

# Shoreline Soccer Club



## Official Indoor Soccer Rules

## General Facility Policies

Shoreline Soccer Club is the perfect place to provide a fun and exciting atmosphere for you and your team to grow and strengthen their soccer skills. We are striving for a safe, fast paced, disciplined, respectful and fun soccer experience. To ensure the safety of our players and/or spectators please observe the following facility rules.

1. NO outside food and/or beverage allowed in the facility.
2. NO gum.
3. NO smoking, chewing tobacco or alcoholic beverages allowed.
4. NO running, climbing and/or jumping in the facility.
5. Parents please monitor your children at all times.
6. Exhibit good sportsmanship at all times (parents & spectators).
7. NO outside/individual soccer balls, of any size, are allowed in the facility. Individuals entering Shoreline Soccer Club, with a soccer ball, will take the risk of losing it for the remainder of the session.
8. NO standing behind the goals.
9. Please DO NOT sit or stand on the tables in the sitting area.
10. Please DO NOT move the tables in the sitting area.
11. Please DO NOT leave unattended, any personal items (coats, soccer bags, equipment etc.) on the sitting area tables. Unattended items will be removed.
12. Shoreline Soccer Club is not responsible for any lost and/or damaged items.
13. Parents, players and/or spectators who do not have a game scheduled, are NOT ALLOWED on fields, unless during posted drop-in times.
14. Participants may play on up to two teams in the same division. Players may also play up in an age division if they desire (except over 30).

## Heading the Ball U12 and Under

1. Consistent with the U.S. Soccer mandates on heading the ball, heading is banned for all division players U-11 (U-12 and below for programs without single age divisions) and below in both practices and games.
2. A direct free kick will be awarded to the opposing team if a player age 10 or younger, deliberately touches the ball with his/her head during a game.
  - a. The direct free kick is to be taken from the place where the player touched the ball with his/her head.
  - b. A direct free kick awarded to the attacking team inside the opposing team's goal area. Will be taken from the top of the arch of the opposing team's goal area.
3. Neither cautions nor send offs shall be issued for persistent infringement or denying an obvious goal scoring opportunity related to the heading infraction.

## Coaches and Managers

All teams under the Open Age Division are required to have a coach/manager on the bench with them at all times. Said manager must be of parental age. He/she cannot be another 18 to 24 year old.

All manager/coaches are responsible for all payments owed to Shoreline for each of their teams.

**Shoreline Soccer Club welcomes you again to our indoor facility and we hope that you enjoy your stay. If you have a problem, concern, suggestion or question, please don't hesitate to ask. Our staff is here to help you and your team grow to their fullest potential.**

## League Standings

Team standings will be based on the following:

- Win — 2 points
- Tie — 1 point
- Loss — 0 points

Ties in final standings will be broken by:

- a. Head-to-head results
- b. Most wins
- c. Goal differential (a maximum of 3)
- d. Most goals scored
- e. Least goals against

## Referees

The referees' authority begins when they enter the field and ends when they leave the facility. The referees' power to penalize extends to offenses committed when the ball is out of play, when play has been suspended, and after the match.

The referee has discretionary power to suspend or terminate a game by reason of injuries, behavior of players, interference by spectators or other reasons he/she deems necessary. The referee keeps time, records goals, times penalties and cards. The referee may choose not to call a foul if there is an "advantage" to the fouled team.

**Referee assaults** may result in criminal prosecution and a lifetime ban from Shoreline Soccer Club. **Protests are NOT allowed and all referee decisions are final.**

If you or your team have a problem with a referee at Shoreline Soccer Club, please bring your concern to management.

## General Team Rules

1. NO outdoor cleats are allowed, turf and indoor shoes are.
2. NO entering or exiting the fields through the goal areas.
3. NO jumping over the boards. All players must use the field doors.
4. NO spitting on the playing fields or in the facility.
5. NO hanging on the nets (goal and/or player bench areas).
6. NO outside/individual soccer balls are allowed in the facility. If time allows for warm-up between games, the referee will hand out 2 soccer balls to each team (to be used on the field only). Players entering Shoreline Soccer Club with a soccer ball will take the risk of losing it for the remainder of the session. The **ONLY EXCEPTION** to this rule is for Team Practices. Individual soccer balls will be allowed during practices, but need to be held until entrance onto the soccer fields.
7. NO food is allowed on the player benches.
8. Players and Coaches are **NOT ALLOWED** to enter the playing fields, until the lights are completely on.
9. Coaches and Players: please be courteous and **DO NOT** enter the players benches or the fields, until the previous teams have gathered their personal belongings and have left.
10. All youth teams (U19 and younger) must have a non-playing non-rostered adult serving as coach.
11. Teams are allowed two team coaches on the players' bench. All other spectators/parents need to stay on the bleacher side of the fields. Video recording and/or taking pictures are exceptions to this rule.
12. Exhibit good sportsmanship at all times (coaches and players).
13. All game days are tentative.
14. Be prepared to play on any day listed.
15. Leagues may be added or changed as needed.
16. Shoreline Soccer Club reserves the right to move teams between divisions.

### **Inclement Weather**

During exceptionally poor weather, scheduled games may be postponed for play at a later date. This will only occur when travel conditions are extremely poor. Shoreline Soccer Club will post closings and cancellations on the website and will contact the coach of the team managers/coaches as soon as any rescheduling has occurred. During poor weather, use your own discretion on attendance and plan on leaving early to allow a few extra minutes for travel time.

### **Rescheduling a Game**

If your team needs to reschedule a game, a **48-Hour Notice** is required. Otherwise, the canceling team will take a forfeit. It is the responsibility of the coach and/or the team manager to contact Shoreline Soccer Club for field availability (for rescheduling a game) and to make arrangements with the opposing team's coach for a make up.

### **Forfeits and No Shows**

If a team fails to show or does not have a required number of players for a match, the game will be a forfeit. Teams are requested to understand that forfeits and no shows are not in the spirit of the game and cause teams to lose out on a game. Forfeits and no shows **will NOT be rescheduled**. Forfeited games will be recorded as a 3-0 win for the non-offending team.

### **League Play**

Participants may play in more than one league, but not for more than two teams in the same division. An individual registration form is needed for each team. All players need to be rostered to play in any game.

There will be **NO SUBBING** allowed. Any player who plays during a game that is not rostered, or a team that is found subbing, will automatically cause a forfeit to the team.

High school players are not permitted to play in adult leagues, unless approved by management.

### **Shootouts**

Shootouts are awarded for serious physical fouls, fouls from behind, deliberate handling of the ball, or any foul where the offender is the last player on his team between the attacking player with the ball and the goal. During a shootout, all players are behind the half line. All players on the attacking team (except the shooter) stand behind the halfway line outside the center circle. Players on the defending team stand behind the halfway line and inside the center circle. Once the referee whistles the shootout to begin the ball is "in play" and the player taking the shootout may use any legal manner to score (e.g.: direct shot on goal, dribbling and shooting, playing the ball off the boards, passing to a teammate, etc.).

The goalkeeper must start on the goal line but is not restricted in his/her movement. If a goal is scored, no time penalty will be assessed to the fouling team except for yellow and red cards. If the attempt does not result in a goal, the ball is in play and the game resumes as normal.

### **Penalty Kick**

Penalty kicks will only be given if a foul is committed in the last five seconds of the half. Shootouts will be used in all other instances. Penalty Kicks — Play is restarted with a penalty kick (a direct free kick from the penalty spot) taken by a member of the fouled team. All players except the kicker must be behind the half field line. The goalie must stay on the goal line until the ball is kicked and the kicker must wait for the referee's signal. If a goal is not scored the play will resume as normal either with the start of the second half or the end of the game.

### **Three Line Violation**

A three-line violation occurs when the ball travels forward over three lines (the midfield and 2 white-lines), without touching the floor, wall, a player or the referee. A direct free kick is awarded to the opposing team from the center of the first white-line crossed by the ball.

## **Fouls and Misconducts Continued**

### **Sliding and Slide Tackling**

When three or more parts of the body are in contact with the ground at one time while playing, or attempting to play the ball in the vicinity of a player it's considered sliding. Slide tackling is NOT ALLOWED and considered "dangerous play." Infringement will result in a direct kick and a blue, yellow, or red card may be issued based on the severity of the incident.

### **Boarding**

Pushing a player against the boards will result in a direct kick to the opposing team. Upon the referee's discretion, boarding may result in a shoot out and an immediate blue, yellow, or red card may be issued to the offending player.

### **Bracing**

Pushing off the boards with two hands to gain leverage is illegal. The use of two hands will result in a direct kick to the opposing team. A player is allowed to place one hand on the boards for support.

### **Tackling from Behind**

A tackle, trip or push from behind will result in a direct kick to the opposing team. Upon the referee's discretion, tackling from behind may result in a shoot out and an immediate blue, yellow, or red card may be issued to the offending player.

## **General Indoor Rules**

*USISA Laws of the Games will be followed with the following modifications:*

### **The Ball**

Official games balls will be provided by the referee at Shoreline Soccer Club.

Games Ball sizes are as follows (**depending on league**):

U8 — size #3

U12 — size #4

U13 and up — size #5

Only the referee may change the game ball during play.

### **Duration of the Game**

Matches will consist of two equal periods of 25 minutes with a 2-minute interval between halves. Games will start at their designated times, so be ready to start the games immediately. There is no "games-field" warm-up. If time allows for warm-up between games, the referee will hand out 2 soccer balls to each team (to be used on the field only). If a team does not have the required number of players, 5 minutes after their designated start time, the game will be forfeited and a shortened, two half "friendly game" may be played. The time clock will continue to run during injuries. If an injury is serious enough to create a significant delay in play, the clock will be stopped and after the injured player is removed, the game will be restarted or suspended as necessary at the discretion of Shoreline Soccer Club management.

### **Number of Players**

A minimum of 9 and a maximum of 25 players are required on a roster. All rostered players must have an individual waiver/registration form. All individual player registration/waiver forms, need to be turned in to Shoreline Soccer Club by the coach prior to the teams first game. Roster changes may be made through the 2nd game of each session. *(continued on page 5)*

**Maximum Number of Players on the field:**

U10 and under: 6 field players and a goalkeeper

U12 and over: 5 field players and a goalkeeper

**Exceptions:** If during the game the goal differential is 6, the losing team is allowed to add a player on the field. If the goal differential is brought back within 6, the extra player will be taken out of play (youth and adult leagues). U10 teams will add a player at a 3 goal differential, no score is kept in the U8 league.

**Minimum Number of Players on the Field:**

U10 and under: 5 players (including goal keeper)

U12 and over: 4 players (including goal keeper)

**Co-ed Leagues:**

At least two women players must be on the field at all times (except for U8.)

**Player's Attire and Equipment**

Players shall wear nothing that the referee deems dangerous. The referee has the authority to remove a player from a game for unsafe equipment.

Teams must wear like colored jerseys/shirts with numbers. Pennies/ vests are provided for games where teams may not have like colored jerseys shirts and for teams with the same colors. In case of conflict in uniform color, the home team (team listed first on schedule) will be required to change.

**Shirts are required at all times** in Shoreline Soccer Club and sports bras, without a shirt, are prohibited on the fields. All vests shall be worn with a jersey/shirt underneath.

**All players** must wear indoor soccer shoes (flats), sneakers, or turf shoes; **NO** molded cleats are allowed.

**Fouls and Misconducts continued**

**Penalty:** The penalized team will play one man short (must be the player that received the card) for two (2) minutes, unless the opposing team scores a goal during the penalty. If a goal is scored the team is allowed to play at full strength. **Two (2) blue cards are equal to a yellow.**

**Yellow Card — Four (4) minute penalty.**

Assessed to the player for serious or reckless violation of the aforementioned rules or for the following: second blue card, provoking an altercation, unsporting behavior, foul language directed at the referee or other players.

**Penalty:** The penalized team will play one man short (must be the player that received the card) for four (4) minutes, regardless if either team scores. **Two (2) yellow cards are equal to a red.**

**Red Card — Ejection**

A player receives a red card for any foul perceived to be violent and or a second yellow card, third blue card, elbowing above the shoulder, vicious slide tackling, fighting, leaving the team bench to engage in any altercation, spitting at a player or official, persistent foul language, or any intentional body contact with an official.

**Penalty:** The player is ejected for the remainder of the game and cannot participate in the next scheduled game for any/all teams that he/she plays on. The ejected player must also leave the field and the facility immediately. The penalized team plays the remainder of the game one player short. Players who receive two red cards in the same season will not be allowed to participate for the rest of the year.

**Foul language**

Will result in a minimum **4-minute penalty**. A yellow or red card may be issued based on the severity of the incident.

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### **The Goal Keeper**

Goalkeepers may be exchanged during substitutions after informing the referee. Goalkeepers must be ready to go during substitutions.

Possession of the ball is when the ball is stopped with any part of the body except the feet. A goalkeeper may only retain possession of the ball with his/her hands for a period of 5 seconds. Infringement will result in a free kick taken by the opposing team from the yellow dot/ yellow line. Goalies may punt or drop kick the ball at any age.

Goalkeepers may slide tackle providing the slide starts inside the penalty box. Outside the penalty box, the goalkeeper may not slide tackle or use his/her body illegally.

Goalkeepers are not allowed to touch the ball with his/her hands after it has been deliberately kicked to him/her by a teammate (a goalkeeper who receives a deliberate pass, outside the goal area, is not allowed to dribble the ball back into the goal area with the purpose to handle the ball with his/her hands). A kick will be awarded to the opposing team, taken from the top of the arc.

### **Fouls and Misconducts**

**Fighting, of any nature, may result in a complete ban from the facility. Unsportsmanlike conduct, including, but not restricted to, jumping over the walls, spitting, and cursing will result in a yellow card penalty. Red cards may be issued based on the severity of the incident.**

#### **Blue Card — Two (2) minute penalty.**

Assessed to a player who commits any of the following offenses in a matter that the referee considers careless, reckless, serious, or involving excessive force: kicking, tripping, boarding, charging, striking, elbowing, or pushing an opponent. Goalkeeper endangerment, slide tackling, referee dissent, and any foul language.

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### **Player's Equipment Continued**

**Shin guards are REQUIRED for all players (high school leagues and under).** All shin guards must be fully covered by a player's socks. Shoreline Soccer Club strongly recommends that all participants wear shin guards for their own protection.

Players are NOT allowed to wear jewelry or chew gum. Casts, etc. must be properly padded and must be approved by management.

Players are not allowed to participate with open wounds or blood visible on body or uniform. A player that has blood on their uniform must leave the game, but may re-enter if the uniform part is changed or the blood has been removed sufficiently (determined by the referee).

### **Method of Scoring**

A goal is scored when the entire ball is legally propelled over the goal line between the posts and under the cross bar.

In adult co-ed leagues, goals scored by women count double (excluding own goals). For a goal, to count double, the last touch by the scoring team must be by a female player.

No more than a 10-goal differential will be posted on the scoreboard. U8 will not keep score. U10 will add players at a 3-goal deficit.

### **Start of Play**

The visiting team begins with a kickoff from the center spot; all players must be in their own half; opponents must be outside the center circle; the ball may be played forwards or backwards. The kicker may not play the ball again until it has been touched by another player. (Restart: direct kick by the opposing team).

All kickoffs begin with a whistle and you may score from a kick-off. Second half, teams switch sides and the home team kicks off.

There is no offsides.

### **Ball In and Out of Play**

The ball is out of play when the game is stopped by the referee, when it crosses the perimeter wall, or when it hits any part of the field netting.

All balls played into the ceiling or lights will result in a restart to the opposing team. The ball will be played from the nearest line of thirds (from where the ball is kicked).

If the ball hits the netting along the long side (sideline) of the field, a free kick is taken by a member of the opposing team. The ball will be played 3 feet from the board where the ball went out of play.

An exception to this is a corner kick or a goal kick.

### **Corner Kick**

When a defender kicks a ball that passes over the end line into the nets above, within the corner marked areas, the attacking team receives a free kick. The ball is spotted on the corner marked areas. The corner spot nearest the infraction must be used.

### **Goal Kick/Goalkeeper Throw In**

If the ball hits the netting alongside the short side (end line) and is touched last by the attacking team, a goalie throw or punt will be taken by the defending team. The goalkeeper may play to a teammate with his hand while remaining in the box.

Opponents must leave the penalty area and be at least 10 feet from the ball. The ball has to clear the goal-area before any player can touch it. The ball cannot be kicked through the air, crossing all three lines, without touching either the ground, wall or a player.

### **Restarts — Free Kicks**

All restarts and free kicks are direct kicks (may directly result in a goal). The ball must be stationary when kicked. Teams have 5 seconds from when the ball is spotted to restart play (referee will show count with one hand). Failure to do so will result in a loss of possession and a free kick to the opposing team.

When a kick off, free kick or restart is being taken, the defending team must be at least **ten (10) feet from the ball**. A player who is within **ten (10) feet from the ball after a 3 count** (from the referee) will receive a **two (2) minute penalty (blue card)**. The ball is in play when it has been touched and the player taking the kick may not touch the ball again until it has touched another player.

### **Substitutions**

All substitutions are “on the fly.” Substitutions are permitted at any time, provided the ball is not near the doors. Entry doors, to the field, must stay closed unless a substitution is entering/exiting the field. Failure to do so will result in a blue card. On-the-fly substitute(s) may not enter the field of play until the current field player is **one yard away** from the exit. Infractions will result in a **blue card**.

**Guaranteed substitutions** (when referee delays the restart of play to allow for the substitution) may be made, and must be completed within 20 seconds, when team has possession of the ball. The defending team is NOT allowed to substitute at all during restarts awarded to the opposing team (exceptions are on a kick-off, both teams may substitute players).

There are no guaranteed substitutions during **2, or 4-minute penalties** by the penalized team (**the penalized team can only sub on the fly**). Additionally, no guaranteed substitutions are allowed during the final 2. Exception will be made in case goalkeeper is injured; time clock stops). Coaches, this means that the referee will never delay the game to allow players to leave/enter the field during the last 2 minutes of play, other than for a serious injury.