

Crossbar Academy Indoor – House Rules

Winter Indoor 5v5 League

Match Format

- Two 20-minute halves
- 5-minute halftime
- No overtime
- Home Team: Light jerseys
- Away Team: Dark jerseys
- Club teams may wear their official team jerseys
- Pinnies will be available for teams to use if needed
 - If a color conflict arises, pinnies will be used to ensure clear distinction
 - Home team remains light / away team remains dark

League Standings & Points

- Win: 3 points
- Draw: 1 point
- Loss: 0 points

1. Substitutions

- Free substitution throughout the match

- The player exiting must fully leave the field before the substitute enters
- The incoming player may immediately participate in play
- Improper substitution (too many players or early entry) may result in a direct free kick for the opposing team at the point of contact

2. Sliding & Player Safety

- No slide tackling is permitted for field players
- Goalkeepers are the only players allowed to slide, and only feet-first inside their own penalty area
- Dangerous slides, lunges, or playing from the ground may result in a direct free kick, blue card, or penalty at the referee's discretion

3. Goalkeeper Rules

- Goalkeepers may slide inside the penalty area only
- Goalkeepers may not slide outside the box (direct free kick awarded)
- Goalkeepers may not punt or drop-kick
- Goalkeepers may not play the ball outside the box and then pick it up
- These rules exist to protect goalkeepers and opponents

4. Use of the Wall (Development Rule)

- Deliberately passing the ball against the wall to oneself or a teammate is not permitted
- Any intentional use of the wall as a passing option will result in a direct free kick for the opposing team

- This rule promotes proper decision-making, movement, and passing quality

5. Fouls & Discipline

- All fouls are at the referee's discretion
- Persistent infringement or reckless play may result in disciplinary action

Cards & Penalties

- Blue Card: 2-minute penalty
- Yellow Card: 4-minute penalty (serious foul or second blue card)
- Red Card: Ejection + 5-minute team penalty
 - The team may replace the player after 5 minutes
 - Only two players per team may serve penalties at one time

6. Penalty Kicks

- All penalties are dribble shootouts
- Penalty kicks begin with a dribble from the halfway line
- A penalty may be awarded if:
 - A goal-scoring opportunity is denied by a foul or dangerous play
 - A card is issued for a foul inside the penalty area
 - Deliberate handball occurs in the box

7. Free Kicks & Restarts

- All free kicks are direct, including kickoffs
- Quick kicks are encouraged
- Defending players must immediately give space
- Standing over the ball or dissent may result in a blue card
- No corner kicks will be awarded
 - Restarts will be taken as a kick-in or goalkeeper possession, as directed by the referee

Wall Distance After Net Contact

- U10 & Under: Two natural steps back
- U11+: One natural step back

8. Playing in a Dangerous Manner (PIADM)

- Falling on the ball is not automatically a foul
- A foul is called if:
 - The action prevents an opponent from safely playing the ball
 - The player or opponent is put at risk
- If PIADM occurs inside the box without denying a clear goal, the ball is placed at the top of the box

9. Boarding & Physical Play

- Boarding is strictly prohibited
- Any player propelled into the wall will receive a blue card
- Reckless boarding may result in a yellow or red card
- No pushing, tackling from behind, or excessive physical contact

10. Equipment & Bench Rules

- Shin guards are required
- Regular cleats are allowed
- Only players and one adult per team are allowed in the bench area

11. Sportsmanship & Zero Tolerance Policy

- No foul or abusive language
- No verbal abuse toward referees, players, or spectators
- Fighting or violent conduct results in immediate ejection
- Coaches or designated volunteer parents are responsible for player and spectator behavior at all times

Violations may result in:

- Verbal warning
- Suspension from remaining games
- Removal from playoffs

12. Spirit of the League

This is a player-driven, development-focused league.

We emphasize:

- Safety
- Respect
- Decision-making
- Joy for the game

13. Responsibilities of Coaches & Volunteer Parent Coaches

Coaches or designated volunteer parent coaches play a vital role in maintaining a safe, respectful, and positive environment. By participating in the league, they agree to the following responsibilities:

Missed Game Notifications

1. Coach to provide 48 hrs notice to info@crossbaracademyindoor.com if their team cannot make a scheduled game. Teams will be charged a fee of \$20 for missing games without providing notification.

Sideline Conduct

1. Model respectful behavior toward referees, players, opponents, and spectators
2. Refrain from dissent, arguing calls, or negative commentary

Player Management

1. Ensure players understand and follow league rules

2. Assist with substitutions and game organization only (no coaching instruction during play, where applicable)
3. Address unsportsmanlike behavior immediately

Spectator Oversight

1. Take responsibility for the conduct of team parents, family members, and guests
2. Proactively calm situations and prevent escalation
3. Failure to control spectator behavior may result in warnings, cards, or removal from the facility

Safety & Environment

1. Prioritize player safety at all times
2. Ensure only authorized players and adults are in the bench area
3. Support referees in maintaining a safe playing environment

League Alignment

1. Uphold the development-first philosophy of Crossbar Academy Indoor
2. Encourage enjoyment, decision-making, and respect over winning at all costs

Repeated failure to meet these responsibilities may result in disciplinary action, including removal from matches or the league.

Play hard. Play fair. Have fun.