

# **Rules for Adult Indoor Soccer League**

## **GENERAL RULES**

Conduct within the facility and on the field should be within the spirit of good sportsmanship.

-Individuals utilizing this facility do so at their own risk. The property owner(s), league operators, officers, owners, and staff of the Sportsplex at Metuchen assume no liability for any injuries or accidents, which may occur. Please refer to our Liability and Injury Waiver Release Forms.

-No individual will be allowed to participate in any league games, practice sessions, tournaments, clinics, open gym, or other activities until a release form has been properly completed and signed. The facility waiver can be signed in-person at the front desk.

-Playing sports can be a hazardous activity and unfortunate things can happen. You are contractually agreeing that you have signed our liability release and that you are waiving your rights to file a lawsuit against us. You accept the conditions of the fields, courts, and other surfaces, and also any unforeseen situations that may occur. If you are uncomfortable with any of these conditions, you can choose not to play or participate in our leagues or other activities.

-No food, drinks, chewing tobacco, chewing gum, or metal cleats permitted on turf playing surface. No sunflower seeds or similar type products are permitted in the facility. No glass containers on the field or in the player boxes.

-No outside food or drinks of any kind will be permitted in the facility surfaces. Any outside food or drinks will be confiscated.

-No games will be rescheduled due to cancellation because of weather. If a league game is cancelled one night of a two night league, any league games that are played that week will not count toward the schedule to keep standings equal. Every game needs to be played in a given week for a given league in order for those played games to count toward the schedule.

-The Sportsplex at Metuchen reserves the right to refuse play or service to anyone.

-Any fighting will result in permanent banishment from facility.

## **TEAM REGISTRATION**

-A non-refundable deposit is required to register a team. The teams already participating in leagues receive priority over new teams when registering for the next session. However, teams playing in current sessions must register and submit a non-refundable deposit, at least three weeks prior to the next session starting date, in order to guarantee themselves a spot in the next session.

-Once the three-week deadline has passed, registration will be open to all teams that wish to play and the league will be filled on a first-come, first-served basis. This policy only applies to teams that wish to continue playing in the same league. Any teams not participating in a current league may be placed on a waiting list until 20 days before the next session when registration opens up to all teams that wish to play.

-Full payment is required by the start of the first game of a session or the team will be assessed a late fee and possibly forced to forfeit. If full payment is not made by the start of the second game, the team will not be allowed to play any further games until the team's balance is paid in full. All members of a team are jointly responsible for the full payment of the team fee; however, it is the team captain who is ultimately held responsible in the case of overdue, unpaid balances.

## **TEAM CAPTAIN**

-Team captains are the representatives for the team and are responsible for passing on any information that the Sportsplex at Metuchen needs to communicate to each team. The team captain is, also, responsible for seeing that all team fees are paid on time and ensuring that his or her team is aware of the rules of the game, as well as, the Sportsplex at Metuchen's rules and policies.

## **INDIVIDUALS**

-Individuals that sign up will be placed in the Sportsplex at Metuchen database, where other teams may contact you to recruit you for their team. If you still are not on a team, the Sportsplex at Metuchen will create a team from all the individuals in the database, if enough players are available to fill a roster.

## **EQUIPMENT**

-Teams are required to have matching uniforms. If a team does not have uniforms by the second game they will be required to purchase shirts from the SportsPlex. A "uniform" is at least defined by matching shirts with different numbers for each player; and numbers must be permanently affixed. Rubber molded cleats, turf shoes, and tennis shoes are allowed. Shin guards

are required for all leagues. If there's a conflict, the home team (listed first on the schedule) will change uniforms.

## **TEAM ROSTERS**

-Team rosters must be turned in prior to the first league game. Additions and/or changes will be permitted prior to the third game. Only rostered players can play in seeded games that could result in a team advancing to the championship game(s).

-At the discretion of management, a team may claim hardship and add one player after the third game. A player may only be added after the third game if an unforeseen circumstance occurs such as, but not limited to, injury or relocation and a rostered player is unable to play for the remainder of the session. Proof of hardship must be provided in writing. Examples include a doctor's note and employment acceptance letter.

-Any player on a roster that is found to be illegal will forfeit all the games for the team during that season. It is the responsibility of the captain of the team to know which players are legal or illegal. Management reserves the right to check the identifications of any player on the roster to check and see if they are legal players under management guidelines.

## **OFFICIAL GAMES**

-A game is considered "official" after one completed half of play. If there is an injury or other unforeseen circumstance, such as, a power outage after the completed half, the current score will stand as official.

## **FORFEITS & MAKE-UPS**

-Team captains must call or email the Sportsplex at Metuchen to inform them of the forfeit (players cannot cancel a game, only the team captain). The SportsPlex will then notify the other team. If a team shows up to play and the opposing team does not show up, then the team present will win by forfeit. In the case of a forfeited game, players from the teams are normally allowed to use the field, to practice, scrimmage, etc. However, the Sportsplex at Metuchen reserves the right to use the field, at that time, for other activities at the discretion of management.

-Forfeiture will be incurred if a team has failed to field the minimum number of players (4 player minimum) within ten minutes from the start of the game clock. If at any point during the game, a team cannot field 4 players, the team will forfeit. This includes playing down due to yellow cards, red cards, or injuries.

-Teams incurring forfeitures during a session may not be allowed to play in subsequent sessions. A game clock will not stop once it has started, and it will not be reset if a team shows up late. Any team no show will result in a 3-0 victory for opposing team and no rescheduled game will be given.

-After the first forfeit, the team that forfeited will receive a warning. The second forfeit, a \$50 fine. If a team forfeits three times in once season, they'll be pulled from the league, all money paid will be lost, and the team will have to pay in full at the time of registration for all future leagues.

-If a team is unable to play a scheduled game, the opposing team may choose to accept a 3-0 forfeit. If both teams agree to a make-up, they will be offered possible times from the facility management office. It will be the team captain's responsibility to coordinate and select one of the available times and confirm the new game time. Failure to do so will result in the game being forfeited. The Sportsplex at Metuchen is not responsible for teams that neglect this rule and fail to notify the opposing team that they are not going to make a scheduled game. The Sportsplex at Metuchen does not guarantee that all rescheduling requests will be honored.

-Email the Soccer League Director of the Sportsplex at Metuchen to inform the facility of the forfeited game. [Frankie@sportsplexatmetuchen.com](mailto:Frankie@sportsplexatmetuchen.com).

-The team requesting the makeup must pay a \$20 fee to cover the cost of the referee. The referee fee must be paid at the time of the rescheduling.

## **SPORTSMANSHIP**

Individuals are expected to play under control and within the rules of the game, and to the best of their ability will avoid causing injury to themselves and other persons using the facility.

## **REFEREES**

-Referees appointed to each game have complete authority on the field of play, and their decisions on points of fact connected with the game are final. Officiating will be monitored and assessed periodically and management will always try to provide quality officiating at the facility. Constructive comments regarding officiating are welcome and encouraged. Please submit any such comments in writing via email or stop by the front desk and ask for a game evaluation form.

-Complaints, regarding officials, should be submitted in writing via email. Please include the game date, time, field number, your name and the name of your team at the top. Teams are asked not to discuss the officiating in a game immediately following their game. The league director will take all serious complaints written 24 hours after a game. The staff will not take serious complaints directed at him/her immediately following a game, verbal or written. The league director will not overturn any calls made by the referee during the course of a game.

-If a team suspects an illegal player or other illegal activity associated with the other team, they should inform the staff immediately. If this activity is discovered after the game is completed, the team should file a formal protest to the league director. Please read our rules above to understand how to file a formal protest.

## **INDOOR SOCCER RULE BOOK**

The Rules below are either substituted for, or supplemental to FIFA soccer rules. Any situations not covered below fall under the jurisdiction of FIFA.

### **GAME LENGTH**

-Adult Game Length: Two 25 minute periods with a 1 minute halftime.

### **WARM-UP AREA**

-The Sportsplex at Metuchen does not guarantee any areas for teams to warm-up prior to their games. Teams will have approximately two minutes to warm-up prior to the start of the game. There is no guarantee that these two minutes will be available.

### **LEVELS OF COMPETITION**

-The Sportsplex at Metuchen reserves the right to determine if a player is considered too advanced for a given division and remove the individual from the team roster. This is done in the spirit of maintaining parity in a given division.

-Any player 18 years or older is eligible to play in our adult leagues.

-Division 1: Premier players: For the most advanced players and teams. Current or former division 1 college, semi-professional and professional players.

-Division 2: Competitive players: For players with several years of high school and/or college soccer experience. No current or former professional players allowed.

-Division 3: Recreational players: For the recreational player and beginner. No current or former division 1 college, semi-professional or professional players allowed.

-Players may only be on one roster in a given division. Players may participate in more than one division and league.

### **CO-ED LEAGUE PLAY**

-Co-ed Leagues must have at least 2 women on the field of play at all times. If a team has only one woman on the field of play, a team must play down a player until another woman fills that spot. If a team has no women, the game is forfeited.

### **ROSTER**

-The maximum roster size will be 12 players. If rostered players are unable to play, they may be substituted by a guest player. A team may only use up to 3 guest players per game. Teams play 7 vs 7 in the adult league games. Teams may not have more than 13 players on the bench at any given time (12 players and 1 coach). Rostered players can enter the game at any time. Guest players must enter the game before the 1st half.

### **GUEST PLAYERS**

-All adult teams are allowed guest players as outlined in the above rules. Guest players may be rostered on another team in the same league, but must be approved by the opposing team in order to be allowed to play. Failure to have the opposing team approve a guest player from the same league will result in a forfeit for the team utilizing the guest player. Guest players can be rostered in other leagues, as long as, the player is playing at the appropriate level.

-Teams violating any of the general rules regarding guest players will forfeit their game. Any team playing in the play-offs will not be allowed to use any guest players for that game. All players who play in the play-offs and championship game(s) must be on their team's original roster from the start of the season.

### **KICK-OFF**

-The home team (the first team on the schedule) will kick-off the first half. The visitors will kick-off the second half. The kickoff can go backwards. A goal can be scored directly off a kickoff.

## **SUBSTITUTIONS**

-Substitutions are free and unlimited, as long as, such substitutions do not interfere with the flow of the game. All substitutions must happen along the team's sideline. Furthermore, each and every substitution must wait until the player they are substituting for is off the field before they can enter. Teams that violate this rule will be given a warning for having too many players on the field by the referee. If a team has been warned, but continues to ignore this rule, then the referee will award a direct kick to the opposing team from the point of infraction. The referee has the right to award a yellow card if either team continues to ignore this rule. Any team that continues to make illegal substitutions after the opposing team is awarded a free kick will be given a team yellow card.

-Teams may substitute the goalkeeper during play. The referee should be notified of a change in goalkeeper. Play will stop for goalkeeper substitution at the referee's discretion. Penalty for failure to notify official of keeper substitution will result in a loss of possession.

## **OUT OF BOUNDS**

-Kick-ins enforced when out of bounds (touch lines).

-A goal cannot be scored directly by a kick-in. A goal kick is awarded to the opposing team.

-Balls leaving the field of play over the end line results in a goal kick or corner kick.

-In 7 vs 7 play, if the ball hits the ceiling or a light inside the field of play, a kick-in is awarded and placed on the sideline for the opposing team.

-The wire running above the field of play is part of the ceiling and is OUT-OF-PLAY, including the penalty area.

## **FREE KICKS**

-Free Kicks can be Direct or Indirect at Referee's discretion.

-In 7 vs 7 play, the defensive team must retreat automatically 5 yards from the ball and keep that distance until the ball is kicked.

-Repeated failure to retreat or failure to retreat after the initial request by the kicker or referee is encroachment, and the referee may award a re-kick or a yellow card for more subsequent offenses.

-Only one whistle will be sounded for free kicks. Failure to take the kick within five seconds results in a turnover of possession, where the opposing team will take the free kick from the same spot.

-If the offensive team requests the referee to set the proper defensive wall distance, a second whistle will be required to restart play.

### **KICK-INS**

-A Foul Kick-In is the same as a Foul Throw-In Rule. The ball must be stopped and placed on the line or it will result in loss of ball possession and the opposing team will be awarded a Kick-In from the same spot where the ball went out of bounds.

### **SLIDE TACKLING**

-NO SLIDE TACKLING in any league, this does not include slides in the open field where no opponents are nearby, challenging for the ball. A direct free kick will be awarded from the spot of any sliding tackling infractions. ABSOLUTELY NO SLIDE TACKLING. Any slide tackling infraction will result in a yellow card.

-Goalkeepers may slide tackle in a fair manner to play the ball inside the penalty box only. Any goalkeeper slide tackling outside the penalty area will result in a direct free kick for the opponent from the spot of infraction.

### **PENALTY KICKS**

-Penalty kicks shall be taken from the top of the penalty area. The keeper may move side-to-side on the goal line, but not forward until the ball is kicked. When the whistle is blown, the kicker has 5 seconds to take the kick. If a player does not kick the ball within 5 seconds, then the penalty kick will be taken away and the defense will obtain possession of the ball. The player taking the penalty kick may take as many steps as desired.

### **GOALKEEPERS**

-After gaining possession of a ball, the goalkeeper must release it within five seconds.



-The goalkeeper may not pick up a ball that has been intentionally passed to him by a teammate off of that teammate's foot. Any goalkeeper infraction results in an indirect free kick awarded to the opponents at the penalty area line.

-If there is any obstruction or inadvertent charging committed against the goalkeeper, the referee will award a free kick. Violent or serious foul play against the goalkeeper may result in a yellow or red card.

### **CENTER LINE RULE**

-In 7 vs 7 play, the center line rule is in effect whenever the keeper is in possession of the ball with his hands. Prior to crossing the centerline, the distributed ball must first touch the floor outside of the box, a teammate, or an opposing player. The center line rule applies to drop-kicks, punts, goal-kicks, as well as, throws by the keeper.

-A violation results in an indirect free kick for the opponent from the sideline.

-If the keeper releases the ball to the ground by rolling it, including within the goal area, the ball is in-play and may be fairly challenged by the opponent. The center line rule no longer applies in this case.

### **YELLOW AND RED CARDS**

-All cards given by referees are final, and are not subject to protest.

### **YELLOW CARD POLICY**

-Any player that receives a yellow card will be sent off for a two minute penalty. The team of that carded player shall play a person down for the duration of those two minutes. The 2 minute timer begins when the ball is played after the caution is administered. If a team receives a team yellow card, the manager shall pull one player off the field to serve the mandatory two minute penalty. The referee shall keep track of the two minute penalty and inform the penalized team when the penalty is completed, at which time, the player can come back onto the field.

-If one player receives three yellow cards in one season, he/she must sit out one full game. Once the one game suspension is served, the yellow card count is cleared and the same policy goes into effect again.

-A yellow card will be given for consistent spitting. If a player continues to spit on the field after being warned, the referee reserves the right to issue said player a yellow card. NO SPITTING will be tolerated.

## **RED CARD POLICY**

-Any player that receives a red card shall be sent completely off the playing area and shall not return. If a player receives a yellow card and receives a second yellow card or a red card while on the bench serving the two minute penalty, the team shall play the rest of the game a player down.

-Any player that is red carded for their conduct on the bench shall be sent completely out of the facility and shall not return. They may not sit on the sideline and watch the remainder of the game. If you receive a red card, you must exit the facility and not return until your next scheduled game after a red card suspension has been served. The team does not play down a person (if player is on the bench). If an on-field player receives a red card, the captain shall pull the player off the field and the team shall play the rest of the game one player down.

-A player or coach that is red carded during or after a game by a referee will automatically be suspended for the next game of the league in which they received the red card. For example, if a player is red carded on a Tuesday, he or she will not be eligible to play until the Wednesday of the following week. In addition, the player will be banned from playing on any other team until the suspension has been served. In the case of a double header, if a player is red carded during their first game of the night, they must sit out their next game. The suspension is then considered served. However, if a player is red carded in the second game of the night, they must serve the one week suspension as outlined above. If a player is ejected in the last game of a session (he/she) will be prohibited from playing in the first game after he/she registers for another session.

-Any team that causes a game to be called by the referee before time has expired due to unsportsmanlike conduct or extreme unsafe play shall forfeit that game.

-The Sportsplex at Metuchen has a ZERO TOLERANCE POLICY toward fighting. Anyone fighting will be ejected and they will be banned from the facility permanently. This means that said player cannot participate or spectate at the Sportsplex ever again.

-A player or coach red carded for the offense of "foul and abusive language" will be suspended as outlined above.

-A player red carded for the offense of "persistent infraction of the rules" or receiving a second yellow card will be suspended as outlined above.

-A player or coach red carded for the offense of "violent conduct" (including, but not limited to: spitting, threatening, continued rough play, etc.) will be suspended as outlined above and, in addition, will be suspended for one additional game and subject to further disciplinary action as decided by the facility management.

-A player or coach red carded for "assaulting an official" will automatically be suspended from any further activities at the Sportsplex at Metuchen.

-A player jumping from the player box onto the field to break up or participate in a fight will automatically be ejected from the game and will be subject to the same penalties as outlined above.

-A \$100 bond will be required from any team involved in an altercation where more than one player is involved in a fight. Should a bond be placed against a team, the bond must be paid prior to the team's next game, or that game will be forfeited. The terms of the bond will be given in writing to the team. Should the team fail to adhere to the terms, the bond will be forfeited to the arena and the team's participation will be terminated. If the team adheres to the terms of the bond, then the team will receive the \$100 bond at the end of the session.

-It is the responsibility of each player and the player's team representative to be aware of the total status of their player's infractions. Failure to comply may result in further disciplinary measures which may include suspension of the coach/rep and forfeiture of games in which that player participated.

-Red Cards are a serious offence any player that receives more than one red card a year will be suspended.

## **STANDINGS**

-Teams will receive 3 points for a win, 1 point for a tie, and 0 points for a loss. League champion will be determined by the winner of postseason play or the team with the most points. Any tie breakers shall be determined in the following order:

1. The team with the most points.
2. The winner of any head to head league play
3. Goal Differential

4. Least Goals Allowed
5. Most Goals scored

-For adult leagues, points are not awarded in postseason play. The winner of playoffs determines championship seeding. If the score is tied after regulation time has expired, the game will go straight to a Penalty Kick shootout. If tied after the first 5 kicks of each team, then it goes to sudden death shootout. No extra time will be awarded after regulation. However, the referee will whistle 3 times to end the game.

## **AWARDS**

-The Sportsplex at Metuchen will award various prizes to winning teams. Each first place team will receive either medals, a trophy, twelve t-shirts, or a 10% discount off the following session.

## **FIFA RULES**

-The Sportsplex at Metuchen will follow FIFA rules for all situations not otherwise covered in these rules.

## **PROTEST**

-Intention to file a protest must be noted in writing immediately following the game. A formal written protest with a \$20 fee (refundable if upheld), must be submitted to the Sportsplex at Metuchen within 48 hours after the end of a game. A league committee will review and have the final authority on all protests. **ALL DECISIONS MADE BY THE COMMITTEE ARE FINAL.** Only violations of the laws of the game, rules or guidelines of the facility as published are matters for protest. Any protests regarding fielding of illegal players must be brought to the attention of the game officials prior to the suspected player(s) leaving the field of play. Referee complaints must be submitted via email.

## **CANCELATION/REFUND POLICY**

-Only a team captain can cancel a league registration. Cancellations before the first game of the season will receive a full refund of the amount paid back to the team. If the captain cancels or pulls out after the 1<sup>st</sup> game and before the 5<sup>th</sup> game of the session, they will be refunded a pro-rated amount based on the amount of games remaining in the session in the form of account credit. The credit can be used to register teams for future league sessions. Cancellations after the 5<sup>th</sup> game of a session WILL NOT receive a refund of any kind, barring extenuating

circumstances outside the control of the team. In the event that a team needs to cancel after the 5<sup>th</sup> game of a session, please contact management as soon as possible to discuss the matter.