

Stampede Sports Arena Indoor Soccer Rules

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PLAYERS

Only currently registered indoor players shall be permitted to play. At no time may a player or coach be allowed to participate with an expired ID card.

Teams must complete an Indoor Roster no later than the fourth game of the playing season.

A player may register on more than one team as long as these teams do not play each other in any competition.

OFFICIALS

Two officials will be required for U-11 - U-19 and adults.
Only one official is required for U-10 and below.

PLAYING RULES

Play will be in accordance with the Rules for Indoor Play.

ID CARDS & WRISTBANDS

No player may be on a field without a valid non-expired Player ID card issued by Stampede Sports Arena. Coaches must have a valid Coaching ID card issued by Stampede Sports to be allowed in the player bench area. No player may play without a valid non-expired Player ID card.

Every player must check-in at the front desk to receive a wristband.

Stampede Sports Arena is required to verify that all players are not currently under suspension.

MISCONDUCT

The manager on duty and referees will file a detailed report for all ejections or game abandonments.

RULE 1 THE FIELD OF PLAY

- Dimensions: Field 1: 65 yards x 28 yards
Field 2: 45 yards x 20 yards
- Halfway Line: Equally divide the field in half.

- Player Benches: Identical areas with one (1) or two (2) doors; opposite side from penalty boxes and time keeper is recommended. Use as available at each center.

RULE 2 THE BALL

- U13 and up will use a size 5. U9-U12 will use a size 4. U8 and younger will use a size 3.
- Ball Change – Allowed only with referee's permission.
- Stampede Sports Arena provides the game ball
- Defective ball – during the game restart with a drop ball if the ball was live, or with the restart if the replacement occurs during a stoppage.

RULE 3 PLAYERS

3.1 Players

1. Only indoor registered players are permitted to play.
2. Valid non-expired Player IDs are required.
3. A player may register on more than one team (roster) as long as these teams do not play each other in any competition.

3.2 Teams

4. Rosters can have as many as 18 players for the big field and 15 players for the small field.
5. Required number of players to start a game is 2 less than the number of players. One must be the keeper.

3.3 ID Cards/Wristbands

1. All players, coaches and bench personnel are required to have a valid non-expired Player ID card issued and wristband given by the front desk in order to be allowed in the team's bench area.
2. A youth coach may only coach with a valid coaching ID card.

3.4 Official Roster

1. The roster must be turned in to the front desk by the start of the first game of the season.
2. Changes may be made to the roster up to the start of the 4th game of the season.
3. The manager on duty and workers will verify all players on the roster at every game including playoffs and championships.

RULE 4 PLAYER EQUIPMENT

4.1 Uniform

Required - Shirt (all members of team must have the same basic color), shorts, socks (which completely cover the shin guards), shin guard and indoor soccer footwear.

4.2 Footwear

Only indoor flats, turf, or tennis shoes are allowed. Outdoor cleats are **NOT** allowed.

4.3 Goalkeeper

Jersey color must distinguish the goalkeeper from players. Field players playing as goalkeeper must wear a goalkeeper jersey. Numbers on goalkeeper jerseys are not required since this shirt may be exchanged among players. Gloves are allowed.

4.4 Dangerous Equipment

Protective headgear made of close-cell, slow-recovery rubber that stays soft in its final form is allowed.

A player shall not be permitted to wear anything that could be considered dangerous by the referee. Jewelry that is considered dangerous to other players must be removed or taped. Youth players may not wear any jewelry. Hard casts must be covered with suitable padding. Knee braces with exposed metal hinges must be covered. Baseball caps with hard bills are not permitted.

4.5 Infringement

Players sent off for equipment adjustment may not play until approved by the referee. Penalty for returning to the game early is a two (2) minute unsportsmanlike conduct power play.

RULE 5 REFEREES

5.1 Assigning of Referees

1. Two referees, with equal power and authority, will be used for all games U-11 and above.
2. A single referee will be used for U-10 and below.
3. Authority begins as soon as they enter the field of play and ceases when they leave the field of play.
4. Referee uniform shall be different from that of the players and goalkeepers.

5.2 Powers

Responsibilities include control over desk workers if at clock and adding for lost time. Power continues when play is suspended or ball is out of play, including interval between periods. Referees' decisions are final concerning the result of the game. **No protests allowed.**

Referees shall:

1. Approve the balls.
2. Start play and restart play.
3. Enforce the Rules: When a player commits two offenses, penalize the most serious offense.
4. Allow advantage with power to delay time penalty as appropriate.
5. Prevent illegal entry onto the field by any person not having first presented a wristband.
6. Stop the game for an injury and remove the injured player as required.
7. Penalize or caution any player, coach, or non-playing team personnel.
8. Eject any player, coach, or non-playing team personnel.
9. Stop the game for any infringement. Suspend or terminate the game if necessary.

RULE 6 DURATION OF THE GAME

6.1 Duration

1. Two 25-minute halves for adults and two 20-minute halves for youth.
2. Running clock unless stopped by the referee.
3. Time extended to take a penalty Shootout.
4. Referees may add or subtract time for malfunction or timekeeper error.
5. Stampede Sports Arena may designate other stoppages of clock such as in the last two (2) minutes of a period.

6.2 Intervals Between Periods

1. One-minute halftime
2. Three minutes between games

6.3 Time Outs

Referees may call a time out for unusual situations such as injury, conferences between the referees, etc.

6.4 Overtime Period

No overtime except in playoffs and then as designated by Stampede Sports Arena.

RULE 7 THE START OF PLAY

7.1 Beginning the Game

Guest team kicks first; all players in their own half. Ball must be stationary prior to kick and is in play when it is kicked and moves. Kick may be taken in any direction; kicker may not touch the ball until it is touched by another player. A goal can be scored from a kickoff.

7.2 After A Goal Has Been Scored

Restarted by opposing team as in Section 8.1

7.3 After the End of First Period

Teams change ends and alternate kick-offs.

7.4 Infraction

1. Improper kickoff, such as ball not stationary or played prior to referee signal, kickoff retaken.
2. Second touch by kicker, free kick by opposing team at point of infraction.
3. If any offensive player runs into the attacking half prior to the kicker playing the ball, the kick-off shall be awarded to the opposing team.

7.5 Drop Ball Restart

Ball dropped by the referee for any cause not in the rules. Dropped where the ball was when play was stopped or at top of arch if stopped while in penalty arch. If a team has clear possession when play is stopped, then that team will retain possession on the restart with a free kick.

7.6 Failure to Play Ball

1. Team has five (5) seconds to put the ball in play as signaled by the referee.

2. Penalty: free kick to opponent at point where ball was.

RULE 8 BALL IN AND OUT OF PLAY

8.1 Ball In Play

From start to finish including when:

1. Rebounds off post, bar, perimeter wall into the field and netting below marked yellow line.
2. Rebounds off the referee into the field.
3. A supposed infringement until a decision is made by the referee.

8.2 Ball Out of Play

1. Completely crossed the perimeter wall or ball contacts wall or net above the “high line” designated the top of the perimeter wall. Restart with free kick from point on touchline nearest spot where ball went out of play.
2. Makes contact with the building superstructure above the field. Restart from the center of the red line nearest to where the ball hit the superstructure by the opposing team.
3. Makes contact with player, coach, or bench personnel leaning over the bench wall with hands or arms into the field of play. Restart with a free kick at that point, awarded to the opposite team from the one who made contact with the ball.
4. Ball becomes stuck between sections of the perimeter wall. Restart with a drop ball.

8.3 Restarts – Ball Over Perimeter Wall

1. Kick-In: Kicked in from the touchline where it crossed the yellow line. If the ball exits through an open bench door or inadvertently touches a substitute or bench personnel extending into the field, restart is taken by the opponent. Deliberate interference shall be penalized according to Rule 15.4. Ball may be kicked in any direction and is in play after it is kicked and moves. A goal may be scored directly from a kick-in if the ball does not cross three lines in air.
2. Goalkeeper distribution: Ball over perimeter wall between corner marks last touched by an opponent.
 - A throw taken by the goalkeeper from any point within the penalty arch.
 - Ball not in play until it has left the penalty arch.
 - A goal may be scored directly if the ball does not cross three lines in the air.
3. Notes on Goalkeeper distribution:
 - If the ball does not go beyond the penalty arch, the throw must be retaken.
 - Opposing players must be outside the penalty arch until the ball leaves the penalty arch.
 - Goalkeepers taking the goalkeeper distribution cannot play the ball again after it has left the penalty arch until it has been touched by another player.
 - Referee must signal to the goalkeeper for play to start, if he does not immediately put the ball into play. Verbal signal is permissible; goalkeeper has five (5) seconds to put the ball back into play.
 - Penalty: Free kick top of penalty arch.
 - Ball bounced by a goalkeeper during a goalkeeper distribution does not result in a free kick at top of the penalty arch due to the ball having not been put back into play.
 - U10 and younger goalkeepers may not punt the ball, goalkeepers must drop kick the ball or throw the ball out.

4. Corner Kick: Ball over perimeter wall between corner marks last touched by a defender. Placed on the corner mark at the nearest side where the ball went out of play.

- Opponents must be on white goal keeper's box line
- Referee's whistle is mandatory.
- Team taking the corner kick failing to put the ball into play within five (5) seconds will lose possession. Restart play with goalkeeper distribution.

- Ball is in play when it is kicked and moves.

RULE 9 METHOD OF SCORING

9.1 Legal Goal

Whole of the ball passes over the goal line, between the posts and under the crossbar. Team with the greater number of goals at the end of the game is the winner.

9.2 Outside Interference

No goal, game restarted with a drop ball (except shootout--then repeat shootout).

RULE 10 THREE LINE VIOLATION

10.1 Definition

Player cannot pass (or last touch) the ball across three (3) lines in the air toward the opponent's goal without the ball touching the wall, floor, player or official.

NOTE: Player may pass back toward his own goal – not an infringement.

10.2 Punishment

Free kick to the opponent at the center of the first red line the ball crossed.

RULE 11 SUBSTITUTION

11.1 Substitutes

All bench personnel and players listed on the roster are subject to the referee's authority. Any player who enters the field of play without having first presented a valid wristband to the referee shall be assessed a two-minute time penalty. If the player cannot produce a valid wristband, then the player will not be allowed to participate, must leave the bench area and a substitute shall serve the two-minute penalty.

11.2 Unlimited Substitution

Unlimited substitution may be made at any time during play, provided the substituted player is within touchline at own bench area as a new player enters the field. Neither player may participate in play while both are on the field. Violation: Two-minute team time penalty from where the ball was at the time the violation was noticed.

11.3 Guaranteed Substitution

Restart may be delayed for up to fifteen (15) seconds to allow substitutions at the following times:

- Goal is scored.
- When a time penalty is awarded.
- Injury stoppage.
- Stoppage signaled by the referee.
- To allow exit from the penalty box.
- Ball over perimeter
- Ball into superstructure

- If play restarted with too many players, no penalty assessed.

NOTE: In a “clock running” situation, referees should not allow teams to waste time and delay the restart to their advantage.

11.4 Timed Substitutions

Warning issued to the team for taking more than fifteen (15) seconds to complete substitutions during a guaranteed substitution. Team time penalty assessed for further violation.

11.5 Injured Goalkeeper

If play is suspended more than one (1) time for injured goalkeeper, including treatment for blood on goalkeeper or uniform, that player must be removed and another player will become the goalkeeper.

11.6 Injured Player

When the referee identifies an injured player or a player with visible blood, the referee will stop the play as appropriate, stop the clock and delay restart for the injured player. The player must be removed from the field, and the team is allowed to substitute. In the case of blood, the player must show the referee at a stoppage and prior to reentering the game that the open wound has been covered or any blood on the uniform has been treated. An injured player serving a time penalty that goes to his bench for treatment must stay there until the penalty expires. Failure to observe above, results in a two-minute time penalty.

11.7 Time Penalties for Substitution Violations

A two-minute team time penalty (power play) shall be assessed for violation of the Substitution rule. It shall be the coach’s choice and will not accrue against the player who serves on behalf of the team.

Play restarted with a free kick where the ball was when play was stopped.

RULE 12 GOALKEEPERS

12.1 Goalkeeping Restrictions

1. Hand to Hand: Goalkeeper, having released possession by his hands, may not handle it again until it is touched by an opponent. Bouncing the ball is not considered release of possession.
2. Pass back: If a team intentionally kicks the ball to their goalkeeper, the goalkeeper may not handle the ball.
 - Deflections are permitted.
 - Pass backs using the head, chest or knee are permitted. A five-minute time penalty (non-power play) will be assessed against any player using trickery to get around the restrictions.
3. If the goalkeeper maintains possession of the ball with hand or foot inside the penalty arch for more than five (5) seconds, a technical violation occurs. Restart is a free kick for the opposing team at the top of the penalty arch.

4. Illegal procedure/handling: Goalkeeper bringing the ball into the penalty arch may not handle it.
 - a. Penalty: Free kick at top of penalty arch; technical violation, not a foul. Whistle restart is mandatory.
5. Striking or pushing opponent with the ball: caution or ejection.
6. While playing as a field player, the goalkeeper commits a handling violation: foul – no time penalty.
7. Coming out of the penalty arch and deliberately handling the ball is a mandatory time penalty unless momentum carries the goalkeeper out of the area, then it is a foul, but no time penalty.
8. Deliberately handling the ball outside the penalty area that denies the opposing team of a possible goal- scoring opportunity requires a time penalty and a shootout.
9. Goalkeepers must serve their own time penalties. Since the goalkeeper was penalized as a goalkeeper, and was replaced with another player to play as the goalkeeper (the team is playing short a field player), when the time penalty expires, the goalkeeper cannot immediately return to the field. Another player can play as a field player so the team is no longer playing short. The goalkeeper can return at the next guaranteed substitution.

12.2 Goalkeeper Privileges

1. Opponent may not intentionally obstruct the goalkeeper's attempt to put the ball in play.
2. Opponent cannot make body contact in the penalty arch with the goalkeeper not in possession of the ball unless the referee deems such contact as inadvertent during the normal course of play. Contacts deemed as not inadvertent shall be punished by a free kick, but no time penalty.
3. Referee should penalize serious fouls committed by an opponent against the goalkeeper with a time penalty.
4. An opponent who intentionally endangers the goalkeeper beyond what is considered normal shall be cautioned for unsportsmanlike conduct.
5. An opponent who intentionally charges the goalkeeper in a violent manner or who intentionally kicks the goalkeeper in full possession of the ball shall be ejected for serious foul play.

RULE 13 FREE KICKS

13.1 Free Kick Regulations

1. Opposing players must be at least 5 yards from the ball. The ball must be stationary. Ball is in play when it is kicked and moves. Player has five (5) seconds to play the ball after the referee's signal. Player cannot play the ball again before it has been touched by another player. Penalty: Restart is awarded to the opponent.
2. All free kicks are direct. A goal may be scored directly against either team. A team can score upon itself.
3. Location: From the point of infraction or within 3' unless it gives a team an unfair advantage (kick retaken).
4. In Defensive Penalty Arch: Play will be restarted with a Goalkeeper distribution, with opposing players outside the penalty arch. Ball is not in play until it leaves the penalty arch.
5. In Attacking Penalty Arch: Taken from the top of the arch unless a penalty/shootout has been awarded. Whistle restart is mandatory.
6. Penalty Shootout: See Rule 16.
7. Penalty Kick: See Rule 17.
8. Infraction off the field: Taken from where the ball was when play was stopped. Substitution Violation: Taken from where the ball was when play was stopped.
9. Superstructure Violation: From the center of the red line nearest to where the ball hit the superstructure.

13.2 Violation/Kicker

Second consecutive touch by the kicker (not during a shootout), free kick to opponent at point of infraction. For five-second delay; restart awarded to opponent.

13.3 Encroachment

For the first violation, the referee shall issue a team warning for encroachment to the offending team. For any subsequent violation, after being warned for encroachment, this shall be considered misconduct – technical infraction resulting in a five (5) minute penalty assessed against the offending player. A free kick will be awarded to the offended team at the point of the encroachment.

If a defending player who is less than 15' from the ball intentionally interferes with the taking of a free kick (such as sticking a leg out), the players shall be issued a 2-minute time penalty. He shall also be considered guilty of encroachment.

RULE 14 FOULS/TECHNICAL VIOLATIONS

14.1 Fouls

Player commits any of the following offenses in a careless, reckless manner or with disproportionate force will be penalized by a free kick from the point of infraction.

These add to a team's total foul count:

- Kicking or attempts to kick an opponent.
- Tripping or attempting to trip an opponent.
- Jumping at the opponent.
- Charges an opponent.
- Pushing an opponent.
- Or commits any of the following:
 - Contact with an opponent before contact is made with the ball.
 - Dangerous play.
 - Fair charge, but ball not in playing distance.
 - Obstructing when not playing the ball.

- For U10 and younger, has intentional contact with the ball with any part of the head.

14.2 Six Team Fouls

A team's sixth non-time penalty foul (as described in Rule 14.1) in a half will result in a penalty shootout (see Rule 16) being awarded. No time penalty is served. Fouls that result in a time penalty being awarded, do not count in a team's six foul count.

14.3 Technical Violations

Player commits an offense that is not a foul but is a violation of a rule, which necessitates the awarding of a free kick at the point of the infraction. These do not count against the team's total foul count:

- Second hand touch by goalkeeper (12.1).
- Goalkeeper takes hand possession from a pass back (12.1)
- Five-second violations by the goalkeeper (12.1)
- Illegal handling by the goalkeeper (12.1)

- Three-line violations (10)
- Kick-off violations (7.4)
- Free Kick restart violations (13.1)
- All two-touch violations.

- Handling the ball.

RULE 15 TIME PENALTIES

15.1 Time Penalties

After the start of the game, time penalties may be awarded for offenses committed when play is in progress or during any stoppage (including between periods).

Note: Goalkeepers must serve their own time penalties. Time penalties will be classified as follows:

1. 2 Minute Power Play Penalties: Blue Card
 - Team Time Penalty: Illegal substitution
 - Penal fouls listed in Rule 14.1
 - Boarding
 - Unsporting Behavior
 - Elbowing or attempting to elbow an opponent (elbow to face is an ejection for violent conduct).
 - Slide Tackles
2. 5 Minute Misconduct (Non-Power Play): Yellow Card
 - Dissent
 - Technical Offenses
 - Delay of Game violation
 - Bench Misconduct
3. Ejectionable Offenses: Red Card
 - Penal fouls: 2 Minute Time Penalty
 - 3rd Time Penalty: 2 Minute Time Penalty

 - Game Misconduct: No Power Play

15.2 Team Time Penalties Blue Card

Two-minute time penalty for the following: During play, substitutions may be made at any time on an unlimited basis, provided the player substituting out of the game is within the touchline at bench area, or off the field of play within his own bench area, before the substitute enters the field. During the substitution, neither the player entering nor the player departing may participate in play and or gain an advantage during the period of time when they are simultaneously on the field and the ball is in play. Such violation shall result in a 2-minute Team Power Play penalty. It shall be the coaches choice as to which player serves the 2-minute Power play penalty and that penalty does not accrue against the player for purposes of multiple accumulated time penalties for ejection.

15.3 Penal Time Penalties Blue Card

1. Two-minute penalty for severe, tactical or blatant offenses listed in Rule 14.1 committed while the ball is in play.
2. If the offense occurs in the defending penalty arch and warrants a penal time penalty, then a Penalty Kick (see Rule 17) is awarded.
3. If the offense occurs in the defending player's defensive half of the field and is: (1) foul from behind against an attacking player having control of the ball with one or no defensive players

between himself and the goal or (2) any foul where he is the last player on the defending team between the attacking player and the goal, then and warrants a penal time penalty, then a Penalty Shootout (see Rule 16) is awarded.

15.4 Unsporting Behavior: Blue Card

1. Referee Discretion, a two-minute time penalty may be assessed on any player who exhibits an Unsporting behavior.
2. Encroachment: A player within 15' intentionally interferes with the restart. A two-minute power play time penalty is awarded and a team warning issued to the team that any further actions will result in a misconduct penalty.
3. Player entering the field of play prior to presenting worn wristband.

15.5 Ejectionable Time Penalties

A player or non-player shall be ejected and a two (2) minute power play penalty awarded for incidents of:

1. Violent conduct or serious foul play
2. Foul or abusive language or action
3. Head butting
4. Third man into an altercation
5. First man off the bench joining an altercation
6. Leaving the penalty box and joining an altercation
7. Spitting on the field, on or at an opponent or game official
8. Third time penalty in the same match. Blue card shown first, followed by red card.

If play is stopped to eject the player, a free kick is awarded to the opposing team at point where offense occurred.

A teammate will serve the time penalty or until a power play goal is scored against that player's team. The ejected player must leave the facility.

EXCEPTION: Youth players under supervision of an adult coach may remain in the bench area if parent or guardian is not present.

15.6 Misconduct

A five (5) minute misconduct penalty shall be assessed against players who show disapproval, by word or action, of the decision by the referee or other game officials or acts in a severe unsporting behavior. These penalties shall be administered by:

1. Misconduct by players: yellow card is shown and a 5-minute time penalty is awarded; no power play. No time is posted. Player may not leave penalty box until the next guaranteed substitution or when the ball has gone over the perimeter wall after the entire 5 minutes have elapsed. If a time penalty is awarded and that player is then guilty of dissent, that player will be assessed a 5-minute misconduct penalty, a teammate will serve the original 2-minute time penalty and be released after a power play goal is scored or time is served. Player serving misconduct will serve the entire 5-minute penalty.

2. Misconduct by non-players: yellow card is shown; no time penalty is awarded. No time is posted as this shall be considered administrative in nature and is recorded for purposes of multiple penalty and ejection for that individual.

3. Team misconduct: team misconduct shall be defined as physical or verbal abuse of the referees where the offender is not identifiable. For any team violation, referees shall assess a misconduct penalty to the coach of the offending team. This rule does not prohibit referees from penalizing individual players or non-playing personnel. For player / head coaches, the team misconduct penalty shall count towards the accumulation of penalties for such player / coach.

Additional Team Violations

1. Game delay: delay because a team is not present or ready to start the game at the commencement, after a timeout, at the conclusion of halftime as well as any other recommencement during the course of the game. Engaging in tactics that delay the restart of the game immediately following the referee's whistle to stop play.
2. Illegal substitution – delay of game after a warning.
3. Illegal substitution for playing with no goalkeeper

Misconduct – Technical Infractions

A 5-minute non-power play penalty may be assessed for the following offenses:

1. Leaves penalty box prior to expiration of time penalty
2. Guilty of gesticulation on a free kick
3. Violates penalty kick procedures after a team warning
4. Interferes in shootout procedures
5. Commits delay of game violation
6. Encroachment, after a team warning has been issued.
7. Referee crease violation

8. Intentionally kicking the ball away after a stoppage to delay the restart or in protest of the referee's call.

Game Misconduct (Red Card)

A Game Misconduct Penalty shall be assessed any player or non- player who is guilty of:

1. Insulting, foul, offensive or abusive language.
2. Physical contact with an official in dissent of a call.
 - Assault: Physical force (includes spitting on) directed at an official.
 - Abuse: A threat of physical force (includes spitting at) directed at an official.
 - Simple contact with an official is not considered assault or abuse.
3. Unseemly behavior (such as spitting) directed at officials or spectators.
4. Leaving the penalty box to engage in dissent or confrontation. Substitute will serve the remainder of any power play time penalty.
5. Violent conduct toward a teammate, referee or other non-Player opponent.

6. Spitting on the field. No misconduct report required.

ADMINISTRATION

A Red Card is shown to a person; they are removed from the field of play. No power play is awarded. Player ID card is retained and a report filed. If play is stopped to eject the player, a free kick is awarded to the opponent.

After-game Misconduct: Referee shall not display red card but will notify the person the misconduct will be reported to management. A Player ID card should be retained if possible, but a report may be filed without it.

15.7 Delayed Time Penalty

Advantage

A referee wishing to apply the advantage and delay issuing a time penalty shall raise a hand in the air towards the team with possession and maintain the signal until:

1. Opponent gains possession (clear control for more than one (1) second): Referee signals foul, penalized player and restarts from the point of the original foul with a free kick
2. Goal: Offense is recorded. No time penalty served. If it is scored on a power play, a player is also released from the penalty box.
3. Any Other Stoppage: Penalize player, restart according to how play was stopped; kick-in, goalkeeper distribution, etc.

RULE 16 PENALTY SHOOTOUT

16.1 Definition

Awarded for any of the following fouls committed by a defending player in his defensive half of the field:

1. Foul "from behind", on an attacker with one defender (probably the goalkeeper) between attacker and goal and has a reasonable goal scoring opportunity.
2. Any foul where he is the last player on the team between the attacking player with the ball and the goal.
3. A penalty shootout may be awarded following a delayed blue, if the offense would have originally warranted.
4. Cumulative sixth foul in a half or fourth in overtime; a penalty shootout is awarded. No time penalty served.
5. A Penalty Kick, if appropriate, shall take precedence.

16.2 Application

1. The penalized player shall be in the penalty box. All other players except the shooter and goalkeeper shall be behind the halfway line; defending players in the center circle, attacking players outside the center circle.
2. Ball placed at the center of the red line nearest the attacking goal.
3. Attempt may be taken by a player of the attacking team.
4. The referee's whistle signals the start of play at which time all players may enter the attacking half. The player making the attempt must play the ball forward and may try to score regardless of the number of times the ball is played off the walls, goalkeeper, by the shooter or a teammate. (Two touch rule does not apply.)
5. The game clock starts on the referee's whistle.
6. Goalkeeper must have at least one foot on or behind the goal line and not move until after the referee signals.
7. All game rules apply during the shootout.

16.3 Interference

1. Any foul by the goalkeeper during a shootout regardless of field position, will result in the taking of a penalty kick if a goal was not scored; card is mandatory.
2. Any foul by the shooter will end the shootout.
3. Outside interference, retake shootout.

16.4 Penalty Shootout Time Extension

1. Any foul resulting in a shootout with less than five (5) seconds left in any period will result in the game clock being reset to five (5) seconds and shootout conducted as per Rule 16.2.
2. Game clock starts on the referee's whistle.
3. All game rules apply during the shootout.
4. Time expires, period ends. Shooter has five (5) seconds to put the ball across the goal line. Buzzer sounds before the ball completely crosses the line, NO GOAL.

16.5 Overtime Shootout Application

If a winner has not been decided in the overtime, then the game will be decided by shootouts.

1. The referee will choose the goal.
2. Visiting team takes the first shootout attempt.
3. Teams will alternate taking five (5) shootout attempts.
4. If, before both teams have taken their five (5) kicks, a team scores more goals than the other could, the shootout will cease.
5. All other players must be on the player benches.
6. Ball placed at the center of the yellow line nearest to the attacking goal.
7. From the referee's whistle, the shooter has five (5) seconds to score regardless of the number of times the ball is played off the walls, goalkeeper or the shooter.
8. Any foul committed by the goalkeeper regardless of field position, will be penalized by an additional Power Play penalty and the taking of a penalty kick by any member of the offended team. The goalkeeper will serve the appropriate time penalty. Any infraction by the kicker shall end the attempt. Any time penalties will accrue as in normal play.
9. Goalkeepers shall have at least one foot on or behind the goal line and not move until the referee whistles. Facility scorekeeper will be the official timekeeper during the shootout attempt.
10. If no winner is decided after five(5) kicks, teams shall continue alternate kicks until a winner is decided.
11. ALL players on the roster are eligible to take part.
12. A player of the same team is permitted to take another kick after five(5) players of their team have made an attempt. The player may repeat again after an additional five (5) players have made attempts. (Player may take kick number 1, number 7, number 13, etc.)

RULE 17 PENALTY KICKS

17.1 Definition

A penalty kick is a free kick from the Penalty Mark taken by a properly identified opponent against the goalkeeper without interference by other players. A penalty kick is awarded against a team, which while the ball is in play commits within its own penalty area (or area within the goal) one of the fouls listed in Rule 14.1 which warrants a time penalty. A penalty kick can be awarded irrespective of the position of the ball at the time an offense is committed.

17.2 Player Positions During a Penalty Kick

The Referee will whistle for the taking of a penalty kick after the players are positioned in accordance with the following:

1. All players, with exception of the properly identified player taking the kick and the opposing goalkeeper shall be on the field of play, but behind the red line.
2. The defending goalkeeper remains on his own goal line, facing the kicker, between the goal posts until the ball is kicked. Encroachment from this position to interfere with the kicker shall result in a warning. Subsequent violations shall result in a Misconduct Penalty.

17.3 Ball in Play

The player taking the kick must kick the ball forward. The player taking the kick can pause in the run up to the ball, but may not come to a complete stop.

17.4 Infringements / Sanctions:

If the Referee gives the signal for the penalty kick to be taken and before the ball is in play, one of the following situations occurs:

1. Violation by Kicker: The player taking the penalty kick infringes the Rules; the Referee allows the kick to proceed and if the ball enters the goal, the kick will be retaken. If the ball does not enter the goal, play will proceed.
2. Violation by Goalkeeper: The goalkeeper infringes the Rules, the Referee allows the kick to proceed and if the ball enters the goal, the goal is awarded. If the ball does not enter the goal, the kick will be retaken.
3. Violation by Defending Team: A teammate of the goalkeeper crosses the red line, the Referee allows the kick to proceed and if the ball enters the goal, the goal is awarded. If the ball does not enter the goal, the kick is retaken.
4. Violation by Teammate of the Kicker: A teammate of the kicker crosses the red line, the Referee allows the kick to proceed and if the ball enters the goal, the kick is retaken. If the ball does not enter the goal, play will proceed and the kick will not be retaken unless the referee decides the teammate was using trickery to gain an advantage (such as the kicker kicking the ball at the wall knowing the teammate was across the red line; resulting in the teammate to get possession of the ball).
5. Violation by Both Defending Team and Attacking Team: A player of both defending team and attacking team infringes the Rules: the kick is retaken.

For any infringement of this Rule, the offender shall receive a warning. Subsequent violations shall result in a five (5) minute Misconduct Penalty (non-power play) assessed against that individual.

17.5 Violations After the Penalty Kick is Taken

1. The kicker touches the ball a second time: a free kick is awarded to the opposing team from the place where the infringement occurred.
2. An outside agent stops the ball, as it moves forward, the kick shall be retaken.
3. The ball rebounds into play from the goalkeeper, crossbar, goalpost, perimeter wall, or corner flag post and is stopped in its course by an outside agent, the Referee shall stop play and restart by dropping the ball.

17.6 Penalty Kick in Extended Play

Play shall be extended at the end of any period to allow a penalty kick to be taken or retaken. The extension shall last until the Referee has decided whether or not a goal is scored:

1. Direct from the penalty kick
2. Having rebounded from either goal post or crossbar directly into the goal
3. Having touched or been played by the goalkeeper
4. Or any combination of (2) and (3).

The period shall terminate immediately after the Referee determines whether a goal has been scored. No players other than the kicker and the opposing goalkeeper shall be allowed on the field.

RULE EXCEPTIONS FOR CO-ED PLAY

Games are played using the Rules for Indoor Play adult rules with the following exceptions:

RULE 1 THE FIELD OF PLAY

No changes.

RULE 2 THE BALL

No changes.

RULE 3 PLAYERS

Team

A team consists of seven (7) players (6 field players and a keeper). There must be a minimum of five (5) players (including the goalkeeper) for play to start or continue. A team must have at least one male field player.

Maximum Male Players

A team may play up to three (3) male field players at one time even if playing with fewer than three (3) female players. The goalkeeper may be either male or female. A team may have more female than male players at any time.

RULE 4 PLAYER EQUIPMENT

No changes.

RULE 5 REFEREES

No changes.

RULE 6 DURATION OF THE GAME

No changes.

RULE 7 THE START OF PLAY

No changes.

RULE 8 BALL IN AND OUT OF PLAY

When the ball goes into the goal, last touched by the defensive team, after being shot by a male or female who is ineligible to score, the restart is a corner kick.

RULE 9 METHOD OF SCORING

FEMALE SCORER

Goals scored directly by female players will count two (2) points (except an overtime shootout goal). All other goals will count as one (1) point.

A shot taken by a female player that makes contact, whether intentional or incidental, with a male teammate or an opponent other than the goalkeeper prior to going into the goal will count one (1) point.

A shot taken by a male player that makes contact, whether intentional or incidental, with a female teammate, and then goes into the goal will count two (2) points.

A female taking a shootout that scores a goal directly will count two (2) points, except in overtime (see rule 16.5).

An own goal will count one (1) point. A deflection into the goal is not considered an own goal. Contact of the ball by the goalkeeper does not change the point value of the goal by a female.

ELIGIBLE MALE SCORER **(HOT RULE ONLY)**

A male player is eligible to score if he:

1. Shoots from outside the offensive zone (red line). When dribbling from outside the offensive zone toward the offensive zone, a male is ineligible to score if the ball is on or above the red line. If the restart is from the dot on the red line due to a superstructure violation (hitting the top), the male is ineligible to score.
2. While in the offensive zone, he receives the ball directly from a female teammate, who may be anywhere on the field of play.
3. A male player may be outside the red line when the female player plays the ball as long as his first touch on the ball is in the offensive zone. He does not have to be in the offensive zone when she plays the ball to him.
4. When a ball played by the female teammate is deflected or parried by the opposing goalkeeper. If the keeper gains possession of the ball, a male will not be eligible to score if they receive the ball directly from the opposing keeper.

5. Is taking a shootout. He remains eligible when the ball rebounds off the wall or goalkeeper. If the goalkeeper takes possession of the ball and restarts play, the male is no longer eligible.

The male player remains eligible to score, even when the ball touches the red line. The male player loses his eligibility to score when the ball completely crosses the red line, and then is dribbled back into the offensive zone.

The male player loses his eligibility to score from inside the offensive zone if the ball touches a defensive player (other than the goalkeeper), touches a male teammate, crosses the red line or goes out of play.

A male player may not score from inside the offensive zone if he takes the ball away from an opponent.

If an eligible male shoots at goal and the ball makes contact with a defender prior to going in the goal--the goal counts one (1) point.

If a ball played by an ineligible male scorer deflects off an opponent into the goal, the goal will not count. Play shall be restarted with a corner kick, since the ball went over the end line last touched by the defensive team.

A goal scored directly by an ineligible male scorer will not count. Play shall be restarted with a goalkeeper distribution.

RULE 10 THREE LINE VIOLATION

No changes.

RULE 11 SUBSTITUTION

No changes.

RULE 12 GOALKEEPERS

No changes.

RULE 13 FREE KICKS

No changes.

RULE 14 FOULS/TECHNICAL VIOLATIONS

SLIDE TACKLES

Slide tackles against an opponent shall be considered dangerous play and are not permitted. A two (2) minute time penalty is mandatory for slide tackle.

EXCEPTION: Goalkeeper in his own penalty arch is allowed to slide tackle if not done in a dangerous manner.

OPEN FIELD SLIDES

Open field slides where no opponent is near the slide is not legal and is punished with a foul.

RULE 15 TIME PENALTIES

Goalkeepers must serve their own time penalties.

RULE 16 PENALTY SHOOTOUT

16.2 Application

A goal scored by a female shooter will count as two (2) points, whereas a goal scored by a male shooter will count as one (1) point.

16.5 Overtime Shootout Application

The shootout will consist of 5 shooters, beginning with a female. The shooters will alternate between female and male. If the shootout continues beyond the first 5 shots, the shooters will begin with a male and then continue with a female. A goal scored by any shooter (female or male) will count as one (1) point.

RULE 17 PENALTY KICKS

A goal scored by a female shooter will count as two (2) points, whereas a goal scored by male shooter will count as one (1) point.

RULE 18 YOUTH SPECIFIC

4v4 Format

Game Length: (4) 10 minute quarters with a 1 minute water break between quarters, and a 2 minute half time.

Cost: \$525 team fee + \$25 yearly membership for each player and coach are required

Uniform: Matching Team Color

Games: 8 Game season ranging over the weekend from Friday Evening to Sunday Evening

Format: Co-ed u4-u5 / Co-ed u6-u7

Scoring: All goals count as one. Scores will be recorded by the referee.

Headers: N/A - free kick for opposing team

6v6 Format

Game Length: Two 20 minute halves. 3 Minute Halftime.

Cost: \$675 team fee or + \$25 yearly membership for each player and coach are required

Uniform: Matching Team Color

Games: 8 Game Season

Format: Boys&Girls U8-U10

Punting: Not allowed. Throws and Drop Kicks only.

Scoring: All goals count as one.

Headers: N/A - free kick for opposing team

Punting: The goalkeeper may not punt the ball. They must drop-kick or throw the ball out of the goal area.

7v7 OR 8v8 Format

Game Length: Two 20 minute halves. 3 Minute halftime.

Cost: \$775 + \$25 yearly membership for each player and coach are required

Uniform: Matching Team Color

Games: 8 game season

Format: Boys&Girls u11-u17

Scoring: All goals count as one.