



Official Indoor Soccer Rules

IN ASSOCIATION WITH US INDOOR SOCCER



RULE 1: THE FIELD OF PLAY

(1.1) General:

1. The PREMIER (BIG) Field	185 feet x 85 feet	61.66 x 28.3 yards
2. The BANTAM (SMALL) Field	110 feet x 75 feet	36.60 x 25.0 yards

RULE 2: THE BALL

(2.1) General:

1. *California Family Fitness* will provide all game balls.
2. Standard size fiveballs will be used for all Adult Leagues and Youth U14 and older.
3. Standard size fourballs will be used for all U10 – U12 divisions.
4. Standard size threeballs will be used for all U8 divisions.
5. Only the "Referee" or "*California Family Fitness*" (CFF) management may change the ball.
6. Any balls brought into the arena are a responsibility of their owners, and not of CFF.

RULE 3: THE PLAYERS, TEAMS & RESPONSIBILITIES

(3.1) General:

1. **18 players** will be the maximum allowed on a roster at *California Family Fitness*.
2. The PREMIER Field: Men and u16 will play with 6 players: 5 field players and 1 goalkeeper.
 - a. u12 and u14, u16 girls, Coed, Women's Leagues play w/ 7 players: 6 field players and 1 goalkeeper.
3. The PREMIER Field: The minimum number of players at any point during the game is 4 (Including the goalie). Anything less will result in a Forfeit – see "Team Forfeits" (3.6).
4. The BANTAM Field for adults will play 4 field players and 1 goalkeeper.
5. The BANTAM Field: The minimum number of players at any point during the game is 3 (including the goalie). Anything less will result in a Forfeit – see "Team Forfeits" (3.6).
6. The BANTAM Field for YOUTH (U8 – U10 divisions): 5 players and 1 goalkeeper.

(3.2) Registration, League Fees, & Returning Team Discounts:

Adult Teams are registered on a first come, first served basis, with existing registered teams getting priority to return for the next session. All teams will be required to put down a **\$250 Non-refundable Deposit** to be admitted into any new session (including "Returning Teams" from their previous session, due by their final week). Deposits will be applied to the League Fees, and the full balance must be paid by Week 3, or as directed by California Family Fitness. Youth Team registration is first paid, first served basis. In the event that teams are paid in full on the same day, then it will go chronologically.

Returning Team Discounts: Each consecutive session that an Adult team** returns will receive \$50 off every following session, capping out at \$795. (ex. Session 1 - \$995, Session 2 - \$945, Session 3 - \$895...). Adult Bantam Field Teams** - \$25 off per session – capping out at \$325. (ex. Session 1 - \$400, Session 2 - \$375, Session 3 - \$350...). **Only teams in "Good Standings" will be eligible for the "Returning Team Discounts." **This is a privilege and NOT a right to all teams.**

(3.3) Release Liability Waiver:

No individual will be allowed to participate in any league games, practice sessions, tournaments, clinics, open pick-up games, or other activities until a release form has been properly completed and signed.

(3.4) Coaches, Managers, Responsibility:

Coaches / Managers are responsible for being the single point of contact for their registered team with our Sports Staff. Communications must be addressed with CFF by the Coach/Manager or an appointed assistant in the event that Coach/Manager is not available. They're responsible for ensuring all financial obligations of the registered team as well as their players' infractions and being aware of all Red Card offenses, suspensions and fines following the House and Official Rules. Failure to comply may result in further disciplinary actions, which may include suspension of the player(s) or team, forfeiture of games played (this includes use of illegal players, or those not registered properly on the team roster).

Management changes:

In the event that Coaches/Managers decide to change from session to session, the original manager will be responsible for their team until the first game has been completed, and a new "Team Manager's Liability Form" has been completed by the "New" manager. We require at minimum of a 24 hour notice of such an event, and reserve the right to restrict the "Returning Team Discount" if the team doesn't hold **50% of the previous session's team.**

(3.5) Player Rosters:

18 players is the maximum number allowed on any roster. Player rosters must be finalized by the 3rd league game (2nd if Youth). Photo I.D.'s will be required for roster and age verification, and copies will be attached to the team's roster. If you do not provide proof of photo, you will not be permitted to play. Changes to rosters will be permitted up to and including the third game. Players may only be added following the 3rd game if a player is injured and removed from the roster for the remainder of the session. Proof of injury must be provided. At the discretion of management, a team may claim hardship and add up to 3 players to the roster with the exception of the playoff and finals week. Failure to comply will result in forfeiture of all games played with illegal player(s).

(3.6) Team Forfeits:

If a team does not show up with enough players to field a team, they will receive a forfeit. If an attempt of 3-4 players is made, the team will remain in "Good Standings." **If a team does not give a 24-hour notice about a forfeit, the team will be placed in "Bad Standings" and will lose their "Returning Team Discount" for future sessions.** In the event that a team is in "Bad Standings," the team will start over with their "Returning Team Discount." If a team Forfeits a second time, they will be at risk of being dropped from the league by the Sports Staff without notice.

(3.7) Red Card Offences:

Players/coaches who have been "Red-Carded" must leave the facility immediately. No exceptions. All Red Card offences equal at *minimum 1 game suspension*. Players may not partake on any other team they play until red card suspension has been served. All Red Cards will be reviewed by Management, and depending on the situation – may warrant fines. Major Red Card offences will be distributed to other local arenas (ISA 2k, Metro, Off the Wall, etc.) and distributed to our Referee Coordinator (Coordinator for ALL Outdoor/Indoor Officials in the Sacramento Area). In the event a player receives a Major Red Card offence at another arena, we will also uphold their suspension here. For more information refer to Rule 10.10.

(3.8) Absolutely NO ALCOHOL consumption prior to playing.

Players caught under the influence of alcohol or any illegal substance will result in ejection from the facility, and termination of membership. NO EXCEPTIONS.

(3.9) Player Division Participation:

Players may participate in more than one league as long as the teams they're participating on are in different divisions. **Lower Division teams (for example "B" or "C" Divisions) may only have a maximum of 3 Higher Division players (for example "A" Divisions)** on their roster at any given time. If a player currently plays on a team in a higher division; whether Men's, Coed, or Women's, a cap is placed on the team utilizing high caliber players to 3.

(3.10) Participation Termination:

California Family Fitness reserves the right to terminate individual and/or team's participation for violation of the facility policies.

(3.11) Player Boxes:

Only players, coaches, or managers are allowed in the player boxes during league games. Family, friends and guests are required to remain in designated viewing area. **Players leaving the bench under any circumstance during an altercation on the field will automatically be "Red Carded" and issued suspensions.**

(3.12) Substitutions:

Player substitutions are made freely throughout the game provided the player is **within 3 feet** of his/her team box door or off the field before a substitute player can come on. Neither the player entering the field, nor the player being substituted, may play the ball while the other is on the field, otherwise The Referee will issue a team penalty for having too many players on the field. No substituting is allowed during a shootout.

(3.13) Competition Levels:

California Family Fitness reserves the right to make the necessary changes within league divisions to ensure an equal level of ability and competition, including, but not limited to age pure divisions. Over 30, 40, & 50 age divisions will be of the age or older. Coed 30+ Divisions age requirements are 25+ Women, and 30+ Men. **Promotions/Relegations:** At the end of every session, one team from the "Lower Division" will be Promoted and one team from the "Higher Division" will be relegated to uphold fair competition levels. The teams selected for Promotion/Relegations will be selected based on their standings following the 10 weeks of play, not including the Playoffs. Teams being relegated will be those who have the worst record in the "Higher Division" following the 10 weeks. Teams being promoted will be those who have the best record in the "Lower Division" following 10 weeks. No exceptions will be made.

(3.14) Injury:

The Referee will send any player to the team bench who requires treatment of any injury or blood (regardless whether the blood is his or another's, or is on his body or uniform). The Referee will approve any blood treatment prior to allowing the player to reenter the field. Any player who requests playing with a cast, brace, or protective device, must get the approval from the Referee before entering the field. See Players Equipment for more details (Rule 4.1).

(3.15) Special Interest Teams:

Individuals or groups wishing to form (including, but not limited to physically and mentally challenged players) are encouraged to contact management for more information.

RULE 4: THE PLAYERS EQUIPMENT

(4.1) Uniforms

Players are required to wear matching uniforms consisting of the same color and style jersey/shirt **with numbers**, shorts and socks. Matching Uniforms will be enforced following the 3rd game, and will restrict player's access if he/she doesn't abide by the team's uniforms. Shin guards are required to be worn by all players and must be covered by stockings at all times. Shoes must be of an indoor type; **no metal or screw tip cleats are allowed.** Field players may not wear long pants, only goalkeepers.

Goalkeepers:

Goalkeepers will wear jersey colors that distinguish them from all other field players and The Referees. Other permitted equipment includes gloves, goalie pants, and approved headgear. **Home**

vs. Visitor Requirements:

If two teams play each other and share the same color jersey, the **Home team** will be responsible for changing up.

Jewelry or Accessories:

Players may not wear any jewelry or other accessories, if not removed the player will not be allowed to play. If a player is unable to remove a necklace or ring, it must be taped to their chest or finger.

Casts, Splints or Braces:

Casts, splints or body braces made of a hard material must be padded to the satisfaction of The Referee. Please keep in mind that the safety opinions of each Referee are different, and each Referee might have different requirements.

RULE 5: THE REFEREE

(5.1) General:

The Referee(s) officiate each game. The Referee(s) will execute, or delegate all the rules of the game as long as they are on the facility compound of an assigned game. All referees hold a USISA certification.

(5.2) Referee Facts & Rule Decisions

The decisions of The Referee regarding facts connected with play and interpretation of the Rules are final. The Referee may change any decision prior to a restart.

(5.3) Power of a Referee

The Referee's power to assess penalties, and otherwise assure fair play and maintain control of a game extends to violations of these Rules committed during play, stoppages, and as players proceed to and from the field of play. This includes the power to:

1. *Award or Disallow a Goal*: Determines whether or not a goal is scored.
2. *Suspend or Terminate the Game*: Stops, suspends, or terminates the game at his discretion by the reasons of elements, interference by spectators, an unsafe condition, or other justifiable cause.
3. *Stops the Clock*: Stops the game clock due to an unusual delay.
4. *Prohibit Field Entry*: Ensures that no unauthorized persons enter the field of play during the game.
5. *Summons Security or Management*: Asks facility security or management to prevent any spectator, including team personnel from interfering with play of the game for:
 - a. Violent conduct/behavior, including tossing objects onto the field. (Management is to take the necessary action to ensure the safety of the participants)
 - b. Foul or abusive language or behavior.
 - c. Persistent unseemly or inappropriate behavior.

(5.4) Game Reports

Subject to administration policy, The Referee will file a game report, including all Blue, Yellow, and Red Cards, and information on any disciplinary actions, and other incidents such as (serious injuries) or circumstances occurring before, during, or after the game.

(5.5) Referee Staff:

California Family Fitness management would like to reaffirm that The Referees appointed to officiate each game have complete authority, and that their decisions with the game are final. Officiating will be monitored and assessed periodically with in-house training and classes, to provide for quality officiating. Constructive comments regarding The Officials are welcomed and encouraged. Please submit any comments in writing. Complaints regarding officials should be submitted in writing and contain points of fact. Do not discuss officiating with The Officials or the facility staff during or immediately after the game.

RULE 6: THE DURATION OF THE GAME, SCHEDULE & MAKEUPS

(6.1) General:

1. Youth games will play 2-20 minute halves, with a 2-minute halftime.
2. Adult games on the Premier Field will be 2-23 minute halves. Bantam Field will be 2-20 minute halves, both with a 2 minute halftime.

(6.2) Games and Makeup's:

When a team is unable to play a scheduled game, the opposing team may choose to accept a 1-0 forfeit. If both teams agree to a makeup, they will be offered possible times from the facility management if applicable. It will be the manager's responsibility to coordinate and select one of the available times. The team requesting to reschedule the match must do so in writing one week prior to the game; failure to do so will result in the game being forfeited. If there are not any available times to makeup the rescheduled game, the team that is not able to attend the scheduled game at the published day/time will forfeit the game.

(6.3) Tie Breaker Policy:

Any league division ending in a tie at the end of the season will follow the tie breaking system:

1st Step: Points by standings. Win = 3 points Tie = 1 point Loss = 0 points

2nd Step: Comparison of league record against each other. (*Head to Head Record*)

3rd Step: Comparison of total season goals **against** (number of goals scored against the team during the season).

4th Step: Comparison of total season goals **for** (number of goals scored during the season).

RULE 7: THE START AND RESTART OF PLAY

(7.1) General:

1. The Home Team will take first half kickoff.
2. The Visiting Team will take the second half kickoff.

A kickoff from the center mark starts play at the beginning of each half and after every goal. Prior to the kickoff, all players are in their respective defensive halves, and all defending players are outside of the center circle. Once The Referee signals the kickoff, the player of the team having the kickoff has 5 seconds to play the ball in any direction. The kickoff player may not touch the ball until another player touches it.

For the Bantam field where all kicks are INDIRECT, the Kick Off is still considered INDIRECT. Two players have to touch the ball before being considered a goal. If not touched twice, the goal isn't allowed and the ball is given to the goalie for a restart by throw-in.

After each goal, play restarts by a kickoff by the team that was scored upon.

At the start of the second half, the teams change defensive ends, and the Visiting Team takes the kickoff.

Restarts take place by either a kickoff, free kick, goalkeeper throw in, or a drop ball. The team that was responsible for the stoppage of play does not take the restart. Except for a drop ball, the same player who takes the restart may not make contact with the ball until another player touches it. Restarts occur within 3 feet (1 meter) from the spot where the play was stopped.

(7.2) Free Kick

A team will receive a free kick after stoppages other than when a dropped ball or a goalkeeper's throw in is required. Before the team takes the free kick, the ball must be stationary. All opposing players are at least **10 feet (3.0 meters)** from the spot of the free kick, (or if within 10 feet (3.0 meters) of the opponent's goal, along the goal line) until after the restart. The Referee whistles the restart for all free kicks taken from any circle mark and after stoppages due to an injury, time penalty, or other incident. In the time penalty or ejection, The Referee whistles the restart after the player serving the time penalty has entered the penalty area or the ejected person has left the arena. The spot of the free kick is that provided in Rule 7, except as follows:

1. *Within Own Penalty Area:* A free kick within a players' defensive penalty area may be taken from any spot therein. All opposing players remain outside the area and at least 10 feet (3.0 meters) away until the ball is in play beyond the arch. If after the free kick, any player touches the ball before it has left the penalty area, the free kick is retaken.
2. *Within Opponent's Penalty Area:* The free kick takes place at the opponents free kick mark (top of the box).
3. *Illegal Pass Back to Goalkeeper:* A free kick occurring after an illegal pass back to the goalkeeper is taken at the goalkeepers free kick mark.
4. *Delayed Penalty:* The restart is taken
 - a. According to the ensuing stoppages, as normally administered.
 - b. Or in the case that the defending team obtains possession of the ball during play, at the spot of the original offense. If the original offense would have resulted in a penalty kick or shootout, but for the delayed penalty, the restart is a penalty kick or a shootout, except when the attacking team scores or commits a foul or carded offense, in which Rule 1 applies.
5. *Penalty Kick or Shootout:* The restart is taken in accordance with Rule 12.
6. *Kick-In:* If the ball crosses over a length of the perimeter wall, a free kick is taken from the nearest spot where the ball crossed over. If the ball goes out of play after touching a player substitute or other bench personnel, who is inadvertently extending into the playing field, or if the ball exits the field through an open door of a team bench, the kick in is taken by the other team.
7. *Corner Kick:* When the whole of the ball, having last touched a defending player, crosses an end of the perimeter wall between the corner marks, the opposing team takes the free kick from the corner spot, nearest to where the ball exited play.
8. *Goal Kick or Goalkeeper Throw In:* See Rule 7.
9. *Three Line Violation:* The restart is taken from the offending teams restart mark in the center of the Red line.
10. *Superstructure Violation:* The restart is taken from the nearer restart mark where the ball exited play.

(7.3) Dropped Ball Restart:

If neither team has clear possession of the ball at a stoppage, The Referee restarts play with a dropped ball. A dropped ball caused while the ball is inside a penalty area takes place at the nearer free kick mark; otherwise at the spot of stoppage. The ball is "in play" once the ball contacts the ground untouched.

(7.4) Goal Kick or Goalkeeper Throw In:

Play restarts with a goal kick or goalkeepers throw in after an attacking player has last touched the ball before crossing an end perimeter wall between the corner marks. The restart is taken from any point within the penalty area. Opposing players are at least 10 feet (3.0 meters) beyond the penalty area until the ball is "in play." The provisions otherwise apply as to free kicks and restarts.

RULE 8: THE BALL IN AND OUT OF PLAY

(8.1) Ball In Play:

The ball is "in play" once each kickoff or restart legally begins and the ball makes any discernable movement. The ball remains "in play" until a stoppage, recognized by The Referee.

(8.2) Restarts within Defensive Penalty Arch:

For restarts by a team within its penalty area, the ball is not "in play" until the game is properly restarted and the player taking the restart propels the ball beyond the penalty area.

(8.3) Ball Out of Play:

The ball is "out of play" once any stoppage occurs which The Referee acknowledges or orders, whether for goals, fouls, time penalties, injuries, out of bounds, three line violations, or superstructure violations.

(8.4) Three Line Violation:

It occurs when a player propels the ball in the air across the 2 red lines and the halfway line towards the opponent's goal without touching the perimeter wall or another player or a Referee on the field.

(8.5) Superstructure Violation:

It occurs when the ball contacts any part of the building above the field of play. A two-minute (blue card) time penalty will be issued.

RULE 9 : THE METHOD OF SCORING

(9.1) Goal:

A team scores a goal when the whole of the ball legally passes over the goal line, between the goalpost, and under the crossbar. On the premier field a goal may be scored directly from a kickoff or restart. Bantam field is indirect.

End of the game goals: At the End of Regulation, if the WHOLE BALL isn't across the line, the goal doesn't count. The decision is up to the Referee's discretion to award the goal or not.

(9.2) Winning Team:

The team scoring the greater number of goals during a game is the winner.

(9.3) Interference:

No goal is allowed if an outside agent alters the path of the ball on its way over the goal line. In such instances, Rule 7 dictates the manner of a restart, except for a penalty kick or shootout, in which case it is retaken.

RULE 10: FOULS AND VIOLATIONS

(10.1) General:

California Family Fitness employs a "3 Card System" utilizing the Blue, Yellow and Red Cards.

(10.2) Penal Fouls:

A foul is assessed to a player who commits any of the following offenses in a manner that The Referee considers careless, serious, reckless, or involving excessive force:

1. Kicking an opponent
2. Tripping an opponent
3. Jumping at an opponent
4. Charging an opponent
5. Striking or elbowing an opponent
6. Pushing an opponent

A foul occurs if a player commits any of the following offenses:

1. Holding an opponent
2. Handling the ball (except by the goalkeeper within his penalty area)

3. Playing in a dangerous manner
4. Slide tackling
5. Impeding the progress of an opponent (obstruction)
6. Preventing the goalkeeper from releasing the ball from his hands.

Should a player simultaneously commit two or more different fouls, The Referee penalizes the most serious one. All fouls result in a free kick unless otherwise stated herein. 8

(10.3) Unsporting Behavior:

ZERO TOLERANCE POLICY FOR PLAYER'S UNSPORTING BEHAVIOR TOWARD REFEREE'S, AND/OR PLAYERS, AND/OR SPECTATORS, AND/OR EMPLOYEES. THIS INCLUDES BUT DOES NOT LIMIT; VERBAL ABUSE, TAUNTING, HAND GESTURES, AND ANY RACIAL / INSULTING REMARKS. ANYONE RED CARDED FOR SUCH AN OFFENCE WILL BE GIVEN THE MAXIMUM SUSPENSION, WHICH MAY INCLUDE A FINE.

The Referee stops play for unsporting behavior, resulting in a free kick, for the following offenses:

1. *Illegal Substitutions After Injury:* Attempting to enter play without the required Referee consent.
2. *Equipment Violation:* Entering play without a proper uniform adjustment.
3. *Leverage:* Using the body of a teammate to propel oneself to head the ball.
4. *Encroachment:* Entering the protected area of an opposing player taking a free kick (after initial warning).
5. *Trickery:* Passing the ball back to a goalkeeper by trickery.
6. *Dissent:* Committing any of the following offenses, whether **before, during, or after the game:**
 - a. *Referee Abuse:* Words or actions directed by any player or team personnel at an Official in dissent.
 - b. *Breach of Penalty Area Decorum:* Delay in entering the penalty area: failure to remain in the penalty area after a warning: or premature or unpermitted exit from penalty area.
7. *Other:* Behavior, which, in The Referee's discretion, does not warrant another category of penalty. (Language, taunting, unsporting).

(10.4) Goalkeeper Violations:

For the following violations by a goalkeeper, the opposing team receives a free kick:

1. *Illegal Handling:* Bringing the ball from outside of the penalty area to his hands within it, or receiving the ball again after a goal kick of goalkeepers throw in without the ball first having touched another player.
2. *Pass Back:* Handling the ball, having been passed deliberately and directly to him from a teammate, except that he may handle a ball, which a teammate passes to him by the 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).
3. *5-Second Limit:* Controlling the ball with either his hands or a foot inside of his penalty area for over 5 seconds.

(10.5) Team Violations:

The Referee issues a team penalty for the following violations by a team or unidentified person:

1. *Leaving Team Bench:* Players leave a team bench to join a fracas, melee, or confrontation with the opposition or a Game Official.
2. *Bench Dissent:* After an initial "warning" issued to the team captain. One or more players from a team bench verbally abuse The Referee.
3. *Other:* Unsporting Behavior, which, in The Referee's discretion, does not warrant another category of penalty.

(10.6) Advantage Rule:

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. In the case of a carded offense, Rule 11 applies.

(10.7) Flagrant Fouls:

Either a penalty kick or shootout is awarded for the following fouls committed by a defender in his defensive half of the field:

1. A foul within the penalty area or goal for which he receives a time penalty.
2. A foul from behind against an attacking player, having control of the ball and one or no defensive players between himself and the goal.
3. Any foul where he is the last player on his team between the attacking player with the ball and the goal.

(10.8) Blue Card Offenses:

Unless otherwise provided in Rules 10, The Referee issues a Blue card for serious violations of Rule 10, and for:

1. *Deliberate Handball*: Handling the ball deliberately (or by a goalkeeper outside of his penalty area).
2. *Goalkeeper Endangerment*: Endangering a goalkeeper within his penalty area by sliding or charging into him, regardless whether he is in control of the ball.
3. *Boarding*: Propelling an opponent into the perimeter wall, whether or not intentionally.
4. *Players Unsporting Behavior*: Players violating Rule 10.
5. *Team Penalties*: Violating Rule 10.
 - o 6. *Superstructure Violation*: When a player, with intent, kicks the ball and it contacts any part of the building above the field of play a blue card (2 minute penalty), will be issued. If there is no "intent", the ball is restarted from the closest line/mark from where the ball was last touched (without penalty).

(10.9) Yellow Card - Cautionable Offenses:

The Referee issues a yellow card for serious or reckless violations of Rule 10 and for the following:

1. *Second Blue Card*: When Rule 10 applies, committing a second blue card offense.
2. *Deliberate Handball*: Handling the ball deliberately (or by a goalkeeper outside of his penalty area).
3. *Goalkeeper Endangerment*: Endangering a goalkeeper within his penalty area by sliding or charging into him, regardless whether he is in control of the ball.
4. *Boarding*: Propelling an opponent into the perimeter wall, whether or not intentionally.
5. *Unsporting Behavior*: Violating Rule 10 by any team personnel.
6. *Team Penalties*: Violating Rule 10.
7. *Provoking Altercation*: Making physical contact with an opponent (ex. pushing or poking), short of fighting, as defined in Rule 10, or using the ball in so doing, particularly in the case of a goalkeeper.

(10.10) Red Card - Ejectionable Offenses:

A person receives a red card for violation of Rule 10 which The Referee considers violent or use of excessive force, and for:

1. *Second Yellow Card*: Receiving a second yellow card.
2. *Third-Time Penalty*: When Rule 10 applies, receiving a third time penalty (3 Blue Cards).
3. *Elbowing*: Intentionally elbowing an opponent above the shoulder.
4. *Vicious Slide Tackling*: A tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him.
5. *Fighting*: Striking or attempting to strike an opponent with intent to injure.
6. *Leaving Team Bench or Penalty Area*: Leaving a team bench or penalty area to engage in a fracas, melee, or confrontation with the opposition or Game Official.
7. *Extreme Unsporting Behavior*: Committing particularly despicable behavior, including:
 - a. Spitting on the field or at an opponent or any other person.
 - b. Persistent use of extremely abusive language or behavior toward a Game Official.
 - c. Bodily contact with a Game Official in dissent. Any assault or battery on an Official will result in a permanent ban from the California Family Fitness Sport Complex.

8. *SPITTING ON THE FIELD IS AN AUTOMATIC RED CARD.*

California Family Fitness reserves the right to expel player(s) or team(s) for despicable behavior. If a player(s) or team(s) is expelled, they forfeit any deposit(s) or league fee(s). Also, fighting is not tolerated and will result in indefinite, immediate expulsion from the facility. The player or Team expelled will not be allowed to play in the facility until he petitions the management at the California Family Fitness Sports Complex.

Players/coaches who have been "Red-Carded" must leave the facility immediately. No exceptions. Red Card offences equal a minimum 1 game suspension. Players may not partake on any other team they play until red card suspension has been served. All Red Cards will be reviewed by Management, and depending on the situation – may warrant fines. Major Red Card offences will be distributed to other local arenas (ISA 2k, Metro, Off the Wall, etc.) and distributed to our Referee Coordinator (Coordinator for ALL Outdoor/Indoor Officials in the Sacramento Area). In the event a player receives a Major Red Card offence at another arena, we will also uphold their suspension here.

RULE 11: TIME PENALTIES AND FINES

(11.1) Penalties for Carded Offenses:

The following penalties apply to offenses for which a card is issued:

1. Blue Card: 2 minutes.
2. Yellow Card: 4 minutes.
3. Red Card: 5 minutes, PLUS ejection immediately from the game, and facility, which may also include a FINE.

SPITTING ON THE FIELD IS AN AUTOMATIC RED CARD.

Any person receiving a Red Card by The Referee will automatically be suspended from the next game(s). The player will also be banned from playing in any other division(s) if registered on another team until the suspension is served.

Any team or player Red Carded for the Ejectionable Offenses will be suspended, and in addition may receive a FINE. If the Red Card warrants a FINE per the management's decision, it will be the responsibility to the individual to pay the fine before being allowed to play. Fines will range from \$100 - \$500 depending on the severity, and are completely up to the management's discretion.

(11.2) Service of Penalties:

Except as provided under Rule 11, a person who commits a carded offense serves the penalty. A person who receives a red card after the game has started may not return to the area visible to the facility, until subsequently allowed. Players serving time penalties must proceed swiftly to their teams penalty area, having their time penalties counted down by the game clock until their expiration or the conclusion of the game; except that, if a players release from the penalty area would cause too many players to be on the field from his team (as could occur in the case of the expiration of multiple, simultaneous time penalties, or time penalties to 3 or more players from the same team), he is released upon the earlier of:

1. The expiration of a team-mates time penalty resulting in fewer than 2 teammates in the penalty area with penalty time remaining.
2. A stoppage, when permitted by The Referee.
3. The next occasion that the ball goes over the perimeter wall.

(11.3) Designation of Penalty Servers:

Players are responsible for serving their own time penalties, except for a superstructure violation by a goalkeeper.

(11.4) Short-Handed Play:

For each time penalty being served by a player, his team will play with one fewer field player until its expiration; provided that a team may not have fewer than the minimum under Rule 3, regardless of the number serving time penalties. Should a player receive a time penalty, while two or more teammates are already in the penalty area, his team continues to play with the minimum while he joins the teammates in the area.

(11.5) Exceptions to Penalty Time:

Under the following circumstances, time penalties either expire prior to their completed countdown, or have the beginning of their countdowns delayed:

1. *Power play goal:* If a team is scored upon having fewer players on the field of play, due to one or more players serving time penalties, a player from the team is released from the penalty area into the field of play, unless prohibited under Rule 11, and the player's penalty or penalties are wiped out. If the team has 2 players in the penalty area, only the player whose time penalty or penalties are recorded earlier is affected.
2. *Delayed Penalty:* See Rule 11.
3. *Multiple Penalties:* If 2 teammates are serving time penalties when another teammate is penalized, his time penalty does not begin to count down until at least 1 of his teammates time penalties has expired and his time penalty is next to begin.
4. *Release of Teammates Serving Simultaneous Time Penalties:* When 2 or more teammates time penalties expire simultaneously; the order in which they are recorded dictates the order of their release.
5. *Simultaneous Ejections:* When 2 simultaneous red cards carrying the same time penalties are assessed to opposing players, their time penalties are not served.
6. *Maximum Time Penalties:* No player may receive more than 5 minutes for penalties arising at the same time on the game clock, irrespective of the number or nature of accumulated offenses or the fact that one or more teammates may be designated to serve such time.
7. *End of Game:* All time penalties carry over between periods and expire at the end of a game.

(11.6) Delayed Penalty:

In instances where The Referee would issue a blue card (when Rule 10 applies) or a yellow card, but for the Advantage Rule (Rule 10), he acknowledges the offense by holding the card above his head until the earlier to occur of the following:

1. *Opponents Possession:* The team of the offending player gains control of the ball.
2. *Stoppage:* The Referee stops play for any reason.

Once play is stopped, the offense is recorded and assessed, as customary. In the event of a power play goal, Rule 11, regarding the release of a player from the penalty area remains applicable.

RULE 12: PENALTY KICKS & SHOOTOUTS

(12.1) Penalty Kick:

For a penalty kick, other than in a tiebreaker:

1. All players serving time penalties are in their appropriate penalty areas.
2. All players of the attacking team stand behind the halfway line and outside of the center circle.
3. All players of the defending team stand behind the halfway line and inside of the center circle.
4. The ball is placed at the free kick mark nearer the attacking goal.
5. The goalkeeper has at least one foot on his goal line and may not move off of it until after The Referee whistles the penalty kick and the ball is "in play".
6. Once The Referee whistles the penalty kick to begin, the player taking the kick has 5 seconds to strike the ball, restarting play.
7. The player taking the penalty kick may not touch the ball again until another player has touched it.

(12.2) Shootout:

A shootout precedes the same as a penalty kick, except that:

1. The ball is placed at the restart mark nearer the attacking goal.
2. Any foul committed by the goalkeeper results in a penalty kick.
3. Once The Referee whistles the shootout to begin, the ball is "in play" and the player taking the shootout plays the ball forward using any legal manner to score (direct shot on goal, dribbling, and shooting, playing the ball off of the boards, passing to a teammate, etc).
4. Neither team may substitute until the earlier of the first 3 seconds or the next stoppage.

(12.3) Tiebreaker:

A tiebreaker proceeds with penalty kicks or shootouts under Rule 12, except that:

1. The Referee designates the goal at which both teams shoot, and the team, which shoots first.
2. All players, other than the player taking the shot and the defending goalkeeper, remain within their team bench areas.
3. Both teams may have 3 shots, with players from each team kicking alternately.
4. If, after both teams have taken 3 shots, neither has an advantage, the tiebreaker continues, alternating one player at time, until both teams have taken an equal number of shots and one team has scored when the other has not.
5. During a tiebreaker, no player may take more than 1 shot for every set of 5 of his team.
6. In the case of penalty kicks, the players taking the shots may not touch the ball a second time.
7. In the case of shootouts:
 - a. The player has 5 seconds to score after The Referees whistle.
 - b. Except when a goal is scored, any foul committed by the goalkeeper results in a penalty kick, to be taken by any player on the shooting team.
 - c. Carded offensives are recorded as in normal play, except there are no time penalties.

(12.4) Overtime:

Will take effect during playoff games only. A five-minute overtime period will follow a tie score during a playoff game or championships. If neither team has scored during this 5 minute extra period, see **Rule 12 Tiebreaker** policy.

RULE 13: COED SOCCER RULES

(13.1) PLAYERS ON THE FIELD

The PREMIER field: there must be 3 women on at all times, excluding the goalkeeper. NO more than 3 men will be on the field at any time (excluding the goalkeeper). The minimum number of players to start a match is 4; 2 players must be female, excluding the goalkeeper.

The BANTAM field: there must be 2 women on at all times, excluding the goalkeeper. No more than 3 men will be on the field at any time (including the goalkeeper). Minimum number of players to start a match is 3; 1 player must be female, excluding the goalkeeper.

There can be any number of women on the field at any given time. Exception to the rule will be if a woman is serving a 2-minute penalty.

(13.2) MACHO RULE (Always in Effect)

- When a man attempts, through action, to threaten or intimidate a woman.
- When a woman is a goalkeeper, the MACHO RULE will be in effect.
- A male player may NOT kick the ball forcefully into a woman above her waist.
- On a penalty kick, free kick, or kick-in against a woman goalkeeper, a woman must take the kick.
- If The Referee feels a male/female shoulder charge is too physical, a free kick shall be awarded.

(13.3) LIVE PLAY

Play becomes "live" when the ball is intentionally played by a female in her attacking half of the field (beyond the midfield line). Play remains live until the ball is "cleared" by completely crossing back over the midfield line. When the ball is not "cleared" and goes out of play, or a foul has occurred, or a three-line violation is called, the play remains "live".

(13.4) GOAL COUNT & UNUSUAL CIRCUMSTANCES (DEFLECTIONS, ETC.)

- If the ball is not "live", a goal cannot be scored. If a goal is scored when the ball is not "live", the ball will go to the team that did not touch the ball last.
- If the ball is "live" and a female **scores a goal, the goal counts as 2 points.**
- If the ball is "live" and a male **scores a goal, the goal counts as 1 point.**
- If the ball is "live" and a female kicks the ball and the ball deflects off of the opposition and a goal is scored, the goal counts as 2 points **only** if the a goal (is on frame) would have scored had it not been deflected, otherwise it will count as 1 point.
- If the ball is "live" and a female kicks the ball but the opposition stops the ball from scoring; however, the opposition ends up scoring an own goal, the goal counts as 1 point.

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HELPFUL DEFINITIONS

These definitions provide a basis for a safe competition and an enjoyable experience for all players. We appreciate your input; if you have comments, additions or corrections, please e-mail us on the world wide web at <http://www.californiafamilyfitness.com/sports/adult-soccer>. The following explanations of some common terms are general, not technical; they are intended to be helpful to players and coaches. After you finish reading, have a great game!

A Bench Penalty is a time penalty given to a team where no specific player is recorded as serving the penalty. A team, coach, or spectator may cause a bench penalty and the team must play short.

Boarding is pushing, charging, or crowding an opponent into the perimeter wall. What might be a legal shoulder charge in the middle of the field may be boarding if it runs an opponent into the wall.

Dead Ball refers to the situation when the ball is out of bounds or out of play due to a stoppage of any kind.

Delay of Game is called when a player or team is deliberately trying to slow down the progress of the game. Holding the ball after a goal and kicking away the ball after a foul are examples of delay of game.

Double Touch is the violation that occurs when a player taking a kickoff or other restart plays the ball a second time before it is touched by another player (teammate or opponent). You cannot double touch the ball on a kickoff or restart (including goalkeeper throw in) even if it hits the wall or referee before it comes back to you.

Goalkeeper on the Ground the goalkeeper is the only player allowed to play the ball while on the ground as long as, in doing so, he is not creating a dangerous play and remains within the arch.

A Hand Ball is a foul that is called when a player intentionally hits the ball with his hand or arm or when it is unintentional but causes a direct advantage for said player. A player may not deliberately carry, strike, or propel the ball with his hand or arm. (Except the goalkeeper inside his own arch.) A player who prevents a goal being scored by intentionally handling the ball is given a time penalty, and a shootout is awarded.

Misconduct is any inappropriate behavior by a player, coach, or spectator (on or off the field) as determined by the referee, timekeeper, or facility staff. Examples of misconduct include but are not limited to: door-slamming, board-kicking on the bench, or inappropriate remarks toward any player, coach, spectator, referee, timekeeper, facility staff, or even a teammate.

Obstruction is impeding the progress of an opponent when not being able to play the ball yourself. You are obstructing if you run between your opponent and the ball or use your body as an obstacle but cannot play the ball yourself. The male three touch rule for coed and the double touch rule after a kickoff or restart are examples of where you can be within playing distance of the ball, but not legally be able to play the ball.

Off sides is crossing the mid line early on a kickoff or shootout. Players may not cross the line on a kickoff until the ball has been played, or on a shootout until the referee's whistle.

Shadowing the Goalkeeper is a foul that occurs when a player follows the opposing goalkeeper around inside his arch and obstructs the goalkeeper from the play. There is usually physical contact towards the goalkeeper.

Shielding is a legal play where a player protects the ball from an opponent using his body. Shielding is not a foul and is not obstruction. To be legally shielding a player must be within playing distance of the ball and be eligible to play the ball. A player who is not eligible or moves out of playing distance of the ball is guilty of obstruction.

A **Slide** is any intentional movement of leaving one or both feet while going down to the carpet. A team is **short handed** when they have fewer players on the field than their opponent. A team can be playing short (have less than the maximum number of players on the field) and not be short handed.

Violent Conduct is physical force that injures or abuses any individual or arena property. Violent Conduct is also any verbally or physically threatening action towards any individual.