

RED ROSE INDOOR ARENA



Lancaster's Original - Est. 1993

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. FIFA Laws of the game apply as modified below.

❖ The Field of Play

- "A" Field is 60 feet wide by 160 feet long.
- "B" Field is 56 feet wide by 160 feet long.
- The 8-foot high perimeter wall is part of the playing surface (not the netting).
- **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.

❖ 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.

❖ Players Equipment

- Teams are required to have matching colored shirts or jerseys.
- The "Home Team" (team listed first on the schedule) must change shirts if there is a color conflict.
- Rubber flat-soled shoes or other footwear designed for artificial surfaces must be worn.
- All players must wear regulation shinguards during play.
- 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.
- 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 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.

❖ Number of Players:

- Age divisions U10-Adult will play with 5 players and a goalkeeper (6v6), U6-U8 divisions will play with 6 field players and a goalkeeper (7v7)
- U10-Adult must have a minimum of 3 players and U6-U8 a minimum of 4 players or the game shall be declared a 5-0 forfeit.
- 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 5-0 forfeit.

❖ Roster:

- Team Rosters and Waivers must be submitted prior to the second game.
- 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.
- Rosters freeze after the 3rd 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.
- Players are not permitted to play on more than one team in the same division.

❖ Roster continued:

- Players are permitted to play in the same age group but in different divisions.
- 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.
- No more than 3 players may participate in a competitive division then play in the same age group's recreational division.
- 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.

❖ Coaching

- Coaches must stay off the field of play except if called onto the field by the referee for an injury issue.
- Derogatory comments or gestures are not permitted toward referees, other coaches, other players, spectators or Arena employees.
- Profanity is not permitted.
- Coaches are responsible for the conduct of their players and spectators at all times.
- Coaches, players and/or spectators will be ejected from the facility for any disruptive behavior at the discretion of the referee or Arena Management.

❖ Start of Play:

- Games will start promptly at scheduled game time.
- The team to kick off the first half shall be the visiting team; kick off for the second half shall be taken by the home team.
- A goal cannot be scored directly from a kick off.
- Kick off can be played forward or backward.
- After a goal has been scored, the game shall be restarted with a kick off by the team conceding the goal.
- 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.

❖ 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.

❖ Substitutions:

- Substitutions may be made at any time ("on the fly") and at an unlimited number of substitutions during the game.
- The player substituted for must be within 5 yards of the team's Entry/Exit Gate, and may not interfere with play at the time the replacing player enters the field of play.
- Notify the Referee of a Goalkeeper substitution, 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.

❖ Ball In Play vs. Ball Out of Play

- The Ball is in play at all times unless indicated by the Referee
- The Ball is out of play when it hits above the perimeter walls or goal or makes contact with any part of the building structure above the field of play.

❖ Method of Scoring

- **One Point Goal:** A one point 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.
- **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.

❖ Goalkeeping

- **Possession** - 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.
- **Goalkeepers may not punt or drop kick the ball.**
- **Delay of Game** - Holding the ball 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.
- **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.

❖ 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.

❖ Free Kicks and Fouls

- **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.
 - **Charging** – running at an opponent in a violent or dangerous manner.
 - **Holding** – grabbing an opponent to keep them from the ball
 - **Pushing** – using the hands or arms to push the opponent
 - **Tripping** – causing an opponent to trip
 - **Hand ball** – plays the ball with hand or arm
 - **Hitting/Kicking** - Strikes, elbows, kicks or attempts to strike, elbow or kick 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
 - **Obstruction** – When a player not playing the ball, intentionally obstructs, blocks or leans into an opponent.
 - **Delay of Game** – 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.
 - **Player to Goalkeeper intentional pass violation** – a player intentionally passes to the goalkeeper and he/she uses his/her hands to play the ball. A player may pass back with chest, head, or any body part except hand or intentional using the foot to kick back.
 - **Ball out of Play** – If the ball is makes contact with any part of the building structure or hits above the perimeter wall, an indirect kick is awarded against the team that played the ball last. The kick is taken where the player last played the ball.
 - **Obstructing the Goalkeeper** – intentionally obstructs the opposing goalkeeper in an attempt to prevent him/her from putting the ball into play
 - **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**

❖ Free Kicks and Fouls Continued

- During the taking of a free kick, all opposing players must be at least five 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.
- 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.
- Free kicks shall be taken from the point of infraction or where the ball was last touched
- All free kicks are indirect except for a penalty kick

❖ Penalty Kick

- A foul committed inside the opponent's goal area will result in a penalty kick being awarded to the opposing team.

❖ Yellow Card / Timed Penalty

- Yellow card offences:
 - Unsporting behavior
 - Dissent by word or action
 - Persistent infringements of the laws of the game
 - Delaying the restart of play
 - Failing to respect the required distance when play is restarted with a free kick or corner kick
- A yellow card may be given as a warning for any offense deemed by the referee to be of a serious nature and a timed penalty will be assessed.
- **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 guilty player shall sit for 2 minutes and the team shall play short.
- If a goal is scored during a Time Penalty, the team may bring in a player but the yellow carded player must serve the remaining penalty time.
- A player may sit out for a goalkeeper if the goalkeeper is yellow carded.

❖ Ejections (Red Card):

- 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 yellow cards**
 - Disrespect for referee or staff of Red Rose Indoor Arena.
- An ejected player or coach must leave the playing area immediately.
- The team of an ejected player shall play short for 5 minutes.
- If a goal is scored during a Time Penalty, the team may bring in a player.
- Any player or coach receiving a red card will not be permitted in the playing area for the next scheduled game.

❖ Scoring System:

- Win = 3 points
- Tie = 1 point
- Loss = 0 point

❖ Tie Breakers:

- Head to Head
- Goals Against
- Goals For
- Playoff

- ❖ **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, to check and see if the Arena's closing due to inclement weather.

❖ Tournament Play

- 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.
 - 1st Tie Breaker - An additional five (5) minutes is put on the clock for “Sudden Victory Overtime
 - 2nd 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.
 - 1st shooter, from the team winning the coin toss, has five seconds to score a goal.
 - Subject to the conditions explained below, both teams take five kicks (continued)
 - 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.
 - A penalty kick will be awarded at the penalty spot if:
 - The goalie uses his/her hands outside the goal area box.
 - The goalie slide tackles outside the goal area box.
 - The goalie fouls their opponent inside or outside the goal area box.