



# Club Soccer Rules & Format

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## League Format/Schedule

Age	Game Format	Roster Limit	Field	Size Ball
U9	6v6 with goalkeepers	14 players	1 or 2	4
U10	7v7 with goalkeepers	14 players	1 or 2	4
U11	7v7 with goalkeepers	14 players	1 or 2	4
U12	7v7 with goalkeepers	14 players	1 or 2	4
U13	6v6 with goalkeepers	14 players	1 or 2	5
U14	6v6 with goalkeepers	14 players	1 or 2	5
U16 (JV)	6v6 with goalkeepers	14 players	1 or 2	5
High School	6v6 with goalkeepers	14 players	1 or 2	5
U21	6v6 with goalkeepers	14 players	1 or 2	5

- Freestate Sports Arena reserves the right to combine age divisions when appropriate and necessary.

### Games – Weekly Schedule

- The league is scheduled for eight (8) weeks (regular season and playoffs). This includes six (6) scheduled regular season games plus the playoffs.
  - This format may be adjusted depending on the number of teams in a division.
  - The league director reserves the right to modify the season's schedule to accommodate facility and team schedule.
- Week of 11/21 – Games (No games Thanksgiving)
- Week of 11/28 – Games
- Week of 12/5 – Games
- Week of 12/12 – Games
- Week of 12/19 – Games
- Week of 12/26 – No games (Christmas)
- Week of 1/2 – No games (New Year's)
- Week of 1/9 – Games, Conclusion of regular season
- Week of 1/16 - Playoffs
- Week of 1/ 23 – Playoffs

# League Rules

## 1. General

- A. The League Director reserved the right to accept or turn down any team or organization's registration form(s).
- B. If a team decides to withdraw their team's registration they must notify the league director immediately. All registration fees are non-refundable. The league director may suspend the withdrawing team or organization from future participation in the league.
- C. Referee Payment
  - i. Both teams are required to pay the referee prior to game time. Forfeit time is game time. A team that forfeits must pay referee fees for both teams. Forfeit fees not paid at the field must be dropped off in the office at Freestate within one (1) week from the forfeited game's date. Failure to do so may result in suspension from future participation in the league.

## 2. Rosters

- A. The age cutoff date is December 31<sup>st</sup>. Coaches are encouraged to obtain a copy of their player's birth certificate to verify ages. Freestate uses the US Soccer Federations birth year policy.
- B. Team rosters are due by before the first game of the session. Any team that fails to turn in a roster will automatically forfeit their first game. Team rosters are locked before the 3<sup>rd</sup> game of the session.
- C. Player Eligibility Protests
  - i. The League Director or a Freestate Manager will need to be made aware of the protest by only the protesting teams rostered Coach ***during the game***. Upon securing a \$50 protest bond, a copy of the player's ID will be matched against the roster at the conclusion of the game. A game may be played under protest until a final decision is rendered by the league director. If the player is found to be ineligible, the \$50 protest bond will be returned to the protesting coach. The decision of the league director will be final.
- D. Ineligible players
  - i. *Player protests must be made to the league director before the end of the game by the opposing teams rostered coach only.*
  - ii. No one is permitted to play for more than one team unless approved by the league director. This includes other divisions and age groups.
  - iii. If an ineligible player is found on a team, the player will be suspended and the offending team will forfeit the game.
- E. Illegal players
  - i. *Player protests must be made to the league director before the end of the game by the opposing teams rostered coach only.*
  - ii. Players not listed on their team's roster or signed by a parent/guardian will be considered illegal players
  - iii. Any team with an illegal player will forfeit all games that are determined to have been played with that player

- F. The league director reserves the right to impose further penalties on offending teams/players, which may include being permanently banned from future programs.
- G. Female players (within the age group restrictions) may play on a boy's team. Boys are not permitted to play on girl's teams at any age group except co-ed.
- H. High School league players must be U18 or younger and must be an active student in High School.

### 3. Uniforms and Equipment

- A. All players must wear the same jersey color. Goalkeepers must wear a different color jersey that distinguishes them from the players of both teams.
- B. Shoes - Tennis shoes or Indoor flats must be worn; **NO CLEATS**.
- C. Shin guards - **REQUIRED** for all players and must be worn inside the socks with the exception to the adult leagues
- D. Jewelry will not be allowed to be worn by any players (earrings, watches, rings, etc.)
- E. Any players wearing any type of cast, brace or splint made of a hard substance must be padded to the satisfaction of the referees.
- F. The home team will provide the game ball.

### 4. League Scoring/Standings

- A. Forfeits will result in a 5-0 score.
- B. League/division standings
  - i. League/division standings will be updated nightly and automatically posted to [freestate-arena.ezleagues.ezfacility.com/leagues.aspx](http://freestate-arena.ezleagues.ezfacility.com/leagues.aspx). Please check the standings to make sure scores have been entered correctly.
  - ii. Ties will stand in the regular season.
  - iii. In the event teams are tied at the end of the regular season, the following tie breakers will be used:
    - i. Soccer points (Win = 3, Tie = 1, Loss = 0)
    - ii. Head to head
    - iii. Goals allowed
    - iv. Goals scored

### 5. Inclement Weather

- A. Coaches will be contacted as soon as possible, by email only, in the event of game cancellations.
- B. Visit [www.freestatesports.com](http://www.freestatesports.com) for updates.

## Rules of Play

*The league follows the United States Indoor Soccer Association rules with modifications for house rules. Rules are subject to change at any time by the league.*

#### A. Teams

- i. Each team must have the minimum number of players to start and finish the game or will forfeit.
  - i. U8 teams must have no fewer than four (4) players on the field.
  - ii. U10 - U12 teams must have no fewer than five (5) players on the field
  - iii. U13 - U18 teams must have fewer than four (4) players on the field
- ii. No more than two (2) coaches are allowed in the player's box during the game. Only players and coaches are permitted in the player's box. Spectators must remain in the spectator areas.

- iii. Coaches are responsible for the conduct of their players and spectators. Ejections from the game or the building will result in a minimum one (1) game suspension. Additional penalties may be applied based on review of the incident by the league director.

#### B. Duration of Play

- i. Each game will consist of two (2) running 24-minute halves.
- ii. Overtime is not played in the regular season. Ties will stand.
- iii. Each team will be allowed one (1) timeout **per game**.
  - i. To request a time-out, the keeper must be in possession of the ball (keeper request) or your team must have ownership of the ball when there is a stoppage in play (coach request).

#### C. Substitutions

- i. Controlled substitutions may be called on side outs, goal kicks and ceiling violations.
- ii. Substitutions on the fly can occur at any time if it does not result with too many players on the field at one time.
- iii. There is no guaranteed substitution in the final two (2) minutes of the game. Violation of this rule will cause the clock to be stopped and delay of game penalties apply.
  - i. Teams may still substitute on the fly during the final two (2) minutes of the game.

#### D. Restarts

- i. **Fields 1 & 2:** All restarts (fouls, side out, ceiling violations, restarts from a goal) result in direct kicks
- ii. **Field 3:** All restarts will result in indirect kicks.
- iii. **Ceiling violations:** restarts are taken from the red dot closer to where the ball hit the ceiling

#### E. Goalkeeper

- i. Distribution
  - i. The Goalkeeper has 5 seconds to distribute the ball. The ball may be bounced prior to distributing.
  - ii. Goalkeepers may not punt the ball in U13 through Adult
- ii. Passback
  - i. The Goalkeeper may handle the ball, having been passed deliberately and directly to him by a teammate if he is within the defensive red line 3<sup>rd</sup>. Player must have gained possession in his defensive 3<sup>rd</sup> and is not allowed to dribble back into the defensive 3<sup>rd</sup> and play to keeper's hands. Player may use his head, chest, or knee and without "trickery" (the use of a wall or foot to flick the ball to a head, chest or knee before making the pass to play back to keeper's hands)).
- iii. Three-Line Violation
  - i. Occurs when the Goalkeeper propels the ball in the air across the three center lines without it first touching the perimeter wall or another player or Referee on the field of play (**Field 3 exception**).

#### F. Advantage Rule

- i. The Referee allows play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from an existing offensive advantage.

#### G. Time Penalties

- i. **Blue Card** – 2-minute penalty (releasable if a goal is scored)
- ii. **Red Card** – 5-minute penalty plus ejection (not releasable if a goal is scored)
  - i. Any player issued a red card must serve a minimum one (1) game suspension
- iii. **Dissent Penalty**
  - i. Dissent by a player or coach will result in a 5 minute blue card and the team will play shorthanded(not releasable if goal is scored).

#### H. **Slide Tackling**

- i. No slide tackling is permitted. Field players may go to the ground to stop/intercept the ball if no opponent is in playing distance. Goalkeepers may slide tackle inside the penalty area.

#### I. **Handling**

- i. For a handling foul to be called the ball must be played by a deliberate act with the hand or arm gaining an advantage.

#### J. **Heading**

- i. Heading is not allowed in age groups U12 and below.
  - i. If a player deliberately heads the ball in a game, a free kick will be given to the opposing team from the spot of the offense.
  - ii. If a player does not deliberately head the ball in a game, a drop ball will be given to the opposing team from the spot of the offense.

## **Playoff Rules**

A. Playoff games are scheduled after the conclusion of the last regular season game.

B. During the playoffs, regular season rules will apply in addition to overtime rules which are listed below.

#### C. **Overtime**

- i. One (1) five (5) minute overtime period will be played with the winner determined by golden goal.
  - i. A coin flip determines which team gets the ball.
  - ii. No timeouts
- ii. If the game remains tied after overtime, a three (3) team member shootout will determine the winner (Players must be on the field at the end of OT).
- iii. If the game remains tied after the shootout, a sudden death shootout will determine the winner using the remaining field players and goalies before going 1 on 1 from the bench.
  - i. Head to head shots until one team outscored the other