

# 2024-25 Winter Youth Indoor Soccer Rules and Conduct Policy

## Adventist HealthCare Fieldhouse

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The Adventist HealthCare Fieldhouse Rules for Indoor Youth Soccer Leagues are governed by FIFA Laws, modified for indoor play. The following rules shall precede FIFA Laws if conflict with said rules should arise.

### I. PRIOR TO THE GAME

- a. **ROSTERS: A roster generated by LeagueApps will be the roster used for the games.** Rosters are frozen before the kickoff of the (2nd) second game of each session. Players may be multi-rostered if the teams are in different age groups. (ie-an individual may play on 11U and 12U teams at the same time if age appropriate.)
  - i. **Fourteen (14) player maximum for youth league games. Non-rostered minors, fans, or parents are not permitted on the player's bench or field area.**
  - ii. **All Teams must have a league apps, or official team roster during each game. The league or opposing coach can ask for a roster check at any time during any game, but the clock will not stop.**
  - iii. The referee will use his/her discretion if any player arrives right at game time/within 5 minutes of kick off and does not put the team over the max roster of 14 players.
  - iv. Any player trying to join the bench/players on the sideline after the game's kick off and after the 5 minute grace period is ineligible to play. Unfortunately, the coach will need to send that player away/home. He/She can watch the game from the spectator sideline. If this player stays on the sideline/bench area or enters the field at any time, the game will be an automatic forfeit.
  - v. If the dressed/playing/bench roster is over the max roster limit of 14 players, the game will be automatically forfeited. The referee can send players to the spectator side of the field.
  - vi. The referee will count the number of players at kick off and will report an issue to the league managers.
  - vii. No individual will be allowed to participate in any league game or other activities unless a waiver form has been properly completed and properly registered in our system, LeagueApps.
  - viii. No coaching is allowed from the opposite touchline (spectator sideline) or from behind the goals.
  - ix. Protests of illegal players should be made prior to the start of the game.
    1. Illegal/Ineligible Players include:
      - a. Players not listed on the **Official Roster**.
      - b. Players not meeting the age requirement for the division.

- c. Players serving a RED CARD suspension.
- d. If any team is found guilty of using illegal players, they are ineligible for post season awards.
- x. Home Team is listed first on the game schedule. Home team wears light uniform.
- xi. **COACHES:** In addition to the players, a maximum of two (2) adult supervisors are permitted on the player's bench. Anyone else will be asked to leave the player's bench and return to the spectator's side of the field.

**b. EQUIPMENT:**

- i. **BALL:** U12 and under will use a Size 4 regulation soccer ball. U13 and above will use a Size 5 regulation soccer ball. Home team is required to provide the game ball. Ball size will be the oldest age group if playing in a combined age group.
- ii. **CLEATS:**  
Turf shoes or flats (including black soled) are acceptable footwear indoors.  
**Molded cleats and metal studs are not permitted. Use of molded cleats may result in disciplinary action.**
- iii. **SHIN GUARDS:** Players may not participate without shin guards. Shin guards are to be worn under their socks during game play.
- iv. **JERSEYS:** Teams are required to have a dark and an alternate light-colored jersey. Home teams are required to change jerseys in the event of similar colored uniforms. Home team wears light uniform.
- v. Each player must have a **PERMANENT visible number displayed on the back of his/her jersey.**
- vi. **JEWELRY:** NO jewelry is permitted to be worn during the game. This includes, but is not limited to rings, piercings, earrings, wristbands, watches, bracelets, hair ties, etc.

**OTHER:** Braces, splints, soft casts etc. must be approved by the referee prior to the start of the game. Referee has the final approval on all safety equipment worn during the game, provided it is not a danger to the player or others.

**c. DURATION OF PLAY:**

**There will be two (2) twenty-two minute halves (running clock) with a two-minute halftime.**

**OVERTIME:** No overtime periods will be played for regular season play.

**d. NUMBER OF PLAYERS REQUIRED ON THE FIELD:**

1. **U8/U9: (7 v 7) 6 field players + 1 goalkeeper**
  - a. **MINIMUM: 4 players + 1 goalkeeper**
2. **U10 and up: (7 v 7) 6 field players + 1 goalkeeper**
  - a. **MINIMUM: 4 players + 1 goalkeeper**
- ii. **ALL LEAGUES:** The official will start the game clock as scheduled but provide teams with fewer than the minimum number of players a five (5) minute grace period to produce the minimum required. The clock runs during the grace period and time is not added to the end of the game. IF the team does not have the minimum number of players required after the grace period, a forfeit shall be awarded to the opposing team, with the resulting score registered as a 3-0 result.
- iii. **IF REFEREE FAILS TO APPEAR:** If a referee should fail to appear for a scheduled match, the Coach/Team representative of the competing teams must agree upon a person to substitute for the referee. The substitute need not be a certified referee. The substitute will officiate until an official arrives. The substitute referee shall have those prerogatives granted to him/her by the "**LAWS OF THE GAME**", as published by FIFA and amended by the Adventist HealthCare Fieldhouse.
- e. **TERMINATED GAMES:** If the official must terminate a game due to weather or other necessary circumstances, the following rules shall apply:
  - i. If the game is terminated after the first half has been completed, the game will be considered a complete game and the score at the time the game is terminated will stand.
  - ii. If the game is terminated prior to the first half ending, the game will be rescheduled by the Adventist HealthCare Fieldhouse staff at a later date and the score will revert to 0-0.
- f. **FORFEITED GAMES:** **Forfeited** games will be recorded as 3-0 scores and 3 points in the standings for the non-forfeiting team. A team that does not show up to the game or does not have the minimum number of players after the five (5) minute grace period forfeits the game. ***In addition, any team walking off the field before the end of either half to protest a referee's decision or the Adventist HealthCare Fieldhouse policies, will forfeit the game, lose 3 points in the standings and disciplinary action will be taken against the coach/team representative.***

## II. DURING THE GAME

### a. KICKOFF:

**The ball may be played in any direction on the first touch. A goal can be scored on the first touch.**

### b. SUBSTITUTIONS:

**Unlimited “on the fly” substitutions. Must occur at the halfway line and must not interfere with the flow of play. An indirect free kick (IFK) shall be awarded for any improper substitution. Repeated improper substitutions may result in a YELLOW CARD.**

c. **OFFSIDES:** There is **NO** offsides.

d. **HEADING:** All heading is forbidden for players at U11 and younger. When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

i. *Any player suspected of suffering a head injury may be substituted for evaluation without the substitution counting against the team’s total number of allowed substitutions during the game.*

ii. ***If playing in a combined age group u11/u12. Heading is permitted.***

e. **SLIDE TACKLING:**

Slide tackling an opponent is *not permitted* under any circumstance. (See rule for goalkeepers.) The minimum penalty will be a direct free kick awarded to the opposing team. Additional disciplinary action (including but not limited to a RED CARD and game suspension) may result for intentional, repeated, or violent slide tackling.

f. **RESTART RULES:**

i. **The “6 Seconds Rule”:** A restart must occur within six (6) seconds of placing the ball for a free kick, corner kick, throw-in, or goal kick. Failure to do so will result in a caution and an indirect free kick for the opposing team at the spot, or if the spot is inside the penalty area, immediately outside the penalty area.

ii. **The “12 Foot Rule”:** **Opposing players must give twelve feet on all kicks, including corner kicks. Failure to do so may result in a re-kick. A YELLOW CARD may be awarded upon the referee’s discretion.**

iii. If a ball strikes the ceiling or a light fixture, the ball will be spotted at the point of contact and an IFK will be awarded to the opposing team. (The exception being if the ball is spotted inside the penalty area, the restart will commence from just outside the penalty area.)

g. **SPECIFIC RULES FOR GOALKEEPERS:**

i. Punts and/or drop kicks ***are not permitted***. The ball must be distributed by a throw, normal place kick, or a kick from a dribble.

1. From **inside the goal box**, a throw or restart (goal kick, DFK or IFK taken by either the goalie or a field player) or kick from a dribble immediately after

making a save cannot go beyond midfield unless it is touched by another player or hits the ground prior to crossing the midfield line.

2. If the ball fails to touch another player or the ground prior to crossing the midfield line, then an IFK will be awarded to the opposing team at the spot where the ball crossed the midline.
  - ii. Goalkeepers must release the ball within six (6) seconds after gaining possession and returning to their feet.
  - iii. Goalkeeper may not use his/her hands if the ball is intentionally passed (with their feet) to him/her by his/her own teammate.
    1. Failure to abide by above stated rules will result in an indirect free kick immediately outside the penalty area.
  - iv. Goalkeepers may use unlimited steps to bring the ball to the boundary of the penalty area.
  - v. Goalkeepers are permitted to make sliding saves (slide tackle) within the penalty area up to the referee's discretion.
- h. **INJURIES:** Any player who is bleeding must leave the field of play immediately.

**Time will not be stopped for injuries.** Please note, play can be stopped to allow the injured player to leave the playing surface safely without a stoppage in time.
- i. **BALL OUT OF PLAY:** If the WHOLE ball has crossed the goal line or touchline, whether in the air or on the ground, the restart is a goal kick, corner kick or throw-in.
- j. **PENALTY KICKS:** Players taking penalty kicks are limited to the players on the field as time expires.

**Penalty kicks will be taken from the Penalty Spot at the top of the penalty box. The kicker is not limited to a one-step approach but must wait for the referee to blow their whistle to approach the kick.**

### III. POINTS SYSTEM AND PLAYOFFS

- a. **POINT SYSTEM:** Three (3) points for a win, 1 for a tie, and 0 for a loss.
  - i. There is no overtime in ANY Adventist HealthCare Fieldhouse youth soccer games. Games tied at the end of regulation are recorded as ties.
- b. **PLAYOFFS:** Only the top teams with the most points at the end of the season will advance to the playoff-championship rounds. All other teams in the division will play consolation games to finish out the season.
- c. **TIEBREAKERS:** Ties for playoff position and for playoff participation will be broken down utilizing the criteria set forth below:
  - i. Head-to-Head result (only used for ties between two teams)
  - ii. Bonus points earned (Bonus points are awarded to winning teams, up to a maximum of three (3), based on goal differential and used only for the purposes of breaking ties. (A

team winning 3-0 or 6-2 would receive three (3) points. A team winning 3-1 would receive two (2) bonus points. No bonus points are earned for a tie or loss.) One extra bonus point for a clean sheet. A maximum of 4 bonus points per game.

- iii. Least number of goals against in the season
- iv. Most shutout wins.

In the event of a tie among more than two (2) teams, once a tie is broken by the above system, and if ties among remaining teams still exist, those ties are broken by starting again at the top of the tie-breaking system (start at step 1 if two teams are still tied. Start at Step 2 if more than two teams are still tied).

d. **NO TIES:** Playoff games must result in a winner.

**In the event of a tie at the end of regular time in playoffs, there is NO OVERTIME. Teams go directly to penalty kicks. Three (3) kickers for each team. If still tied after three (3) kickers, sudden death penalty kicks will commence.**

#### IV. SPORTSMANSHIP

a. Individuals are expected to play under control and within the rules of the game, and to the best of their ability will avoid causing injury to themselves and others using the facility.

b. **CARDS:**

i. **YELLOW CARD:** Any player receiving a YELLOW CARD must return to their bench with a replacement for two (2) minutes.

ii. **RED CARD:** A RED CARD will result in the ejection of the player for the duration of the match without replacement. Additionally:

1. The player receiving the RED CARD must leave the field of play immediately.
2. Failure to do so may result in the forfeit of the match for the player's team, suspension of the coach and/or team representative, or other disciplinary action.
3. Further disciplinary action shall be taken against all players receiving RED CARDS pursuant to the rules below.

iii. **COACHES/SUBSTITUTES/SUBSTITUTED PLAYERS:** Coaches, substitutes, and substituted players can be issued both YELLOW and RED CARDS and are subject to the same rules as the players on the field.

1. **In the event of a coach receiving a RED CARD, the team will play a man down for the remainder of the match and the coach is asked to leave the playing area and go to the parking lot.**

iv. **GOALKEEPERS:** Goalkeepers must serve their own penalties if issued a YELLOW or RED CARD.

#### **Referee Abuse and Zero Tolerance:**

As we continue to fight against poor sideline behavior by both coaches and parents towards referees of all levels, we are implementing a new standard. The referee will be assessing the coaches, the teams and spectator behavior during the game and will give it a score of 1 to 4. 1 – Good, 2 - Acceptable, 3 - Borderline, 4 - Poor

If any team/coach receives 4-Poor, it is an automatic 1 game ban to the coach. If the team/coach receives two borderline scores it is a automatic 1 game ban. If this pattern continues the ban increases to 3 games and then banned for the season.