/her momentum carries him/her outside the goal area while handling the ball shall not be deemed “severe in nature”, and no time penalty shall be assessed.
  - **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 Time Penalties:** Any two minute time penalties assessed against the Goalkeeper may be served by another member of his/her team. All the penalties so served shall be charged against the Goalkeeper. This includes instances whereby the Goalkeeper has been substituted by a field player.
  
- **Goalkeeping Privileges:**
  - 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.
  - **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.
  - The Goalkeeper shall have clear possession of the ball when he/she has it held in both hands or pinned against the floor, wall, post or crossbar with one hand.
  
- **Disciplinary Sanctions/Timed Penalties:**
  - **Blue Card (Minor Penalty):** Guilty player sits for five (5) minutes, team plays short one (1) player for two (2) minutes.
  - **2<sup>nd</sup> Blue Card:** Same as a Red Card.
  - **Red Card (Major Penalty):** Guilty player is finished for remainder of game, and may not play next scheduled game. Team plays short one (1) player for two (2) minutes or in the event of major misconduct five (5) minutes.
  
- **Ejections:** A player or non-player shall be ejected for incidents of:
  - Violent conduct or serious foul play.
  - Foul or abusive language or action.
  - Accumulation of two blue cards
  - Disrespect for referee or staff of Red Rose Indoor Arena.
    - **Ejected Coach Restrictions:** An ejected coach may not, from the time of his/her ejection until the conclusion of the game, have any communication with his team’s players in the arena or the Referee.

# DISCIPLINARY SANCTIONS

## CAUTIONABLE OFFENCES

**Guilty player sits for 5 minutes, team plays short 1 player for 2 minutes.**

**Is guilty of unsporting behavior.**

**Shows dissent by word or action.**

**Persistently infringes the Laws of the Game.**

**Delays the restart of play.**

**Fails to respect the required distance when play is restarted with a corner kick or free kick.**

## SENDING-OFF OFFENCES

**Guilty player is finished for remainder of game and may not play next scheduled game. Team plays short 1 player for 2 minutes or in the event of major misconduct for 5 minutes.**

**Is guilty of serious foul play.**

**Is guilty of violent conduct.**

**Spits at an opponent or any other person.**

**Denies an opponent a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area.)**

**Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick.**

**Uses offensive, insulting or abusive language.**

**Receives a second caution in the same match.**

- **Delayed Time Penalties (Blue Card Advantage):** In the situation 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, the Referee shall acknowledge the foul and signal that the advantage is being continued by raising a Blue Card above his/her head and maintaining that signal until such time as:
  - **Opponent Possession:** The offended team/player gains control of the ball during or directly after an infraction (advantage clause).
  - **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 Card shall be appropriately penalized
    - The offending player's penalty shall be recorded for accumulation purposes
    - Play should be restarted at: the point of the original infraction; at the penalty mark if the offense took place inside the offending team's penalty area; or as a Goal Kick if the offense took place inside the offended team's penalty area.
    - 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 (Blue Card) are assessed against one offender, he/she shall be ejected.
  - **Goal:** If a goal is scored during a Time Penalty, the remaining penalty time shall be served.
  - **Multiple Penalties (Team):**
    - There must always be a minimum of three field players and a goalkeeper 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 still serves his/her penalty and leaves the field. He/She 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.
    - After the first penalty has been served, 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 been served, the player receiving that penalty can rejoin the game without having to substitute one of the current field players. Likewise with the third penalty.
- **Free Kicks:**
  - Results from fouls, violations of the rules, the ball leaving the playing area or any other stoppage indicated by the Referee. Play shall be restarted with a Free Kick taken by a player from the opposing team.
  - If the ball leaves the playing area or hits a superstructure, the opponents of the player who last touched the ball will receive a free kick, to be taken at the point where the ball was last touched. If the defense plays the ball from out of the penalty area, the kick in shall be taken from the penalty mark at the top of the penalty area.
  - During the taking of a free-kick, all 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.
  - All Free Kicks are indirect kicks (which means a goal may not be scored directly against the opposing team); except for a penalty kick (Direct Kick) which may be scored directly against the opposing team.

- **Free Kicks (continued):**

- **Location of Free Kick:** Free Kicks shall be taken from the point of infraction or where the ball was last touched.
- **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 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/she shall be deemed guilty of “Unsportsmanlike Conduct” and will be assessed a Blue Card.

- **Inclement Weather:** In the event of inclement weather, all teams are encouraged to do everything within their power to attend their scheduled games. If a team is unable to get to the Arena and the Arena has not canceled the game(s) due to the weather, a forfeit will be given to the team(s) who did not show for their scheduled games. Please check our website, [www.redrosesena.com](http://www.redrosesena.com), to check and see if the Arena’s closing due to inclement weather.

<b>AGE BRACKET</b>	<b># OF PLAYERS PER TEAM</b>	<b>BALL SIZE</b>
<b>U6</b>	<b>6 + a Goalie</b>	<b>3</b>
<b>U8</b>	<b>6 + a Goalie</b>	<b>3</b>
<b>U10 GIRLS</b>	<b>5 + a Goalie</b>	<b>4</b>
<b>U10 BOYS</b>	<b>5 + a Goalie</b>	<b>4</b>
<b>U11</b>	<b>5 + a Goalie</b>	<b>4</b>
<b>U12</b>	<b>5 + a Goalie</b>	<b>4</b>
<b>U13</b>	<b>5 + a Goalie</b>	<b>5</b>
<b>U14</b>	<b>5 + a Goalie</b>	<b>5</b>
<b>U16</b>	<b>5 + a Goalie</b>	<b>5</b>
<b>U19</b>	<b>5 + a Goalie</b>	<b>5</b>
<b>WOMEN</b>	<b>5 + a Goalie</b>	<b>5</b>
<b>MEN</b>	<b>5 + a Goalie</b>	<b>5</b>

## Tournament Play

- Tournament Games consist of one (1) 20 minute game (not broken into halves).
- All games except for Draw, Consolation, Semi-Final or Final games ending in a tie will remain a tie.
- Draw Games, Consolation Games, Semi-Final Games and Final Games ending in a tie require a tie breaker.
  - 1<sup>st</sup> Tie Breaker - An additional five (5) minutes is put on the clock for “Sudden Death Overtime” (First team to score wins.)
  - If after the Sudden Death Overtime no goal has been scored, a 2<sup>nd</sup> tie breaker required.
  - 2<sup>nd</sup> Tie Breaker = “Shoot Out”
    - The Referee chooses the goal at which the Shoot Out will be taken
    - The Referee tosses a coin and the team whose captain wins the toss takes the first kick.
    - Each team selects five players and a goalie to participate in the Shoot Out.
      - With the exception of the foregoing case, only players who are on the field of play at the end of the match, which includes extra time where appropriate, are allowed to take kicks from the penalty mark.
      - Each kick is taken by a different player, and all eligible players must take a kick before any player can take a second kick.
  - The Referee keeps a record of the kicks being taken.
  - Subject to the conditions explained below, both teams take five kicks.
    - All coaches and players not involved in Shoot Out are to go behind the farthest defensive orange line.
    - Five (5) seconds is placed on the clock.
    - Ball is placed on the White Halfway Line on the Center Spot.
    - 1<sup>st</sup> shooter, from the team winning the coin toss, has five seconds to score a goal.
    - The kicks are taken alternately by the teams.
    - If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks are taken.
    - After both teams have taken five shots, the team with the most points wins.
    - If, after both teams have taken five shots, both have scored the same number of goals, or have not scored any goals, another five players must be selected from the players who have not already participated in the Shoot Out.
    - “Sudden Death Shots” - Shots will continue to be taken in the same order, one for one, until one team has scored a goal more than the other from the same number of shots taken.
    - **Goalkeepers:** Opposing Goalie must stand on goal line until the ball is touched. Once ball is touched goalie may move off goal line.
      - Goalie may only use his/her hands inside the goal area box.
      - If the Goalie uses his/her hands outside the goal area box, a penalty kick is awarded at the penalty spot.
      - If the Goalie slide tackles outside the goal area box, a penalty kick is awarded at the penalty spot.
      - If the Goalie fouls their opponent inside or outside the goal area box, a penalty kick is awarded at the penalty spot.
      - If goal is scored before the five seconds have expired, 1 point is awarded to the kicking team.
      - A goalkeeper who is injured while kicks are being taken from the Center Spot and is unable to continue as goalkeeper may be replaced by a named substitute.