

OFFICIAL INDOOR SOCCER RULEBOOK & PARK POLICIES

Adult Recreational Edition

Abridged: For Players and Spectators

Updated: 1/27/2023



Introduction

The purpose of this edition of *The Official Rules* is to help players and spectators become familiar with the rules of indoor soccer to play and enjoy the game.

Sportsplex USA is dedicated to giving adults an opportunity to participate in recreational team sports while having fun, meeting friends and maintaining a healthy lifestyle. Our Adult Soccer programs are based on keeping winning in perspective but with fair play and good sportsmanship. Our goal is to provide a fun and safe environment for our community to come and enjoy a high quality Adult Soccer program.

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1) PARK POLICIES

- Sportsplex USA management will determine the condition of all fields in inclement weather and make decisions whether to play or not. For playing conditions, visit www.sportsplexusa.com or call 858-679-4000 Ext *725 for Poway and 619-334-1000 Ext *825 for Santee. Field updates are made by 4pm Monday through Friday and at 8am on Saturday and Sunday.
- No alcoholic beverages or smoking is allowed on the fields or in the bench areas at any time.
- Any person(s) being under the influence of alcohol or any other substance that could cause the person(s) to be at risk to themselves and/or others will be removed from the park and could result in further suspension from the park.
- No outside food, beverages, pets, bikes, roller skates or skateboards are allowed in the park.
- No sound amplifiers of any kind are allowed (including but not limited to air horn, boom box, megaphone, vuvuzela, etc).
- Sportsplex USA will not be responsible for injuries sustained during league or tournament play. Sportsplex USA does not provide insurance coverage for managers, players or spectators.
- Any person(s) that does not conduct themselves in a manner that is conducive with Sportsplex USA's policies or rules can be removed, ejected or suspended from the facility for any length of time to be determined by Sportsplex USA management.
- Any person striking or attempting to strike any player, official, employee or spectator will be suspended from the facility and could face legal repercussions for their actions.
- There is a \$3.00 entrance charge to enter Sportsplex USA for everyone 18 years of age and older. In return, you will receive a token worth \$3.00 towards a purchase of any beverage at our Sports Pub.
- Sportsplex USA reserves the right to refuse service to anyone.
- Sportsplex USA reserves the right to make any amendments or adjustments deemed necessary to the policies and rulebook.
- Sportsplex USA aims to provide a professional, knowledgeable, and courteous staff. This includes our referees. Please contact the manager on duty or League Director if any of our staff does not meet these standards.

2) PLAYERS CODE OF CONDUCT

The following Players Code of Conduct has been adopted by Sportsplex USA and will be strictly enforced.
Please remember that Sportsplex USA is a family oriented recreational facility, which will make every attempt to maintain these standards for the good of all of those who use the park.

Any player, manager or spectator that does not conduct themselves in the manner that is conducive with Sportsplex USA's policies or rules can be removed, ejected, or suspended from the facility for any length of time and/or face possible legal action to be determined by Sportsplex USA Management.

NO PLAYER/SPECTATOR SHALL:

1. At any time push, punch, shove, bump into, strike, or threaten to strike any player, spectator, official or employee of the park.

2. Leave the bench area for any reason, at any time during an altercation on the field of play.
3. Refuse to abide by an official's decision.
4. Display objectionable demonstrations by throwing any piece of equipment in a forceful manner.
5. Discuss with any official in any manner the decision reached by such official, except the team manager or captain.
6. Use unnecessary rough tactics in the playing of the game against another player.
7. Be the aggressor in any physical attack upon any player, official, employee or spectator.
8. Verbally abuse any player, official, employee or spectator for any reason.
9. Use profane, obscene or vulgar language at any time.
10. Appear on the field of play at any time in an intoxicated condition.
11. Spit on the field of play.
12. Smoke in undesignated smoking areas.
13. During the game discuss aloud with the spectators in a derogatory or abusive manner regarding any play, decision or personal opinion of officials or other players.

3) PLAYER & TEAM REGISTRATION

- All players must be 18 years of age. No exceptions.
- Teams must pay their entire league fee, in full, prior to the start of the first game. Teams that do not have their entire league fee paid in full, prior to their first game, will be subject to forfeiting their games and a possible suspension from the facility until the fee is paid in full.
- Registration is on a first come first serve basis. Priority is given to returning teams provided they pay their teams deposit by the registration deadline. After that, teams from the waiting list will be allowed to register.
- A team fee is nonrefundable or transferable.
- All players are required to sign the Official Sportsplex USA Team Roster prior to playing in their first game of every season. It is the player's responsibility to ensure they are on their team's roster before the roster cutoff deadline.
- Team rosters will be limited to a maximum of 20 players.
- Players must be present to be added to the roster. Players can be added to the roster through Week 7. Players can be replaced on the roster through Week 8. Rosters are frozen after Week 8.

(A) TEAM MANAGER RESPONSIBILITY

The team manager is the principal link between Sportsplex USA and their team. It is the manager's responsibility to obtain all information regarding league play at Sportsplex USA. The team manager should:

1. Know all rules and policies and inform his/her players of them.
2. Make sure all team fees are paid in full before the team's first game.
3. Make sure each player on his/her team has signed their team's official roster.
4. Help avoid forfeits by having players arrive to their game at least 30 minutes prior to the game time.
5. Be responsible for the conduct of his/her players. Good sportsmanship is expected by all managers, players and spectators.

6. Inform the League Director of any possible forfeits at least 24 hours in advance.
7. Inform the League Director of any changes in contact information (i.e. phone number, email address, etc.)

4) LEAGUE FORMAT

- Every league consists of several divisions (see below) which are designed to keep a fair level of competition amongst the league. Teams can be moved up or down in divisions based on the League Director's discretion and without prior notice or team approval.
- Division A – Advanced Level of Competition
- Division B – Upper Intermediate Level of Competition
- Division C – Intermediate Level of Competition
- Division D – Lower Intermediate and Beginner Level of Competition
- Division Open – Any skill level
- In Divisions C, D & Open, all players (male or female) are restricted to a 4 goal maximum. If a player scores a fifth goal, he/she will be given a 2-minute penalty and lose possession of the ball. The opposing team will restart with a goalkeeper throw in.
- Experienced players must tone down their level of play in lower divisions or they may be removed from the division.
- Players may play on multiple teams per night, so long as the teams are in separate divisions. Accommodations **will not** be made for players who decide to play on multiple teams. Experienced players will be removed from lower level divisions at the discretion of the league director.
- League play is year round and there is not any break between seasons.
- In Over 30 leagues, teams are allowed 3 players between the ages of 25-29 on their roster.

(A) SCHEDULES

- The first game schedule will be available 3 days prior to your first night of play. Game times are available online and posted at the park. Team managers will not be contacted for game times.
- All games are played during the following time slots: 5:50pm, 6:40pm, 7:30pm, 8:20pm, 9:10pm and 10:00pm (excluding the Sunday Coed league). Ideally, each team will have a balanced schedule, but scheduling is not exact, and the final game times will be determined by the League Director.
- The full season schedule will be available no later than 3 days prior to your fourth night of play.
- Games cancelled due to unusual circumstances and/or weather will be rescheduled at the end of the season. In some cases, make up games may be scheduled on other nights of the week or cause a team to have a doubleheader.
- The season is 10 weeks in length. Each team is scheduled 10 regular season games with the opportunity to advance to the playoffs in the 11th week for the top 4 teams in each division. In unusual cases or depending on the number of teams in the league, a season may be extended to 11 weeks or be reduced to 8 weeks. Regardless, each team will receive 10 games (special promotions excluded).

(B) PLAYOFFS

- The top four teams from each division will advance to the playoffs. The seeding format is as follows: 1st seed vs. 4th seed, 2nd seed vs. 3rd seed, Winner of Game 1 vs. Winner of Game 2. Team awards are presented following the Championship game.
- To participate in the Playoffs, all players must have played in at least one regular season game.

(C) STANDINGS

- Total points determine the ranking. 2 points are given for a win, 1 point is given for a tie and 0 points are given for a loss. If teams are tied in points, the tiebreaker will be determined by the following: Head-to-Head record (amongst tied teams only), then Goals Allowed, then Goal Differential, then Coin Toss.

5) UNIFORM / EQUIPMENT / PLAYER CARDS

- Players are required to wear their team's uniform, consisting of the same color. The Goalkeeper wears a jersey color distinguished from all other field players and from the Referees.
- During a jersey color conflict, the home team is required to change colors, unless the home team has full matching uniforms and the guest team does not.
- Shin Guards are MANDATORY. Players who choose to not wear shin guards will receive a 2 minute penalty without warning.
- Soccer Cleats, Turf Shoes and/or Flat Soled Shoes are acceptable footwear. FOOTBALL, BASEBALL AND METAL/REPLACEABLE CLEATS ARE NOT ACCEPTABLE.
- A size 5 soccer ball is used in all adult leagues.
- All players must purchase an Official Sportsplex USA Player's Card prior to playing in their first game. Each game thereafter, all players are required to present their Player Card to the Scorekeeper prior to the start of the game. All players are responsible for their own Player Card. Should any player lose/destroy their Player Card, they will be required to purchase another card. Players may use a "one time pass" once per season if they leave their card at home. If using a one time pass, the player must still check in with the scorekeeper at the start of the game.

6) TEAMS / PLAYERS

- All adult leagues consist of 5 field players and 1 goalkeeper.
- Only players on the team roster who have their Player Card present are permitted in the team bench areas. Spectators (i.e. friends, children, etc.) are not allowed in the team bench areas.

(A) EMERGENCY PLAYERS

- Teams can borrow emergency players, up to having one substitute (per gender in Coed). Emergency players are not allowed to score any goals or play goalkeeper. Should any

emergency player score a goal, the goal will not count and he/she will receive a 2-minute penalty. The maximum number of players a team can borrow is 2. Emergency players must have a player card.

7) GAME FORMAT

- A regulation game consists of two 22-minute halves with a 1-minute halftime.
- All games will be considered final if a game is stopped for any reason after one half has been completed.
- Each team is allowed one 30-second timeout per game. A timeout can be called on any dead ball as long as the team has possession of the ball. Any team can call a timeout after any goal is scored. Goalkeepers can call a timeout during live play, as long as the ball is in the keeper's hands. **Timeouts can only be granted by the Referee, not the Scorekeeper.**
- If a timeout is granted but the team already used their one time-out, that team will receive a two minute penalty and play will resume.
- Except in the case of an unusual delay, determined by the Referee, the Game Clock counts down continuously through each half or Overtime Period.
- If a player shoots on goal and the ball does not cross the goal line before regulation time expires, the goal will not count.

(A) OVERTIME PERIODS and TIEBREAKERS

- If tied at the end of regulation during a regular season game, the game will end in a tie.
- If tied at the end of regulation of a Semi-Final Playoff game, both teams will go straight to a Tiebreaker Shootout.
- If tied at the end of regulation of a Tournament or Final Playoff game, a 5-minute “sudden-death” overtime period takes place. Team fouls will carry over into overtime. First team to score wins. If still tied after overtime, a Tiebreaker Shootout takes place.
- Tiebreaker Shootouts consists of 5 different shooters and a goalkeeper. The goalkeeper who ended the game must serve as the goalkeeper during the shootout. The goalkeeper can act as one of the shooters. The visiting team shoots first. The ball is placed on the 1/3 line. The goalkeeper must have both feet on the goal line. Once the shooter attacks the goal, the goalkeeper can come off the goal line. The shooter has 5 seconds to score a goal. Rebounds are allowed. Should the goalkeeper commit a foul, the shooter will be granted a second attempt at the shootout. Should the goalkeeper commit a second foul, the shooter will be awarded the goal.
- The Tiebreaker Shootout is a “best of five” format. Whichever team scores more goals with the allotted slots is the winner. If both teams are tied in goals, a “sudden death” shootout occurs. Each team will be given one opportunity to score a goal, switching different shooters each time. This procedure will continue until one team misses their shootout. If all eligible players participated, the previous shooters (in the same order) will be given another attempt.
- Same rules apply for Coed Tiebreaker Shootouts with the addition of the shooting order. The shooting order is: M, F, M, F, M.

8) FORFEITS

- Teams must have a minimum of 4 rostered players present to start the game. Coed leagues must have 2 male and 2 female present. All games will start as scheduled with a 5-minute grace period allowed to wait for late players. However, a goal is awarded to the opponent after 2 minutes and another goal is awarded after 4 minutes. The game is forfeited after 5 minutes if a team does not have the minimum number of players present.
- Any team found using ineligible players during or after their game, will forfeit that game.
- During the game, if the referee has deemed the play “too rough” and stops the game, both teams may be given a forfeit.
- Teams may purposely forfeit during the game due to Injury and/or Safety Concerns.
- Team managers are responsible to notify the league director of any potential team forfeits at least 24 hours in advance.
- Forfeits, notified or not, will result in a \$40 team fine.
- Two forfeits in a season will disqualify teams from participating in playoffs. Three forfeits in a season may result in a team being removed from the league.

9) DURING THE GAME

(A) KICK-OFF

- The visiting team will kick-off at the beginning of the game. The kick-off can be in any direction. The kick-off must be taken within 5 seconds of the referee’s whistle. If the team kicking off is offside during the kickoff, they will lose possession and the opposing team will be awarded a free kick.

(B) GAME TIME SUBSTITUTIONS

- A player can substitute at any time during the game, other than a penalty shootout.
- The player coming off the field must touch the side board (at the team’s bench area) before the substitute player can enter the field. Any team who commits an illegal substitution will receive a 2-minute penalty which can be served by any player. **The Referee or Scorekeeper can issue the 2-minute penalty.**
- Jumping over the boards IS NOT permitted. Players who jump over the boards will be given a 2-minute penalty.

(C) RESTARTS

- All restarts are Direct Kicks and require Referee’s instruction to continue play.
- Teams must make an effort to stand 5-yards (15 feet) away from the ball on all restarts. Any player who commits encroachment (this includes jumping towards the ball, sticking your leg towards the ball, or standing directly in front of the ball) will be given a 2-minute penalty. It is ultimately the referee’s decision if a player has committed encroachment or not.
- There are no Goal Kicks. Balls that are kicked into the net above the goal, by the opposing team, will restart with a Goalkeeper Throw-In. Goalkeepers have 5 seconds to throw the ball in. Goalkeepers cannot drop-kick or punt the ball.

- Corner Kicks are awarded when the defending team is last to touch the ball before going out of play above their goal. Corner Kicks must be taken from the Corner Kick semi-circle.
- During a Penalty Shootout, the shooter must start from the 1/3 line. The Goalkeeper must start with both feet on the goal line. All other field players must be behind the 1/2 line with the defending team inside of the circle and offensive team outside the circle. The referee will whistle for the shooter to begin and once the ball is touched, all players can resume play. If the Goalkeeper commits a foul, the Penalty Shootout will be taken again. If the Goalkeeper commits a second foul, the goal will be awarded.
- If a Penalty Shootout is awarded with less than 5 seconds of regulation time or if time expires, the clock will be reset to 5 seconds to allow the penalty to play out.

(D) PERSONAL FOULS (All fouls are ultimately up to the Referee's and/or the League Director's discretion)

- Pushing, with any part of the body.
- Tripping, Clipping, Hacking, accidental or not.
- Holding, Grabbing, Tugging of a player and/or uniform.
- Charging into another player, accidental or not.
- Checking a player into the boards, accidental or not.
- Dangerous play, i.e. High Kick, Bicycle Kick, 50/50 Jump Ball, Diving Header, Sliding, etc.
- Obstruction.

All personal fouls are tallied. After the sixth personal foul, a Penalty Shootout is awarded to the opposing team. Another Penalty Shootout is awarded for every fourth foul after that (i.e. 10th, 14th, etc.).

(E) PROCEDURAL FOULS (All fouls are ultimately up to the Referee's and/or the League Director's discretion)

- Three-Line violation (a ball that travels, in the air, over all three lines. A reverse Three-Line is acceptable).
- Passing back to the Goalkeeper.
- Unintentional Handball.
- Five consecutive touches (Coed leagues only).

All procedural fouls are not tallied and do not count towards a Penalty Shootout.

(F) PENALTY CARDS (All cards given are ultimately up to the Referee's and/or the League Director's discretion)

- BLUE CARD: Indicates a 2-minute penalty. This penalty expires if the opposing team scores during the Power Play. If both teams are given a 2-minute penalty at the same time, the penalty does not expire, regardless of which team scores. This penalty does not count towards a Penalty Shootout. The following are (but not limited to) offenses:

- 1. Encroachment.
 - 2. Intentional Handball.
 - 3. Delay of Game.
 - 4. Slide Tackling.
 - 5. Boarding.
 - 6. Taunting on the field and/or from the bench area.
 - 7. Jumping over the boards.
 - 8. Using foul and/or offensive language towards any player, spectator, or game official.
 - 9. Using foul and/or offensive gestures towards any player, spectator or game official.
 - 10. Fouling to prevent a promising attack.
- YELLOW CARD: Indicates a 4-minute penalty. This penalty does not expire if the other team scores during the Power Play. The following are (but not limited to) offenses:
 - 1. A second Blue Card.
 - 2. Any foul deemed flagrant.
 - 3. Provoking an altercation (i.e. pushing, poking, anything short of fighting)
 - RED CARD: Indicates an immediate game ejection, 5-minute penalty and suspension. Any player who receives a Red Card is immediately ejected from the game and must leave the park's premises. If the player refuses to leave the premises, their team will forfeit the game and Authorities will be notified for trespassing. The ejected player may also receive additional game suspensions, of any length of time, and possible permanent suspension. Furthermore, the ejected player is not permitted to enter the Sportsplex USA premises, for any reason, during the suspension, unless approved by management. The ejected player may be replaced on the field; however his/her replacement must serve the 5-minute penalty. This penalty does not expire if the opposing team scores during the Power Play. The following are (but not limited to) offenses:
 - 1. A third Blue Card.
 - 2. Elbowing: Intentionally elbowing a player above the shoulder.
 - 3. Fighting.
 - 4. Leaving the bench area during an altercation with the opposing team.
 - 5. Spitting at an opponent, spectator or game official.
 - 6. Persistent use of abusive/threatening language or behavior toward any player, spectator or game official.
 - 7. Bodily contact with any game official.

(G) SOCCER BALL RETRIEVAL

- The last team to touch the ball prior to it leaving the arena is responsible for retrieving the ball. Any team that does not retrieve the ball is subject to a 2-minute penalty.

(H) GOALKEEPERS

- Goalkeepers cannot punt or dropkick the ball.

- Goalkeepers cannot intentionally bring the ball in to the box with their feet and then handle the ball.
- Goalkeepers cannot handle the ball if a teammate intentionally passes to them by using their foot. A pass back to the goalkeeper with any other part of the body is legal (head, chest, etc.).
- A player may not circumvent the above rule by using their feet to play the ball to their head and then passing it back to the goalkeeper.
- In Coed, male Goalkeepers are allowed 4 consecutive touches, once possession is gained. However, rolling/passing the ball out to themselves counts as one touch.
- Once a Goalkeeper has possession of the ball in their hands, they will have 5 seconds to release the ball. Failure to do so will result in a free kick at the top of the box for the opposing team.
- Goalkeepers are the only players that are allowed to slide and it must be within the penalty box. If the momentum of the slide carries the goalkeeper outside of the box, the play is legal (This is a subjective call and is ultimately up to the referee's discretion).
- Goalkeepers that receive a 2-minute penalty, for any reason, do not have to serve the penalty. Any teammate (of the same gender in Coed leagues) currently on the field can serve the penalty. Goalkeepers that receive a yellow or red card must serve the penalty.

(I) MISCELLANEOUS

- Teams cannot win by a goal differential of more than 10 goals. Teams can continue to score unlimited goals during the game; however the score in the standings will remain at a 10 goal differential.

10) COED LEAGUES

- Philosophy: Coed Leagues are a non-competitive alternative for male and female recreational players. It is our main concern to keep a low level of intensity. The rules of all coed divisions are specifically designed to provide extra protection to participants (particularly female) to ensure safe play. Bullying, taunting and showing up other players is not tolerated and will be dealt with accordingly.
- All goals scored count as 1 point. Female players do not receive 2 points for each goal scored.
- Female players can score unlimited goals in Divisions A & B.
- Male players have a maximum of 4 goals per game in all Coed Divisions.
- In Division C & D all players (male or female) can score a maximum of 4 goals in one game. If a player scores a fifth goal, he/she will be given a 2-minute penalty and lose possession of the ball. The opposing team will restart with a goalkeeper throw in.
- No more than 3 males or 4 females can be on the field at any time.
- Male players have a maximum of 4 consecutive touches on the ball. If the ball is touched by another player (from either team), deflected or stolen, the male player's touches will reset. If a male player touches the ball 5 consecutive times, a free kick is given from the spot of the foul. Female players have unlimited touches.
- If any male player is given a penalty card, then a male player must serve the penalty. You cannot have a female player serve the penalty. Furthermore, during the penalty, you cannot substitute a female player for a male player to have 3 male players on the field.