

Sportzone Rules

If the rule is not specifically mentioned in these rules, then FIFA rules apply.

I. FIELD OF PLAY

- a. **Halfway Line and Center Spot** - A halfway line is marked across the field of play. A center spot is marked in the middle of this line and a circle with a 10-foot radius is marked around it. All players must remain behind the circle on all kick offs.
- b. **Goal Area** - The goal area at each end of the playing field consists of two lines drawn at right angles to the goal line two feet from the inside of each goal post. These lines extend into the field of play and are joined by an arched-line 16 feet in length parallel to the goal line. All goal kicks will be taken within this area.
- c. **Penalty Kick Mark** - Marks are made 18 feet from the mid-point of the goal line, measured along an undrawn line at right angles to the goal line. These are the penalty kick marks. At the taking of a penalty kick, the referee must position all other field players beyond the closest line.
 - i. **Updated for 2023**- Offenses which would result in a penalty kick (foul inside box) will now result in simulated breakaway. Keeper will start in goal box and attacking player will start with ball at feet at top of attacking zone. All other players must remain beyond half-field line until player touches the ball, at which point ball is in play. (see Penalty Kick section X.e)
- d. **Corner Kick Mark** - A corner kick mark is made outside the penalty area on each side of the goal. All out-of-bounds, in the area between the corner kick marks, where the ball was last touched by a defensive player, will be restarted from these marks, approximately 2 feet from the perimeter wall.
- e. **Kick In Sideline** - All sideline out of bounds restarts will be taken from a point approximately 2 feet from the perimeter wall at the point where the ball exited the playing field.
- f. **Overall Playing Surface and Field Conditions** - The referee has the authority to stop play if they feel that any aspect of the physical facilities, could endanger the players. Play will be resumed once such a problem has been remedied.
- g. **The Wall** – Balls striking the surface of the surrounding wall of the field are considered in play and live unless striking another object (netting, safety pad etc.). Players may touch the wall with an open hand for balance when necessary but are prohibited from grabbing or holding on to the wall in a way that would be deemed as leverage in order to gain advantage over an opponent.

II. THE BALL

- a. The ball used will be a regulation size 3, 4, or 5 soccer ball. Game balls will be provided by the home team. Practice/warm up balls must be provided by each team.
- b. For U8, a size 3 ball will be used.
- c. For U10 & U12, a size 4 ball will be used.
- d. For U13 and above, a size 5 ball will be used.

III. PLAYERS

<u>Division</u>	<u>Players on field</u>	<u>Time</u>	<u>Player Breakdown</u>
U8	7 Field players plus a keeper	4–12-minute quarters	No Restrictions
U10	7 Field players plus a keeper	2–25-minute halves	No Restrictions
U12	6 Field players plus a keeper	2–25-minute halves	No Restrictions
U14	5 Field players plus a keeper	2–25-minute halves	No Restrictions
HS-Coed	5 Field players plus a keeper	2–25-minute halves	No Restrictions
Men's	5 Field players plus a keeper	2–25-minute halves	No Restrictions
Adult Coed 18+	5 Field players plus a keeper	2--25-minute halves	3-guys, 2-girls
Adult Coed 30+	6 Field players plus a keeper	2–25-minute halves	3-guys, 3-girls

- a. All players must wear shin guards.
- b. **Substitutions** – Substitutions may be made at any time and on an unlimited basis during the game, provided the player substituted for is within one yard of the bench door and does not interfere with play at the time the replacing player enters the field.
 - i. Players are to enter/exit the field of play only through their own team's designated bench door. No players should be immediately in front of the bench door except one which is about to enter or has just exited from the field of play.
 - ii. A team with too many players on the playing field will be penalized with a two (2) minute penalty not designated to any one specific player and the game shall be restarted by a free kick, to be taken by a player of the opposing team, from the place where the ball was, when the play was stopped. If the free kick is awarded to a side within its own goal area, it may be taken from any point within that half of the goal area, in which the ball was when play was stopped.
- c. **Goalkeeper Substitutions** - Any teammate may change places with the goalkeeper at anytime, as per regular substitution procedures, provided that the goalkeeper wears a jersey that does not conflict with either the referee or other players, provided the referee is notified.

IV. PLAYER EQUIPMENT

- a. **The equipment** of a player is a shirt, shorts, socks, regulation shin guards and indoor soccer footwear. Team jerseys must be of the same color. Shirts and shoes must be worn at all times.
- b. **FOOTWEAR** - A player's footwear must conform to the following standards: rubber flat-soled shoes or other footwear designed for artificial surfaces must be worn. No footwear with less than 30 molded mini-studs shall be permitted. Shoes must be clean and free of mud or debris before the start of play.
- c. **SHINGUARDS** - All players MUST wear regulation shin guards during play. Under no circumstances may a player participate without shin guards. Socks must completely cover the shin guards.
- d. **JERSEYS** - Teams are required to have matching-colored shirts or jerseys. The team listed first ("Home Team") on the schedule must change shirts if there is a color conflict.
- e. **GOALKEEPER** - The goalkeeper shall wear colors that distinguish him from field players and the referee. Any field player who replaces the goalkeeper must comply with this rule. The goalkeeper may wear protective headgear if it is deemed acceptable by the referee, (i.e., is not dangerous and does not interfere with other players). Gloves, long pants, long sleeved jersey, knee and elbow pads are strongly recommended for all goalkeepers, but not required.
- f. **DANGEROUS EQUIPMENT** - Players shall not be permitted to wear anything deemed dangerous (including jewelry) by the referee. Any cast worn must be properly padded to the satisfaction of the referee and Sportzone staff. Players will not be allowed to participate until their equipment meets with the approval of the referee. A two-minute time penalty shall be assessed to the offender who enters the game having failed to carry out the equipment adjustment as requested by the referee.

V. REFEREES

- a. **REFEREES' AUTHORITY** - A one-person system will be used at the discretion of Sportzone. The authority and exercise of the powers granted to referees by this official rulebook commence when they enter the premises. The referees are responsible for the record of the game and the control of time keeping. The referees' power of penalizing extends to offenses committed when play has been suspended or when the ball is out of play. Referees' decisions on points of fact connected with play shall be final, so far as the result of the game is concerned. The referee has the following responsibilities:
 - i. Enforce the rules.
 - ii. Advantage: Refrain from penalizing in cases where they are satisfied that, by so doing, they would give an advantage to the offending team.
 - iii. Power: The referee has the discretionary power to suspend the game for any serious infringement of the rules, interference by spectators or other cause, should suspension be

deemed necessary. In the event of the suspension being attributed to one specific team, that team shall forfeit the game. If both teams are deemed by the referee to be at fault to a serious degree, a double forfeit will be the result.

- iv. Illegal Entry: Allow no person other than the players and other referee to enter the field of play without permission.
 - v. Injury Stoppage: Stop the game if, in their opinion a player has been injured; have the player removed as soon as possible from the field of play, without risking further trauma as a result of removal; and immediately resume the game. The time clock will not be stopped unless, at the discretion of the referee, the injured player must be removed from the field by medical personnel. Ball possession shall go to the team in possession at the time of the stoppage. If there was no clear possession, the game will resume with a drop ball.
 - vi. Player discipline: Caution any player guilty of misconduct or unsporting behavior and if the player persists, suspend them from participation in the game.
 - vii. Non-player discipline: Penalize or eject any coach or non-playing team personnel. All penalties or ejections of non-playing personnel will result in a two or five minute penalty to the offending team.
 - viii. Oversee the goal totals.
- b. The referee is also responsible for the following:
- i. Indicating illegal substitutions
 - ii. Operating the score board
 - iii. Controlling benches
 - iv. Controlling time penalties
 - v. Enforcing the laws of the game. Violations will be signaled by his or her whistle, which stops play.
- c. Any game played at Sportzone, whether it be a make-up game, forfeit or any other, the referees will have the same authority as in a regular game and all penalties such as red cards will be enforced and carried over to your next game, even if it is in the next session.

VI. START OF PLAY

- a. Games will start promptly. To keep clocks on time, teams must warm up off the field. **Kicking the ball outside of the playing field is prohibited.** When the previous game ends, teams will be allowed a reasonable amount of time to get all equipment into the bench area and take the field. Forfeit time is five minutes past the start time.
- b. At the beginning of the game, the kickoff shall be made by the visiting team (2nd team listed). Teams change ends at the start of each new half.
- c. **Kick off** – the game starts with the ball placed at midfield.
- i. kickoff shall be made by the visiting team (2nd team listed). Teams change ends at the start of each new half.
 - ii. All players, except the player taking the kickoff, must be in their own half of the field of play.
 - iii. The ball must be stationary on the center mark.
 - iv. The referee gives a signal to start play by blowing their whistle.
 - v. The ball is in play when it is kicked and clearly moves. The ball does not need to go forward.
 - vi. The kicker cannot touch the ball again until it has been touched by another player.
 - vii. Opposing team must stay out of the center circle and not move towards the ball until the ball is kicked.
 - viii. A goal can be scored directly from a kick-off. **ALL KICKS ARE DIRECT.** After a goal has been scored, the game shall be restarted in the above manner by the team conceding the goal.
- d. **Restarts for unusual causes** - For restarts in unusual circumstances (i.e. after injury), the game resumes with a kick, from the location of the ball when play is stopped. This kick is taken by the team that had clear possession prior to the stoppage. If there is no clear possession, then the game will be restarted with a drop ball at the point where the ball was when the game was stopped. If the game was stopped

inside the penalty area, all restarts, whether by kick or drop ball, will be from the top of the restraining arc.

- e. ~~**Drop Ball** - The ball shall be deemed in play when the referee drops the ball, and it has touched the floor. A player shall not play the ball until it has touched the floor.~~ Per updated rules; the referee will drop ball for one player of the team that has or would have gained possession as determined by the referee at the time of play stoppage; otherwise it is dropped for one player of the team that last touched it before the stoppage. The ball is dropped at its position when play was stopped. All other players (of both teams) must remain at least 10 feet from the ball until it is in play.
- f. **Six Second Play Requirement** - Failure by a team to put the ball into play within six seconds, as signaled by the referee, shall result in a possession turnover to the opponent. This is at the referee's discretion.
- g. **Goalkeeper** – Players may not prevent the goalkeeper from releasing the ball from the hands or kicks or attempt to kick the ball when the goalkeeper is in the process of releasing it. The goalkeeper is obligated to return the ball to play within the six second play rule as noted above.

VII. BALL IN PLAY/OUT OF PLAY

- a. The ball is always in play unless indicated by the referee including:
 - i. if it rebounds from a goalpost, cross bar, or the perimeter wall into the field;
 - ii. if it rebounds off the referee when he is in the field of play;
 - iii. in the event of a supposed infringement of the laws until a decision is given.
- b. The ball is out of play:
 - i. when it has wholly crossed the perimeter wall.
 - ii. when it hits outside the perimeter walls or netting.
 - iii. when it contacts any part of the building superstructure above the field of play. A free kick will be awarded to the opposing team at the center of the nearest red line. There will be no time penalty.
 - iv. when the game has been stopped by the referee
- c. Intentionally hitting the ball hard enough to hit the superstructure, ceiling, or lighting can be cause for a red card issued by the referee and deemed as an intent to destroy property of Sportzone. A five (5) minute penalty will be assessed to the offending team and a direct kick awarded to the opposing team.

VIII. METHOD OF SCORING

- a. **LEGAL GOAL** - A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the crossbar, provided it has not been thrown, carried or otherwise propelled by hand or arm, by a player of the attacking side, except in the case of a goalkeeper who was within his own penalty area when he legally propelled the ball. One point for each goal scored.
- b. **SCORING** - The team scoring the greatest number of goals will be declared the winner. Games can end in a tie.
- c. **MERCY RULE** – All games will have a maximum goal differential no larger than 5 goals. Once a team reaches an advantage of 8 goals, there will be no more addition to their score.
 - i. If a team is down by 5 or more goals, they may add a player until the score is within 2 goals.

IX. FOULS AND TIME PENALTIES

- a. A player who commits an offense while the ball is in play shall be penalized by the referee awarding a direct free kick to the opposing team, to be taken at the point of the infraction, unless the offense is committed by a player in his opponents goal area, in such case the free kick shall be taken from a point anywhere within that half of the goal area in which the offense occurred. **ALL FREE KICKS ARE DIRECT.** Specific fouls are those specified in Law 12.
- b. **YELLOW CARD** – 5 minute penalty (referees discretion).
 - i. 2 Yellow cards in a single match will result in a Red card.

- c. **RED CARD** - Ejection and at least a one game suspension is mandatory. Suspension does not include the game from which you were suspended. This suspension will roll over into the next session if the card is issued on the final game of a session.
 - i. Players issued red cards for offences of deemed violent conduct (i.e punching, slapping, kicking towards other players, fans, Sportzone personnel or referees) shall be immediately asked to leave the facility. After review including a viewing of the video tape, management will decide on action to be taken, up to and including an indefinite suspension of access to Sportzone including revoking spectator privileges.
- d. **EJECTIONS** - A player or non-player shall be ejected for incidents of:
 - i. Violent conduct or serious foul play
 - ii. Foul or abusive language or action
 - iii. Disrespect for referee or staff of Sportzone
- e. **EJECTED COACH RESTRICTIONS** - An ejected coach may not, from the time of his ejection until the conclusion of the game, have any communication with his team's players in the arena. Adults must leave the facility. Ages 16 and under must leave the player's area.

X. FREE KICKS

- a. When play has been stopped for an infraction, play shall be restarted with a free kick taken by a player from the opposing team. During the taking of a free kick, all the opposing players shall be at least ten feet from the ball until it is in play. The ball must be stationary when a free kick is taken, and the kicker shall have five seconds within which to play the ball after being signaled to do so by the referee. Failure to put the ball into play within five seconds of the referee's signal will result in the restart being "turned over" to the opponent. The ball shall be deemed in play when it has been touched. Under no circumstances may the player taking any free kick play the ball again before it has been touched by another player. Playing the ball twice includes playing the ball on the rebound off the perimeter wall before it has been touched by another player. A goal may be scored directly against either team from such a kick.
- b. **LOCATION** - Free kicks shall be taken from the point of infraction subject to exclusions listed herein or elsewhere in the rules. The referee may allow a free kick to be taken from a point within a three-foot radius of the point of infraction unless, in his opinion, a team gains an unfair advantage, in which case the kick shall be retaken.
- c. **FREE KICK IN DEFENSIVE GOAL AREA** - Notwithstanding any other reference in these rules to the point from which a free kick is to be taken, a free kick awarded to the defending team, within its own goal area, may be taken from any point within the goal area in which the free kick has been awarded.
- d. **FREE KICK ORIGINATING IN PENALTY AREA** - ~~When a player is taking a free kick in his team's penalty area, all opposing players shall remain outside the penalty area until the ball has cleared the penalty area and shall be at least 10 feet from the ball while the kick is being taken. The ball shall be deemed in play after it has been touched and is beyond the penalty area. If the ball is not kicked directly into play, or if the kicker touches the ball again before it has left the penalty area, the kick shall be retaken. If the kicker touches the ball again after it has left the penalty area and before it has touched another player, a free kick shall be awarded to the opposing team at the top of the restraining arc.~~
- e. **PENALTY KICKS** - Any free kick awarded to the attacking team for an infraction (i.e. impeding, dangerous play) which occurred in its opponents penalty area shall be taken at the penalty spot and may not be defended.
 - i. Penalty kicks are a 1v1 between the shooter and keeper. When initiated by the referee's whistle, the shooter may shoot or dribble the ball toward the goal. Once the ball moves, the keeper may leave their line and defend the shooter.
 - ii. **There will be NO penalty kicks awarded in U8**
- f. **UNSPORTSMANLIKE CONDUCT TO PREVENT FREE KICK** - If, when a free kick is being taken, any player gesticulates in a way to distract his opponents or encroaches into the penalty area or within ten (10) feet

of the ball, the referee shall delay the taking of the kick until the law is complied with. If on the request of the referee, the player does not comply, he shall be deemed guilty of “unsportsmanlike conduct” and will be assessed a two-minute time penalty.

- g. **VIOLATION/KICKER** - If the kicker, after taking the free kick, plays the ball a second time before it has been touched by another player, a free kick shall be taken by a player of the opposing team at the point where the second touch took place. If the kicker delays the free kick longer than five seconds after having received a signal from the referee, his team shall lose possession of the restart.

XI. RESTARTS - BALL OVER PERIMETER WALL

- a. **KICK IN** - When the whole of the ball passes over the perimeter wall or makes contact with a designated out-of-bounds area (e.g. netting), it shall be kicked in 2 feet from the wall from the point at which it passed over or made contact, by a player from the opposite team from that of the player last making contact. The ball shall be in play immediately after it has been touched, except in the case where the kick is taken from a point inside the penalty area, in which case it may not be played a second time, nor shall it be deemed in play until it has exited the penalty area. A goal may be scored directly from such a kick.
- b. **GOAL KICK** - When the whole of the ball passes over the end perimeter wall or makes contact with a designated out-of-bounds area between the corner markings (excluding that portion between the goal posts and under the crossbar), having last been played by a player of the attacking team, play shall be restarted with a goal kick. All goal kicks may be punted or drop kicked. A goal may be scored directly from such a kick. It is at the discretion of the goal keeper to restart play with the ball on ground or in ball in hand.
 - i. **Ball in Play:** If the ball is not kicked beyond the penalty area, (i.e. directly into play), the kick shall be retaken. When a goal kick has been taken and the player who has kicked the ball touches it again before it has left the penalty area, the kick must be retaken.
 - ii. **Player Positions:** Players of the team opposing that of the player taking the kick shall remain outside the penalty area until the ball has left the penalty area.
 - iii. **Violations/Kicker:** If a player taking a goal kick plays the ball a second time after it has exited the penalty area, but before it has been touched by another player, a free kick shall be awarded to the opposing team.
- c. **CORNER KICK** - When the whole of the ball having been last played by one of the defending team passes over the end perimeter wall or contacts a designated out of bounds area between the corner markings, excluding when a legal goal is scored, a member of the attacking team shall take a corner kick. A goal may be scored directly from such a kick. Players of the team opposing that of the player taking the corner kick shall not approach within ten (10) feet of the ball until it is in play. The whole of the ball shall be placed on the nearest corner mark, and it shall be kicked in from that position.