

THE PIT+ FRISCO RULES

Revised 26-Oct-2016

(1) Players

- a. Only currently registered PERFORMANCE INDOOR TRAINING+ FRISCO (PIT+ FRISCO) players shall be permitted to play. At no time, may a player be allowed to participate with an expired ID (Membership) card or wavier. If player is found to have an expired membership or wavier, the player will be asked to go to the front desk and renew either their membership or wavier or both. All memberships and waivers are good for one year
 - i. Youth player memberships are \$20.
 - ii. Adult player memberships are \$22.

(2) Rosters (lock third game of every season and no changes will be made after third game)

- a. Roster Sizes
 - i. 4v4 max of 8 players
 - ii. 5v5 max of 10 players
 - iii. 7v7 max of 18 players (this is to accommodate teams that have official rosters of 18 players)
- b. Dual Rostering
 - i. A team may split into two teams within the same division. Teams may dual roster players that are on their official rosters as long as those players being dual rostered are not guest players
- c. Roster Restrictions
 - i. ONLY 2 Gold Division players are allowed to play on 1 Silver Division team for the season; those 2 Gold Division players must be the same two the whole season.

(3) Age Requirements

- a. Youth games will play using Age Pure Divisions. Players may play up as long as they meet age requirements (NOTE: There is a difference between High School (HS) Open League and High School Only League; HS Only League is for high school teams looking to play together during the summer and is open to only incoming high school freshmen thru high school seniors, those entering their last year of high school).

Season	2016-17	2017-18	2018-19	2019-20	2020-21	2021-22	2022-23	2023-24
Birth Year								
2019								U5
2018							U5	U6
2017						U5	U6	U7
2016					U5	U6	U7	U8
2015				U5	U6	U7	U8	U9
2014			U5	U6	U7	U8	U9	U10
2013		U5	U6	U7	U8	U9	U10	U11
2012	U5	U6	U7	U8	U9	U10	U11	U12
2011	U6	U7	U8	U9	U10	U11	U12	U13
2010	U7	U8	U9	U10	U11	U12	U13	U14
2009	U8	U9	U10	U11	U12	U13	U14	HS Open
2008	U9	U10	U11	U12	U13	U14	HS Open	HS Open
2007	U10	U11	U12	U13	U14	HS Open	HS Open	HS Open
2006	U11	U12	U13	U14	HS Open	HS Open	HS Open	HS Open
2005	U12	U13	U14	HS Open	HS Open	HS Open	HS Open	
2004	U13	U14	HS Open	HS Open	HS Open	HS Open		
2003	U14	HS Open	HS Open	HS Open	HS Open			
2002	HS Open	HS Open	HS Open	HS Open				
2001	HS Open	HS Open	HS Open					
2000	HS Open	HS Open						
1999	HS Open							

- b. Adult games will play by the following age requirements
 - i. Open Leagues – available to players age 18 & Over [Women’s Sundays, Men’s Tuesdays]
 - ii. Over 25 League – Each O25 team is allowed 3 players, 22 years of age or older. [COED Fridays]
 - iii. Over 30 League – Each O30 team is allowed 3 players, 27 years of age or older. [Men’s Mondays, Men’s Wednesdays]

iv. Over 40 League – Each O40 team is allowed 3 players, 37 years of age or older. [Men's Thursdays, COED Saturdays]

(4) Uniform Policy

- a. All players must have matching color jersey. Goal keepers must wear different color from teammates and opponent.
- b. All jerseys must have legible numbers on all uniforms. Sharpie or Tape is OK.
- c. If there is a color conflict between the teams, the away team changes color.
- d. No hats are allowed and all players must have shin guards.
- e. Soccer cleats, indoor shoes, or flats are allowed on all our facility fields. Baseball cleats, football cleats, or metal studs are not allowed on any of the fields.

(5) Games

- a. Games will start on time, unless delayed by previous game. If the game was delayed from a previous game, then players are checked in and the clock starts running once both teams are verified by staff. At the same time, the referee is to instruct the team to get on the field and the referee should start the game.
- b. If a team does not show up meeting the minimum player requirement by the time the referee is ready to start the game, then the game will result in a forfeit win for the other team. If the minimum number of player requirement is met, then the clock starts at the scheduled time.
- c. There will be no stopping of the clock unless an injury prevents the player from stepping off the field or injury occurs in the last 2-minutes of the game.
- d. There will be no rescheduling of any games; unless, games on the outside turf field are canceled due to weather. If your team is unable to make the scheduled game; the game will result in a 3-0 forfeit to your opponent. If neither team is able to make the scheduled game; the game will result in a 0-0 forfeit to both teams.

(6) COED Games [Adult Games ONLY]

- a. A match is played by two teams, each with a maximum of 7 players; three must be men, three must be women, and one must be the goalkeeper (gender neutral). A match may not start or continue if either team has fewer than 5 players; one must be at least a woman playing as a field player not as the goalkeeper.
 - i. A woman's goal will be counted as 2 goals; a man's goal will be counted as 1 goal.
 - ii. Each individual man may score only 3 goals a game; a man may score from anywhere on the field.
 - iii. A goal scored off the goalkeeper will be based on the last field player to kick the ball (example: a woman shots the ball and the goalkeeper deflects the ball into the goal; the goal will count as 2 goals)
 - iv. If a championship game is tied at the end of regulation and extra time, all goals scored in either a penalty shootout or penalty kick will count as 1 goal for all player, male or female.

(7) Championship Games

- a. A championship game will be played at the end of the seasons between the first and second place team in the division.
- b. In the case of a tie for one of the top two spots, the tie will be settled by the following: Winner decided by most goals, less goals against, head to head record, coin toss.
- c. Unlike a regular season game; if championship is tie, then a 3-minute extra half with golden goal will be played. If still tied:
 - i. 7v7 Indoor Rules [Field 1] – 5 Penalty shootouts
 - ii. 7v7 Outdoor Rules [Field 2 & 3] & 5v5 – 5 penalty kicks

(8) Ejections

- a. All Ejections must leave the facility. There will be a minimum of an 8-day suspension or more depending on the actual infraction. The suspension will be a facility suspension not just a league suspension. So, if a player plays on multiple teams/leagues he cannot play on those teams until the suspension is served or lifted.
- b. Management will have the right to review and make any adjustments to suspensions.

(9) No gum or food of any kind allowed on the fields and no spitting on the fields either.

(10) Slide Tackling

- a. There is no slide tackling on our fields. If slide tackling occurs, then play will be stopped and restarted with an indirect free kick to the opposing team. Slide tackling and making contact with an opponent is a cautionable offense and the player will be shown a yellow card. If the referee, determines that the slide tackle was dangerous in manner, a red card may be issued.

(11) Referee

- a. The decision of the referee regarding facts connected with the play and interpretation of the rules is FINAL. The referee may change a decision prior to restart, upon his/her own reconsideration. The referee will provide/file a game report to PIT management with pertinent information

4V4 LEAGUE RULES

- 01 – The Field of Play** Conform to FIFA Laws of the Game with exception of the following modification:
 Goal size for all goals is 4x6; field dimensions are as followed:
 Field 1 (Walls Indoor) [A / B / C] 60 feet (20 yards) wide by 85 feet (28 1/3 yards) long
- 02 – The Ball** Conform to FIFA Laws of the Game with exception of the following modification:
 Youth age group U5/U6 will use a size 3 soccer ball
 Youth age groups ranging from U7 thru U9 will use a size 4 soccer ball.
- 03 – The Players** Conform to FIFA Laws of the Game with exception of the following modification:
 A match is played by two teams, each with a maximum of 4 players; one must be the goalkeeper. A match may not start or continue if either team has fewer than 3 players.
- 04 – The Players' Equipment** Conform to FIFA Laws of the Game
- 05 – The Referee** Conform to FIFA Laws of the Game with exception to the following modification:
 A single referee will be used for all games and their authority begins as soon as they enter the field of play and ceases when they leave the field of play after the final whistle
- 06 – The Duration of the Match** Conform to FIFA Laws of the game with exception of the following modification:
 U5/U6 shall consist of four 8-minute quarters and separated by 1-minute quarter breaks and 3-minute halftime period.
 Games tied after regulation play shall end in a tie.
 U7 thru U9 shall consist of four 10-minute quarters and separated by 1-minute quarter break and 3-minute halftime period. Games tied after regulation play shall end in a tie.
- 07 – The Start and Restart of Play** Conform to FIFA Laws of the Game with exception of the following modification:
 Visiting team kicks first. 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 cannot be scored from a kickoff.
- 08 – The Ball In and Out of Play** Conform to FIFA Laws of the Game with exception of the following modification:
Restarts – Ball over Perimeter Wall or Inflatable Barrier
 (1) Kick-In: Kicked in from the touchline where it crossed perimeter wall or inflatable barrier. If ball inadvertently touches a substitute or bench personnel extending into field, restart taken by opponent. Deliberate interference shall be penalized according to Fouls and Misconduct. Ball may be kicked in any direction and is in play after it is kicked and moves. A goal may not be scored directly
 (2) Goal Kicks: Ball over perimeter between corner flags last touched by an opponent or stuck behind the goal.
 a. A kick taken with 1 yard of the goal.
 b. Ball is not in play until it has been kick and moves.
 c. A goal may not be scored.
Restarts – Ball Hitting Ceiling
 If the ball hits the ceiling during play, play shall be stopped and restart with free kick to the other team at the point of impact where the ball hit the ceiling.
- 09 – Determining the Outcome of a Match** Conform to FIFA Laws of the Game.
- 10 – Fouls and Misconduct** Conform to FIFA Laws of the Game
- 11 – Free Kicks** Conform to FIFA Laws of the Game with exception of the following modification:
 All free kicks are indirect free kicks. Until the ball is in play all opponents must remain at least 5 yards from the ball, unless they are on their own goal line between the goalposts.

5V5 LEAGUE RULES

01 – The Field of Play Conform to FIFA Laws of the Game with exception of the following modification:

Goal size for all goals is 6x10; field dimensions are as followed:

Field 1 (Walls Indoor) [B]	79 feet (26 1/3 yards) wide	by	95 feet (31 1/3 yards) long
Field 2 (No Walls Indoor) [E / F / G]	69 feet (23 yards) wide	by	90 feet (30 yards) long
Field 2 (No Walls Indoor) [Half A / B]	80 feet (26 2/3 yards) wide	by	90 feet (30 yards) long
Field 3 (Outdoor) [I / J]	80 feet (26 2/3 yards) wide	by	90 feet (30 yards) long

02 – The Ball Conform to FIFA Laws of the Game with exception of the following modification, if a futsal ball is not used:

Youth age groups ranging from U10 thru U12 will use a size 4 soccer ball.

Youth age groups U13 thru U14 will use a size 5 soccer ball

03 – The Players Conform to FIFA Laws of the Game with exception of the following modification:

A match is played by two teams, each with a maximum of 5 players; one must be the goalkeeper. A match may not start or continue if either team has fewer than 4 players.

04 – The Players' Equipment Conform to FIFA Laws of the Game

05 – The Referee Conform to FIFA Laws of the Game with exception to the following modification:

A single referee will be used for all games and their authority begins as soon as they enter the field of play and ceases when they leave the field of play after the final whistle.

06 – The Duration of the Match Conform to FIFA Laws of the game with exception of the following modification:

U10 thru U14 shall consist of two 22-minute halves and separated by 3-minute halftime period. Games tied after regulation play shall end in a tie. *See Championship section for tie breaker process and times.

07 – The Start and Restart of Play Conform to FIFA Laws of the Game with exception of the following modification:

Visiting team kicks first. 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 cannot be scored from a kickoff

08 – The Ball In and Out of Play Conform to FIFA Laws of the Game with exception of the following modification:

Restarts – Ball Over Painted Lines or Ball Over/Touches Inflatable Barrier

(3) Kick-In: Kicked in from the touchline where it crossed painted lines or touches perimeter wall. If ball inadvertently touches a substitute or bench personnel extending into field, restart taken by opponent. Deliberate interference shall be penalized according to Fouls and Misconduct. Ball may be kicked in any direction and is in play after it is kicked and moves. A goal may not be scored directly.

(4) Goal Clearance: Ball over perimeter between corner flags last touched by an opponent.

a. A throw taken by the goalkeeper from any point within the penalty arch (if no penalty arch, then any point within 3 yards of the goal).

b. Ball not in play until it has left the penalty arch (if no penalty arch, then as soon as the goal keeper releases the ball.

c. A goal may not be scored directly if solely thrown/punted by the goal keeper.

(5) Corner Kick: Ball over perimeter wall between corner flags last touched by a defender.

a. Placed on the corner mark at the nearest corner flag post

Restarts – Ball Hitting Ceiling

If the ball hits the ceiling during play, play shall be stopped and restart with free kick to the other team at the point of impact where the ball hit the ceiling

09 – Determining the Outcome of a Match Conform to FIFA Laws of the Game. *See Championship section for tie breaker process and times.

10 – Fouls and Misconduct Conform to FIFA Laws of the Game

11 – Free Kicks Conform to FIFA Laws of the Game with exception of the following modification:

All free kicks are indirect free kicks. Until the ball is in play all opponents must remain at least 5 yards from the ball, unless they are on their own goal line between the goalposts.

12 – The Penalty Kick Conform to FIFA Laws of the Game.

Striking or attempting to strike an opponent (mandatory penalty).

Elbowing or attempt to elbow an opponent result in mandatory penalty (elbow to face is an ejection for violent conduct).

Pushing an opponent.

Blue Card Player shown a blue card will serve a two-minute sit out in which the team will play short until the team is scored on; however, player shown blue card will have to remain out of the match until two-minute sit out expires. A blue card is given under the following conditions:

- (1) Blue card shown and a two-minute penalty for severe, tactical or blatant offenses listed in this section while ball is in play
- (2) If offense occurs in the defending penalty arch and warrants a penalty, then a Penalty Kick 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 Shootout (see 14) is awarded

Yellow Card Player shown a yellow card will serve a four-minute sit out in which the team will play short until the team is scored on; however, player shown yellow card will have to remain out of the match until four-minute sit out expires. A yellow card is given under the following condition, if in the opinion of the referee, a player commits an offense listed in this section in a "reckless" manner while ball is in play.¹

Red Card Player shown a red card is ejected from the match and will have to leave the facility in which the team will play short for five-minutes regardless if the team is scored on. A red card is given under the following condition, if in the opinion of the referee, a player commits an offense listed in this section in a "excessive" manner while ball is in play.¹ Any ejected player will be forced to miss any games that fall during the ejection period.

12 – Free Kicks Conform to FIFA Laws of the Game with exception of the following modification:

All free kicks are direct free kicks. Until the ball is in play all opponents must remain at least 5 yards from the ball, unless they are on their own goal line between the goalposts.

13 – The Penalty Kick Conform to FIFA Laws of the Game.

14 – The Penalty Shootout Awarded for any of the following fouls committed by a defending player in his defensive half of the field:

- (1) Foul "from behind", by 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; a penalty shootout is awarded.
- (5) A Penalty Kick, if appropriate, shall take precedence.

Application

- (1) 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) Goalkeeper must have at least one foot on or behind the goal line and not move until after the referee signals.
- (6) All game rules apply during the shootout.

Interference

- (1) Any foul by goalkeeper during a shootout 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.

¹ Conditions 2 and 3 under the Blue card section of 11 – Fouls and Misconduct apply to Yellow cards and Red Cards as well.

7V7 LEAGUES RULES – OUTDOOR RULES

For Games Played on Field 2 (No Wall Indoor) and Field 3 (Outdoor) including Youth Full-Sided Games on Field 1 (Walls Indoor)

- 01 – The Field of Play** Conform to FIFA Laws of the Game with exception of the following modification:
Goal size for all goals is 7x21; field dimensions are as followed:
- | | | | |
|--------------------------------|--------------------------|----|--------------------------|
| Field 2 (No Wall Indoor) | 90 feet (30 yards) wide | by | 201 feet (67 yards) long |
| Field 3 (Outdoor) [Full Field] | 150 feet (50 yards) wide | by | 240 feet (80 yards) long |
| Field 3 (Outdoor) [Half A & B] | 150 feet (50 yards) wide | by | 225 feet (75 yards) long |
- 02 – The Ball** Conform to FIFA Laws of the Game with exception of the following modification:
Youth age groups ranging from U8 thru U12 will use a size 4 soccer ball.
Youth age groups U13 thru High School and Adult will use a size 5 soccer ball.
- 03 – The Players** Conform to FIFA Laws of the game with exception of the following modification:
A match is played by two teams, each with a maximum of 7 players; one must be the goalkeeper. A match may not start or continue if either team has fewer than 5 players. **See Exception for COED Games section for player eligibility.
- 04 – The Players' Equipment** Conform to FIFA Laws of the Game
- 05 – The Referees** Conform to FIFA Laws of the Game with exception of the following modification:
- (1) Two referees, with equal power and authority, will be used for all adult games
 - (2) A single referee will be used for all Youth and High School games
 - (3) Authority begins as soon as they enter the field of play and ceases when they leave the field of play after the final whistle.
- 06 – The Duration of the Match** Conform to FIFA Laws of the game with exception of the following modification:
Youth games, those age groups ranging from U8 to U14, shall consist of two 22 minute halves and separated by 3-minute halftime period. Games tied after regulation play shall end in a tie. *See Championship section for tie breaker process and times.
High School games and adult games shall consist of two 25 minute halves and separated by 3-minute halftime period. Games tied after regulation play shall end in a tie. (For High School Games ONLY, if facility is at full capacity and game schedule demand that we must play two 22 minute halves) *See Championship section for tie breaker process and times.
- 07 – The Start and Restart of Play** Conform to FIFA Laws of the Game with exception of the following modification:
Visiting team kicks first. 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.
- 08 – The Ball In and Out of Play** Conform to FIFA Laws of the Game with exception of the following modification:
Out of Play - Field 1 (Walls Indoor) Only
The ball is considered out of play on Field 1 (Walls Indoor) when the ball touches the perimeter wall and will be restarted accordingly.
Restarts – Ball Hitting Ceiling
If the ball hits the ceiling during play, play shall be stopped and restart with free kick to the other team at the point of impact where the ball hit the ceiling.
- 09 – Determining the Outcome of a Match** Conform to FIFA Laws of the Game. *See Championship section for tie breaker process and times. ** See Exception for COED Games section for COED scoring rules.
- 10 – Offside** Conform to FIFA Laws of the Game with exception of the following modification:
In our league the half line is not use for offside as in the traditional 11v11 game. On our field we have an "Offside Line" in each of the attacking thirds. These are used instead of the half-line rule.
- 11 – Fouls and Misconduct** Conform to FIFA Laws of the Game
- 12 – Free Kicks** Conform to FIFA Laws of the Game with exception of the following modification:
Until the ball is in play all opponents must remain at least 5 yards from the ball, unless they are on their own goal line between the goalposts.
- 13 – The Penalty Kick** Conform to FIFA Laws of the Game
- 14 – The Throw-in** Conform to FIFA Laws of the Game with exception of the following modification:
Throw-ins taken on Field 1 (Walls Indoor) will be taken from behind the white hash line at the point where the ball impacted the perimeter wall.
- 15 – The Goal Kick** Conform to FIFA Laws of the Game
- 16 – The Corner Kick** Conform to FIFA Laws of the Game

QUICK GUIDE FOR YOUTH SMALL-SIDE LEAGUE RULES

	U5/U6	U7	U8	U9	U10	U11	U12	U13	U14	
Ball Size	3					4				5
Duration	8mQ	10mQ			22mH					
Break	1mQ-3mH				3mH					
Players	4 (3 to start)				5 (4 to Start)					
Keepers	NO ¹				YES					
Offside	NO									
Throw-ins	Kick-ins									
Score from K/O	NO									
Free Kicks	Indirect									
Defender's distance from ball	5 Yards									
Send-off	NO	YES Not Recommended and can be replaced			YES					
Grace Period	8 Min									
Substitutions	On the fly				Throw-ins, Goal-kicks, Kick-off, at Half, or when a caution is given (cautioned player only)					

¹Goal Keeping 4v4

Playing Restrictions: If in the opinion of the referee a team is guilty of intentionally placing a player in front of their goal while his/her team is on the attack, the referee shall stop play, warn the team, and restart with an indirect free kick to the other team at the point where the ball was at the time of the stoppage.

Restart for Ball Hitting Ceiling

If the ball hits the ceiling during play, play shall be stopped and restart with an indirect free kick to the other team at the point where the ball hit the ceiling.

Cautionable Offenses

A player is cautioned and shown the yellow card if he/she commits any of the seven offenses:

1. *Is guilty of unsporting behavior*
2. *Shows dissent by word or action*
3. *Persistently infringes the Laws of the Game*
4. *Delays the restart of play*
5. *Fails to respect the required distance when play is restarted with a corner kick, free kick, or throw-in*
6. *Enters or re-enters the field of play without the referee's permission*
7. *Deliberately leaves the field of play without the referee's permission*

A substitute or substituted player is cautioned and shown the yellow card if he commits any of following three offenses:

1. *Is guilty of unsporting behavior*
2. *Shows dissent by word or action*
3. *Delays the restart of play*

Teams in Same Color Jersey

In any case of teams wearing same color jersey, the facility dictates that the away team changes color.

Sending-Off Offenses

A player, substituted or substituted player is sent off and shown red card if he/she commits any of the following seven offenses:

1. *Is guilty of serious foul play*
2. *Is guilty of violent conduct*
3. *Spits at an opponent or any other person*
4. *Denies the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to goalkeeper within his own penalty area)*
5. *Denies an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or penalty kick.*
6. *Uses offensive or insulting or abusive language and/or gestures*
7. *Receives a second caution in the same match*

A player, substitute or substituted player who has been sent off and shown the red card must leave the vicinity of the field of play and the technical area (aka must leave the facility).

Championship Game Tie Breaker (5v5 Only)

If Championship is tied at the end of regulation, there will be one 3-minute extra half with golden goal. If still tied, then 5 penalty kicks.

The referee has the authority to take disciplinary sanctions, as from the moment he/she enters the field of play until he/she leaves the field of play after the final whistle.

QUICK GUIDE FOR YOUTH FULL-SIDE AND ADULT LEAGUE RULES

	Field 1 (Walls Indoor)	Field 2 (No Walls Indoor)	Field 3 (Outdoor)
General Rules	7v7 League – Indoor Rules ¹		7v7 League – Outdoor Rules
Ball Size	U8 thru U12 – Size 4 U13 thru High School and Adult – Size 5		
Duration	Youth Games – 22mH High School and Adult Games – 25mH ²		
Break	3mH		
Players	7 (5 to start) ³		
Keepers	Yes		
Offside/3 Line	3 Line Rule	Offside	
Throw-ins/Kick-ins	Kick-ins	Throw-ins	
Score from K/O	Yes		
Free Kicks	Direct/Indirect		
Defender's distance from ball	5 yards		
Counting Fouls	Yes ⁴	No	
Send-off	U8 thru U9: Yes, Not Recommended and can be replaced U10 thru High School and Adult - Yes		
Grace Period	8 Min		
Substitutions	On the Fly	Throw-ins, Goal-kicks, Kick-off, at Half, or when a caution is given (cautioned player only)	

General Additional Key Rules

¹Youth Games on Field 1 (Walls Indoor)

All youth games played on Field 1 (Walls Indoor) will play using 7v7 League – Outdoor Rules; the ball is out of play if it touches the perimeter wall and will be restarted accordingly.

²For High School Games ONLY

If facility is at full capacity and game schedule demand that we must play two 22 minute halves

³Players (Coed ONLY)

6 Field players (3 men/3 women) and 1 keeper (gender neutral), must have at least one woman to start the game. A man may not sub for a woman, vice versa.

⁴Six Team Fouls

A team's sixth foul will result in a penalty shootout being awarded. Foul count will carry over to second half.

Teams in Same Color Jersey

In any case of teams wearing same color jersey, the facility dictates that the away team changes color.

Restarts – Ball Hitting Ceiling

If the ball hits the ceiling during play, play shall be stopped and restart with free kick to the other team at the point of impact where the ball hit the ceiling.

Field 1 (Walls Indoor) Additional Key Rules

Blue Card Player shown a blue card will serve a two-minute sit out in which the team will play short until the team is scored on; however, player shown blue card will have to remain out of the match until two-minute sit out expires. A blue card is given under the following conditions:

- (1) Blue card shown and a two-minute penalty for severe, tactical or blatant offenses listed in this section while ball is in play
- (2) If offense occurs in the defending penalty arch and warrants a penalty, then a Penalty Kick is awarded
- (3) If the offense occurs in the defending player's defensive half of the field and is: (A) foul from behind against an attacking player having control of the ball with one or no defensive players between himself and the goal or (B) 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 Shootout is awarded.

Yellow Card Player shown a yellow card will serve a four-minute sit out in which the team will play short until the team is scored on; however, player shown yellow card will have to remain out of the match until four-minute sit out expires. A yellow card is given under the following condition, if in the opinion of the referee, a player commits an offense listed in this section in a "reckless" manner while ball is in play. ^A

Red Card Player shown a red card is ejected from the match and will have to leave the facility in which the team will play short for five-minutes regardless if the team is scored on. A red card is given under the following condition, if in the opinion of the referee, a player commits an offense listed in this section in a "excessive" manner while ball is in play.¹ Any ejected player will be forced to miss any games that fall during the ejection period. ^A

^A Conditions 2&3 under Blue Card apply to Yellow Cards and Red Cards as well, for Field 1 Only.

QUICK GUIDE FOR YOUTH FULL-SIDE AND ADULT LEAGUE RULES

Field 1 (Wall Indoor) Additional Key Rules (Cont.)

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

- (1) Foul "from behind", by 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; a penalty shootout is awarded.
- (5) A Penalty Kick, if appropriate, shall take precedence

Application

- (1) 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

Application (Cont.)

- (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) Goalkeeper must have at least one foot on or behind the goal line and not move until after the referee signals.
- (6) All game rules apply during the shootout.

Interference

- (1) Any foul by goalkeeper during a shootout 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

Field 2 (No Wall Indoor) and Field 3 (Outdoor) Additional Key Rules

Cautionable Offenses

A player is cautioned and shown the yellow card if he/she commits any of the seven offenses:

1. Is guilty of unsporting behavior
2. Shows dissent by word or action
3. Persistently infringes the Laws of the Game
4. Delays the restart of play
5. Fails to respect the required distance when play is restarted with a corner kick, free kick, or throw-in
6. Enters or re-enters the field of play without the referee's permission
7. Deliberately leaves the field of play without the referee's permission

A substitute or substituted player is cautioned and shown the yellow card if he commits any of following three offenses:

1. Is guilty of unsporting behavior
2. Shows dissent by word or action
3. Delays the restart of play

Sending-Off Offenses

A player, substituted or substituted player is sent off and shown red card if he/she commits any of the following seven offenses:

1. Is guilty of serious foul play
2. Is guilty of violent conduct
3. Spits at an opponent or any other person
4. Denies the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to goalkeeper within his own penalty area)
5. Denies an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or penalty kick.
6. Uses offensive or insulting or abusive language and/or gestures
7. Receives a second caution in the same match

A player, substitute or substituted player who has been sent off and shown the red card must leave the vicinity of the field of play and the technical area (aka must leave the facility).

Championship Game Tie Breaker

For Field 1 (Walls Indoor)

If championship is tied at the end of regulation, there will be one 3-minute extra half with golden goal. If still tied, then 5 penalty shootouts.

For Field 2 (No Wall Indoor) and Field 3 (Outdoor)

If championship is tied at the end of regulation, there will be one 3-minute extra half with golden goal. If still tied, then 5 penalty kicks.

The referee has the authority to take disciplinary sanctions, as from the moment he/she enters the field of play until he/she leaves the field of play after the final whistle.