

City of Long Beach Parks, Recreation & Marine

**Youth Sports Program**

# **Indoor Soccer Rulebook**



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# **Youth Sports Program Pillars**

- Health and Wellness
- Sportsmanship
- Fundamentals
- Perseverance
- Teamwork

## **Mission Statement**

The Department of Parks, Recreation and Marine Youth Sports program exists to provide, boys and girls in our community, a variety of citywide recreational sports that promote Health and Wellness, Sportsmanship, Fundamentals, Perseverance and Teamwork. We believe every child in Long Beach has something to play for and our role is providing that opportunity in a fun, safe and nurturing environment.

# Coaches Code of Conduct

## I agree to the following:

- I will be honest, fair, and always show good sportsmanship to all coaches, officials, players and fans involved in the City of Long Beach Youth Sports Program.
- I will do my best to organize practices that are fun and challenging for all of the players and their abilities.
- I will use coaching techniques appropriate for each of the skills that I teach.
- I will do my best to provide a safe playing situation for all of the players.
- I will place the emotional and physical well-being of the players ahead of any personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will lead by example in demonstrating fair play and sportsmanship to all of the players.
- I have read, understood, and will follow the rules of each sport that I coach, and I will teach these rules to the players.
- I will remember that I am a City of Long Beach Youth Sports coach and that the game is for the children and not for the adults.
- I will accept and respect the decisions of officials, and understand that officiating is one of the hardest jobs on and off the court.
- I will not cheat or engage in any form of unethical behavior that violates league rules and will remember that this league is for fun!

# Parents' Code of Conduct

## I agree to the following:

- I will remember that youth sports are played for fun! I will be a role model for my team demonstrating how to treat players, other parents, officials and coaches with respect at all times.
- I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parent and coaches.
- I will show respect to all referees, officials and never act in a manner that would be disrespectful toward them.
- I will encourage all players on all teams regardless of the score.
- I will place my child's emotional and physical well-being ahead of my own personal desire to win.
- I will remember that the game is played for the youth and not for the adults.
- I will encourage my child to shake hands with the other team at the conclusion of all games.
- I understand that failure to follow the above rules may lead to removal from the Youth Sports Program.

# General Youth Sports Rules & Regulations

## 1. Proof of Birth

Proof of birthdate is required and due along with team rosters. It is each coach's responsibility to collect proof of birthdate from ALL players that are not already on the Master List. Documentation MUST show participant's full name and their birthdate.

### Acceptable documents include:

- Copy of Birth Certificate
- ParentVue/School Loop printout
- Immunization Records
- Other official documents

*In order to protect participants' private information, all physical documents will be shredded and discarded once the participant has been approved for the Master List.*

## 2. Rosters

Due dates for rosters will be provided before each season and MUST be turned in on time. In order for rosters to be accepted, coaches should ensure the following:

- All parts of the roster are completely filled out
- The roster consists of at least the minimum number of participants needed to play the given sport
- All the necessary paperwork is attached
- Roster is signed by a certified coach and their supervisor

## 3. Adding/Dropping Players to Rosters

**Adding a Player** - No late registrations are accepted. All participants must be registered in order to play, **no exceptions**.

**Dropping a Player** - A player can only be dropped from a team by their parents/guardians, the park supervisor, or the Youth Sports program supervisors.

## 4. One Team, One Park

A participant may only be on one roster, per sport. For example, a participant may not play on an E-Boys Soccer team at Silverado Park and play up on a D-Boys Soccer team at Pan American Park. However, a participant may register for both Flag Football and Volleyball as their seasons coincide.

## 5. Transfers from One Park to Another

There will be no transfers from park to park after the transfer deadline. All transfers during the transfer time must be approved by the park supervisor and the Youth Sports supervisor.

## 6. Insufficient Number of Registrants

If a participant signs up at a park that does not have a team for their division, the Youth Sports Office will advise the family of available options.

## 7. Team Dropouts

If a team drops out of the season, the Youth Sports Office will advise the remaining players of available options. Game schedules will be updated to reflect changes due to the team dropping.

## 8. Forfeits

A team will be issued a forfeit for any one of the following reasons:

- A team does not have the minimum amount of players ready to play at the 10 minute mark. (Ex: During flag football season, if at least 4 of the 5 required number of players of a team are not present on the field at the 10-minute mark, that team forfeits.)
- A team is playing an ineligible player. A player will be considered ineligible if:
  - The player has not been properly added to the roster
  - The player is impersonating another rostered player
  - The player is not of the correct age group

***\*If a team forfeits twice in a season, the Youth Sports Office will reach out to the park supervisor to determine next steps.***

## 9. Start of Game Delay

If the minimum amount of required players are present for a game, the game must begin at its scheduled time. Officials will not wait for a full team to start the game. (Ex: If Cherry Park's D-Boys Soccer team has 4 players and Orizaba Park's team has 5 players at the scheduled game time, the game will begin. Officials will not wait out the 10-minute grace period for Cherry Park's 5th player to arrive. Please see sport-specific rule on how to check late players into the game.)

## 10. Unsportsmanlike Conduct

Unsportsmanlike conduct will not be tolerated under any circumstances.

**PARTICIPANTS** - Fighting, display of physical force, taunting, or any other negative gestures directed toward other participants, coaches, officials or spectators is cause for immediate ejection from the game. If a player is ejected from a game, the player will be asked to leave the game immediately and be suspended for the next playable game. If a player is ejected from the last game of the season or has been ejected from more than one game, the Youth Sports program supervisor and the respective park supervisor will have a meeting to determine further action.

**SPECTATORS** - If there is any unsportsmanlike conduct by spectators before, during or after a game, they will be asked to leave the game immediately. The Youth Sports program supervisor and the respective park supervisor will have a meeting to determine further action.

**COACHES** - If a coach displays negative behavior at any time, the youth sports supervisor and the respective park supervisor will have a meeting to determine consequences for the staff member. In the case of extreme misconduct, the coach will be removed from all games for the rest of the day. A manager will be contacted immediately for further action.

Running up the score will be considered unsportsmanlike conduct, coaches should make an alternate game plan. Ex: Team A is winning by 25 points in the 4th Quarter against team B. Team A's coach should challenge their players to make 4 passes before attempting to score, to avoid "running up the score".

***\*Extreme misconduct by coaches, players or spectators can result in dismissal from the program for the remainder of the season.***

## 11. Participant Safety

Both coaches and officials have a role in ensuring the safety of participants at every game. Players will **NOT** be permitted to play or continue a game if the player:

- is bleeding OR has an excessive amount of blood on themselves
- has an open wound
- has any type of cast or splint
- becomes unconscious before or during the game (participant must present written authorization from a physician upon returning to the program)

## 12. Participant Uniform

**Shirts** – Participants must wear the uniform shirt provided by the Youth Sports Office. Shirts should be tucked into bottoms. Bottoms must be pulled up to the hips.

- **If participant is not in their current uniform, a technical foul will be assessed.**

**Shoes** – Closed-toe tennis shoes or athletic shoes are required. No boots, crocs, sandals or shoes with heels may be worn during practices or games.

*Cleats with metal spikes may be worn by Junior Baseball or Senior Softball participants and cleats with plastic spikes may be worn during flag football season.*

**Shin guards** – Plastic shin guards may only be worn during Indoor Soccer season.

**Jewelry** – Earrings/studs, necklaces, bracelets, rings, and facial piercings will not be permitted. However, if a participant has permanent jewelry, they will be responsible for taping the jewelry down before the start of the game.

**Headwear** – Hats, bandanas, wave caps, and hair clips are not allowed.

Beads and barrettes must be pulled back to contain any loose items from hanging.

**\*Reminders will be given during the pre-game gathering. Any dress code infraction once the game has begun will result in a technical foul. Officials will not permit any player to wear equipment that they deem dangerous or inappropriate.**

## 13. Patron/Volunteer Incident Reports

Anytime a participant is injured at a practice or game location, staff are responsible for completing an incident report immediately.

- Practices – Coaches should complete this incident report, attach the Youth Sports program waiver and turn it in to their supervisor within 24 hours.
- Games – Before leaving a game site, a coach should fill out basic participant information and leave the report with the lead Youth Sports staff on site. The Youth Sports lead will then finalize the remainder of the report and turn in the complete incident report (with the program waiver attached), to the Youth Sports supervisor.

**\*Parents, Guardians and patrons are NOT permitted to have a copy OR take a picture of the report. They can request a copy of the report from our City Attorney.**

## 14. Incident Reports

An incident report should be filled out whenever there is an incident on site that does not involve an injury. (Ex: Parent yelling unsportsmanlike remarks at officials.)

- The report should be completed by a staff who witnessed the incident. Reports should be left with the lead Youth Sports staff on site. The Youth Sports staff should turn in the incident report to the Youth Sports supervisor.

**\*Parents, Guardians and patrons are NOT permitted to have a copy OR take a picture of the report. They can request a copy of the report from our City Attorney.**



# Rookies & Minors

## Indoor Soccer

The Youth Sports Program's Rookie & Minor divisions are designed to introduce the fundamentals of Indoor Soccer, in a non-competitive recreational setting.

### **Coaching Objectives for the Rookie and Minor Division**

1. Teach the fundamental skills of dribbling, passing and shooting.
2. Teach participants to apply the skills in a game-like atmosphere, further developing fundamentals.
3. Teach and emphasize teamwork and sportsmanship.
4. Develop motor skills and abilities, the overall health & wellness of the participant, including muscular strength and endurance.
5. Help participants learn the basic positions on a court: offense/defense positions.

## Division Specifications

### **Rookies**

#### **Age Requirement**

Ages 5 & 6

#### **Goal Size**

4 by 6

#### **Players Allowed on the Court**

5-on-5

#### **Ball Size**

Size 4, Low Bounce

### **Minors**

#### **Age Requirement**

Ages 7 & 8

#### **Goal Size**

4 by 6

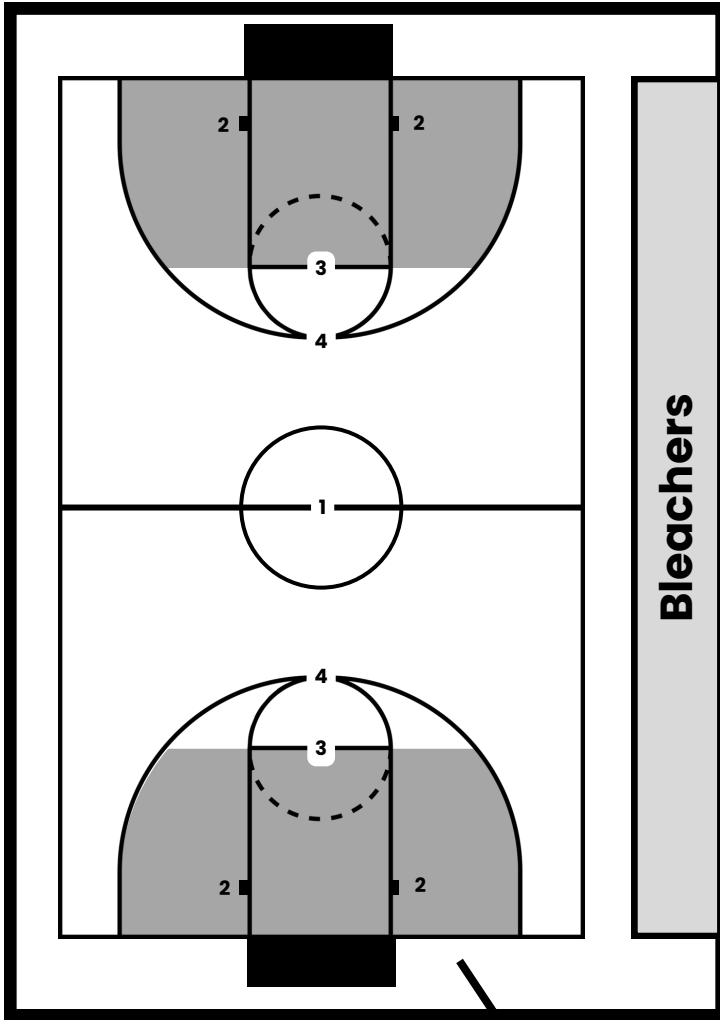
#### **Players Allowed on the Court**

5-on-5

#### **Ball Size**

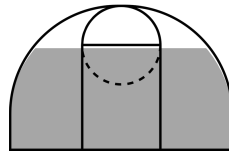
Size 4, Low Bounce

# Rookies and Minors Indoor Soccer Diagram



**KEY:**

- 1 Kick-Off Line
- 2 Goal Kick
- 3 Rookies Half-time Shootout
- 4 Minors Half-time Shootout



Grey shaded area  
is the Goalie Box

# Rookies & Minors

## Game Rules

### Length of Game

Two 16-minute halves with a 1-minute break and then a halftime shoot out before the second half begins. A "running clock" will be utilized in all divisions, the clock will stop only for the following during running time:

- Team Timeouts
- Official Timeouts
- Injuries

### Pre-Game Huddle

Before the game, officials will gather all players and coaches to review basic game rules and to remind players/coaches/parents of the importance of sportsmanship.

### Start of Game

A coin flip will determine which team will kick-off at the start of the game. The HOME team will call the coin toss. At half-time, the team who didn't win the coin toss will start with the ball.

### Halftime Shootout

**Rookies:** After the 1-minute halftime, both teams will line up behind the free-throw line, facing their goals. Each player will take a turn shooting a free kick and then become the goalie for the next shooter in line.

**Minors:** After the 1-minute halftime, both teams will line up behind the 3-point line, facing their goals. Each player will take a turn shooting a free kick and then become the goalie for the next shooter in line.

### Score

Score will not be kept. Emphasis will be placed on fun, skill development, sportsmanship and teamwork.

### Timeouts

Timeouts are an opportunity to review the fundamentals learned in practice. Two 1-minute timeouts will be issued to each team, per half.

### Officiating

The officials and the coaches for both teams MUST be on the court for the entirety of the game.

- Coaches main focus will be team management and redirecting participants.
- Officials main focus will be enforcing the basic rules of the Rookie and Minor Soccer division, while also keeping time.

## Running Time

The clock will continuously run throughout the game with the exception of the following occurrences:

- Coaches Timeouts
- Officials Timeouts
- Injuries

## Mandatory Playing Time

No player can sit out for two consecutive substitution periods. At all substitution periods and at the end of the first half, ALL players on the bench must enter the game.

**Late Players** - If a player arrives late and needs to be added to the game, their coach must call a timeout to sign them in. A timeout does not need to be called if the coach adds the player during a regular timeout or at the end of the half.

\*If a player arrives during the second half, they WILL be allowed to play.

## Substitutions

Substitutions will only occur at 4-minute intervals and at the end of the first half. (4, 8, 12, halftime, 4, 8, 12, end of game)

## Rule Violations

The penalty for all rule violations, called by officials, will be possession at the location of the rule violation for the opposing team. If an official is repetitively calling a rule violation on a player or team, the coach should call a timeout and correct the violation. Coaches are responsible for team management and need to constantly engage with their team to ensure that the game remains under control.

Examples:

- Fouls
- Hand Balls

## Kick Off

The team that wins the coin toss will have the ball at the start of the game. The team that loses the coin toss will start with the ball in the second half. On the officials whistle, the game will start. The ball should be passed to the side or backwards to a teammate.

Participants should be taught that they CANNOT attempt to score a goal until the ball has first been passed to another player at kickoff.

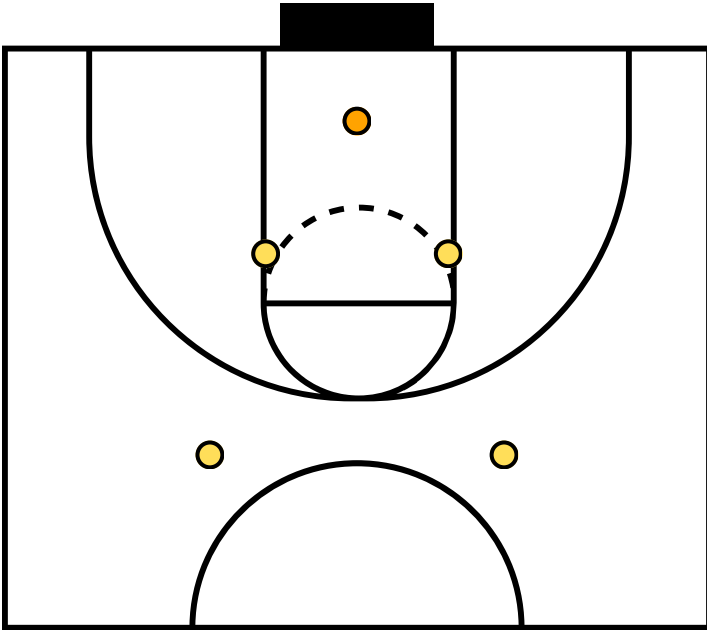
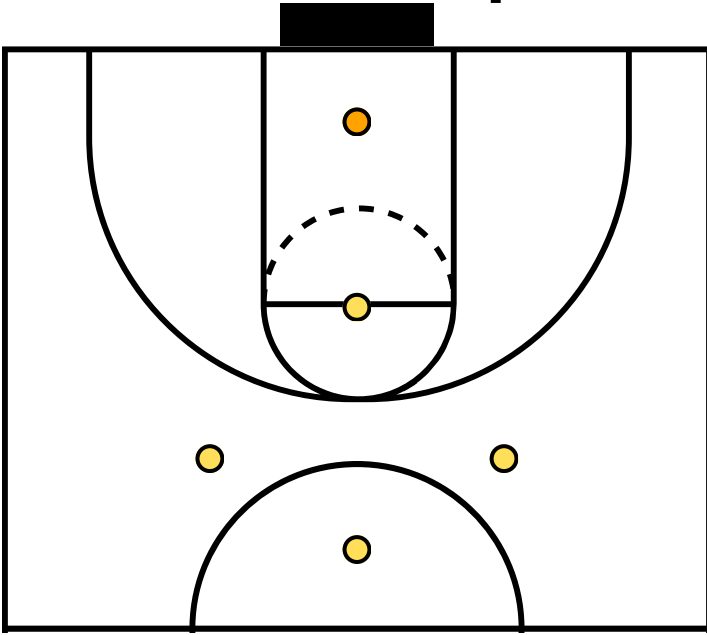
## After a Goal is Scored

When a goal is scored, the kick-off setup should be reconfigured. The ball should be reset by an official in the middle of the court and the team that was scored on should start with the ball.

## Goal Kick

Whenever the ball goes behind the goal, it will be a goal kick. The goalie must set the ball on the box and kick it out to their team. All other players should stand back. (see page 9)

# Indoor Soccer Sample Setups



# E, D, C & B Indoor Soccer Division Specifications

## E-Division    D-Division    C/B-Division

### **Age Requirement**

Ages 9 & 10

### **Age Requirement**

Ages 11 & 12

### **Age Requirement**

C-Division: Ages 13 & 14

B-Division: Ages 15-17

### **Goal Size**

7 by 12

### **Goal Size**

7 by 12

### **Goal Size**

7 by 12

### **Players Allowed on the Court**

5-on-5

### **Players Allowed on the Court**

5-on-5

### **Players Allowed on the Court**

5-on-5

### **Ball Size**

Indoor Soccer Ball  
Size 4

### **Ball Size**

Indoor Soccer Ball  
Size 5

### **Ball Size**

Indoor Soccer Ball  
Size 5

### **Penalty Kick**

Top of the 3 point line

### **Penalty Kick**

On the defensive 3  
lines line

### **Penalty Kick**

On the defensive side of  
the center circle

### **Start of Game**

Coin Toss

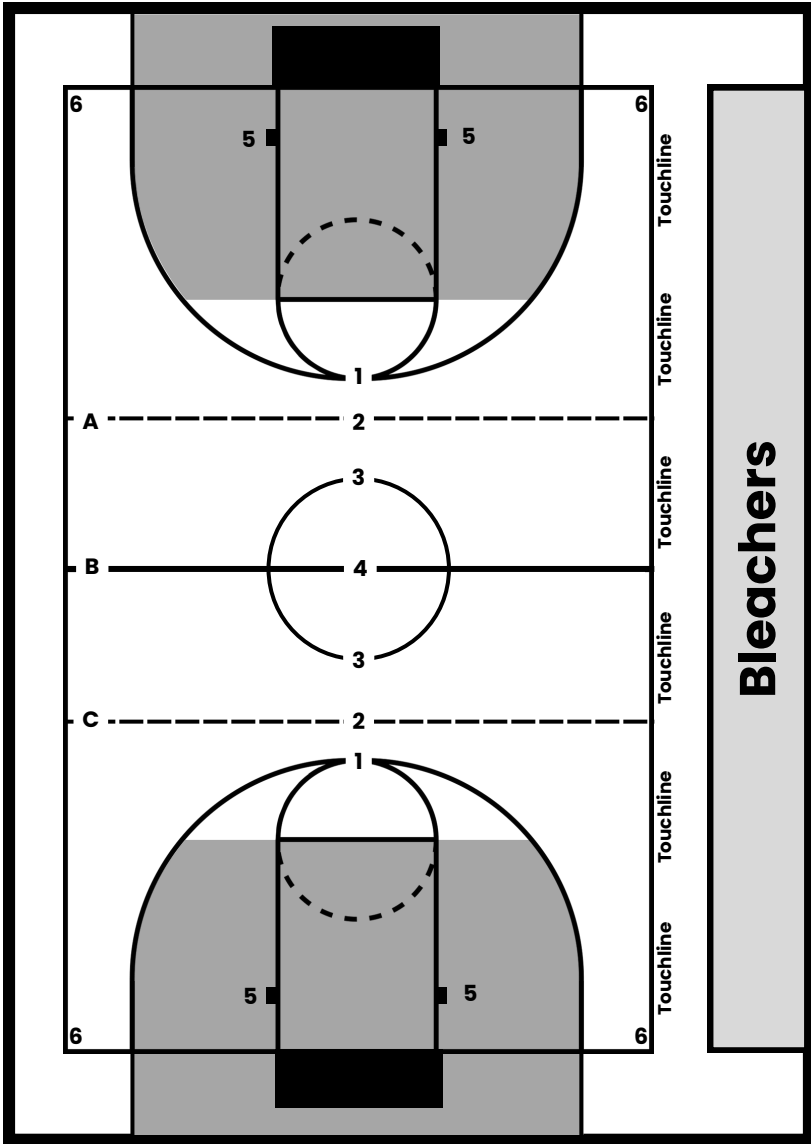
### **Start of Game**

Coin Toss

### **Start of Game**

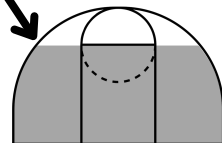
Coin Toss

# E - B Indoor Soccer Diagram



## KEY:

1. Penalty Kick Mark - E Division
  2. Penalty Kick Mark - D Division &  
3 Lines Violation Mark - All Divisions
  3. Penalty Kick Mark - C & B Division
  4. Kick Off Line
  5. Goal Kick for All Divisions
  6. Corner Kick for All Divisions
- A, B, C Mark the lines for 3 Lines



Grey Shaded area is  
Goalie Box/Penalty Area

# E, D, C & B Indoor Soccer Division Game Rules

## Length of Game

Two 16-minute halves with a 1-minute break at halftime.

## Players

Each team (on the court) should be composed of 5 players. At least 4 players are needed to start and continue a game.

## Pre-Game Huddle

Before the game, officials will gather all players and coaches to review basic game rules and to remind players/coaches/parents of the importance of sportsmanship.

## Mandatory Playing Time

At all substitutions and at the end of the half, ALL players on the bench must enter the game. No player can sit out for two consecutive substitution periods.

**Late Players** - If a player arrives late and needs to be added to the game, their coach must call a timeout to sign them in. A timeout does not need to be called if the coach adds the player during a regular timeout or at the end of the half.

- A player who arrives in the second half of the game will be allowed to play only if they arrive in the first 8 minutes of the second half.

**No players can be added in the last 8 minutes of the game.**

## Substitutions

Substitutions can only occur at the 4-minute interval of each half (4, 8 & 12 minute subs when the official blows the whistle and end of the first half). The clock will not stop during any substitutions, coaches must move players in and out of the game in less than 30 seconds. If play resumes and there are too many players on the court, a violation will be assessed resulting in a penalty kick for the opposing team.

**Goalie Substitution** - Besides during regular substitutions, any teammate *on the court* can switch places with the goalie on the following occasions:

- On a timeout
- After a goal has been made

## Free Subs

Both teams will be allowed free subs in the last 8 minutes of the game. During Free Subs, substitutions (besides goalie) may be made at any time on an unlimited basis without stoppage of game. The coach can call a player to the bench and put another player in. The player going in CANNOT step onto the court until the player being subbed out has fully crossed the touchline. Once the substituted player enters the game, if the player exiting the game participates in the game play, a violation will be assessed resulting in a penalty kick for the opposing team.

## Running Time

The clock will continuously run throughout the game with the exception of the following occurrences:

- Coaches Timeouts
- Officials Timeouts
- Player Timeouts
- Injuries



## Timeouts

Each team is allotted two 30-second timeouts, per half. If a timeout has not been utilized by a team during the first half, it **WILL** carry over to the second half. When a timeout ends, the ball will be restarting from the Goal Kick location.

- Coaches **OR players** may call timeouts in the E-B divisions.
- Timeouts may be made by either team at normal stoppage (substitution time, corner kick, goal kick, kick-off, free kick etc.)
- During play, if a team has clear possession of the ball only their team can call a timeout.
- Timeouts may only be called by the shooting team during a penalty kick
- If a timeout call is made and the team is out of timeouts or the ball is clearly in the other team's possession, a free kick from the 3-line mark nearest the penalized team's goal will be awarded to the opposing team and no timeout will be given.

## Kick-Off

The HOME team will call the coin toss. The team that wins the coin toss will have the option to either kick off or choose which goal they want to defend. On the officials whistle, the game should start. The ball may be kicked forward into the opponent's half of the court or to the side/backwards to a teammate. (The ball should be in play when it has traveled half the distance of its circumference.)

- The kicker may not play the ball a second time until it has been touched by another player or touches a wall.
  - One warning will be given. A second violation will result in a free kick given to the opposing team.

A goal **CANNOT** be scored directly from the first touch on kick-off; it must be touched by a defensive player, a second offensive player or make contact with a wall before a goal. If the ball scored directly from a kick-off, the goal will not count and the opposing team will be awarded a free kick from mid-court.

After a goal has been scored, the kick-off setup should be reconfigured and the team who was scored on will start with the ball.

**Kick-off Offsides** - During a kick-off, two warnings will be given on an off-sides violation (offensive and/or defensive)

- a free kick will be awarded on the 3rd violation (and any violation after) at mid court. (Warnings will not reset at halftime)

**Start of the Second Half** - At the start of the second half, teams will switch goals and the team who did not start with the ball in the first half will start with the ball in the second half.

## Restarts

During any restart situation (free, goal, and corner kicks), the opposing team must stand at least 10 feet away from the ball in all directions.

**Free Kick** - When the ball becomes lodged in the bleachers, it will be kicked in by the other team from the point on the touchline where it crossed out of play. No fake kicks are allowed, but players can run over or next to the ball if they DO NOT simulate a kick. Any attempt to do so will result in a free kick for the other team at the spot of the infraction.

**Goal Kick** - When the ball hits the backboard or gets stuck behind the goal while last touched by the OFFENSE. The ball will be placed on either the left or right side of the basketball key. (See E - B Indoor Soccer Diagram #5)

## Restarts continued

**Corner Kick** - When the ball hits the backboard or gets stuck behind the goal, while last touched by the DEFENSE, a corner kick is awarded to the attacking team. The corner kick will take place on the side that the ball went out of at the corner of the basketball court lines. (Where the baseline and sideline meet)

**Drop Ball** - Used to restart the game when it cannot be determined who had clear possession of the ball when a play was stopped. *Drop balls will never take place in the penalty box.*

The protocol for a drop ball are:

- Two opposing players face each other.
- The official drops the ball between them below the knees.
- The players may not touch the ball until it touches the ground.
- A player may play the ball twice in succession.

## In Play

The ball will be considered "In Play" at all times including:

- If it rebounds from a goal post or perimeter wall into the field.
- If it rebounds off a referee on the field of play.
- Incidental hand contact (referee should say, "Play On")
  - If the arms and hands are close to the body, it should be considered incidental.
  - If the ball deflects off another player, wall, or object that creates an incidental touch.

*Intent and where the arms are related to the body are key when evaluating handball.*

## Out of Play

The ball will be considered "Out of Play" on the following occurrences:

- It touches the ceiling, lights, gym rope or any part of the ceiling that can alter the flight of the ball.
  - A free kick is awarded to the opposing team at the middle of the nearest "3 Lines" marking.
- It touches any basketball backboard.
  - A free kick or goal kick is awarded to the opposing team.
- It is lodged in the bleachers or a spectator catches the ball.
  - A free kick is awarded to the opposing team at the touchline at the point where it left the field.

## Scoring

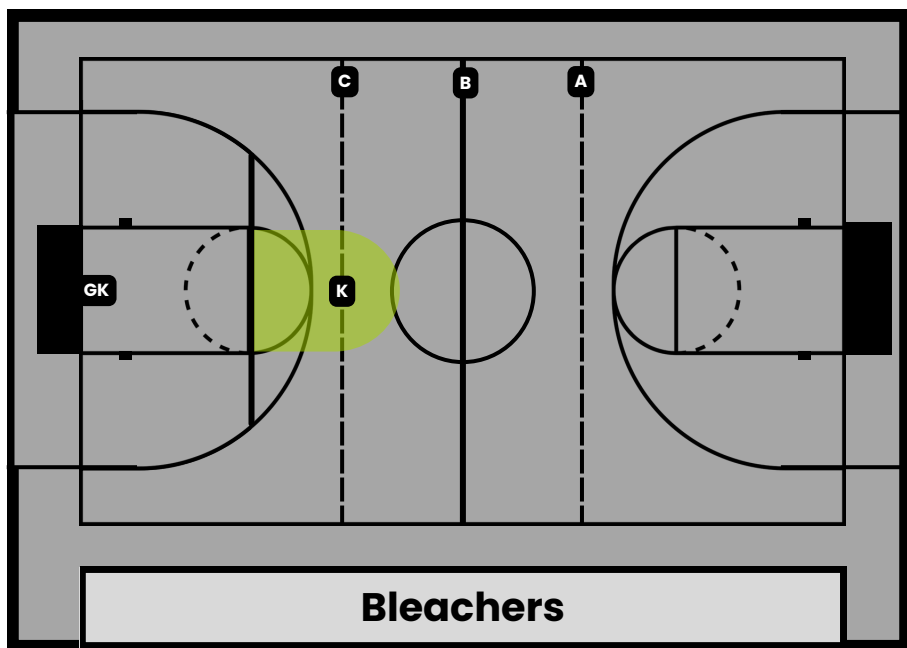
A Legal Goal is scored when the **ENTIRE BALL** has passed the goal line, between the goal posts, and under the crossbar including when:

- A goalie in his/her penalty area carries the entire ball into the goal past.

On a kickoff, goals CANNOT be scored on a direct kick. The ball must touch another player or wall to count as a goal.

To be considered a GOAL at the end of halves; the ENTIRE ball must be passed the goal line before the clock has hit zero.

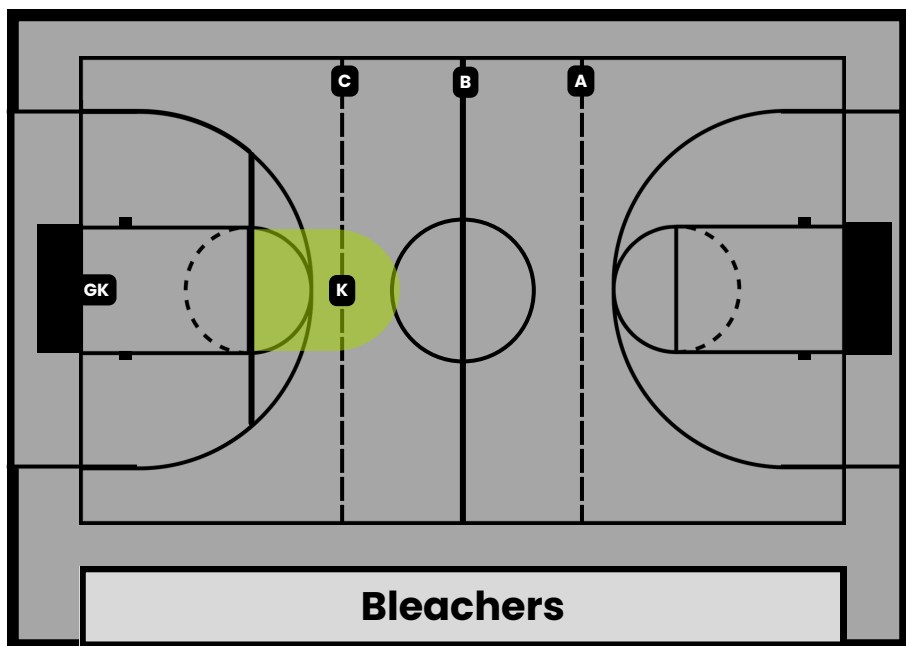
# 3 Lines Clarification



The ball may not travel in the air across "3-Lines" (A-C) without touching a player, wall or official that is within the 3-Lines playing field. If it does cross over the 3 Lines, a "3-Lines" Violation will be declared and a kick will be awarded to the opposing team.

- When the ball crosses the plane of the 3rd line, the official will blow their whistle signaling a "3-Lines" violation.
- The ball is live, players have 10 seconds from the time the official calls a "3-Lines" violation to retrieve the ball, place it on the designated "3-Lines" violation spot (K) and shoot. (The official will not place the ball or blow it into play.)
- The opposing team has the option to make a wall. The wall can be no closer than the top of their goal box. Any defending players not in the goal box must be 10 feet away from the ball once it is set. Looking at the map above, no defending player should be in the "green area". (This area will be unmarked at the games.)
- If the ball is not set when kick is taken, the play will be blown dead a warning will be given and the ball will be reset by the official. Teams will only be given one warning/assistance each game if it occurs again, a turnover will happen awarding the defense a goal kick.

## 3 Lines Clarification continued



**The Kicker** will kick from the mark designated for their division.

The kicker must kick the ball towards the goal and may not play the ball twice in a row. (If on the shot, the ball is not touched then rebounds off of the crossbar or wall the kicker CANNOT be the next touch.) The kicker cannot fake kick the ball.

**Violation by the Kicker** will result in a Free Kick awarded to the opposing team. If a goal is scored on the violation, it will be voided.

**All other players** must be 10 feet away from the ball (a player wall may be formed at the top of the goal box). If the defensive team is within 10 feet of the kicker when the ball is kicked, an official will determine if the defense distracted or impeded on the kickers shot. If the official determines the defense distracted or impeded the kick and no goal was scored, the kicker will retake the shot with no player wall allowed. All other players must stand outside of the penalty kick zone, for the duration of this shot.

## Tie Games in League Play

There will be no overtime OR penalty kick shootout for games that end in a tie, at the end of the regulation time. Games will conclude as soon as the clock hits 0.

## Infractions

**There are two types of infractions: a foul and a violation.** A **foul** occurs when a player performs an action that has been unsafe. A **violation** occurs when a player commits an act that is not allowed. *All fouls and violations that happen inside the penalty box will result in a penalty kick.*

**Fouls** - At the time of a foul, the player and team who committed the foul will be marked for their foul and a Free Kick (at the point of the infraction) will be awarded to the opposing team. Each player is allowed a total of 5 fouls per game and on the 6th foul they will be ejected. Each team is allowed six (6) team fouls per half. Penalty kicks will be given to opposing team on the 7th foul and every one thereafter (the 7th, 8th, 9th, etc.)

- A trip or attempt to trip an opponent with no clear intent to play the ball.
- The goalie diving feet first. Goalies will be allowed to dive as long as they do not dive feet first.
- A player charging an opponent in a violent and dangerous manner.
- Playing in a dangerous manner such as leaving your feet in the area of another player that could put the opponent at risk of an injury.
- A strike or attempt to strike an opponent.
- A player (not playing the ball) using bodily force to slow a player's progress. PLAYERS ARE ALLOWED TO SEAL OUT A PLAYER AS LONG AS THERE IS NO LEANING OR PUSHING OF THE OPPONENT.
- A player attempting to kick the ball while it is fully in the goalie's hands.
- Slide tackling.
- A contact High Kick
- A player holding or pushing an opponent.
- A player boarding or propelling an opponent into the perimeter wall.

**Violations** - If a violation occurs, a Free Kick at the point of the infraction is awarded to the opposing team. No fouls will be marked.

- A player intentionally handles the ball, e.g. carries, strikes, or propels the ball with hand or arm (This does not apply to the goalie in their own penalty area)
- A non-contact High Kick

## High Kick

A high kick will be called if the player's leg at full extension rises above the knee in any direction within 5 feet of another player.

## Goalie

- The goalie can only hold the ball inside of the goalie box. Once the ball is in the goalie's hands, they have only 5 seconds to put the ball back in play. Most fouls or violations that the goalie commits inside of the penalty box will result in a Penalty Kick, including: punting the ball, slide tackling, hand ball violations.

## Goalie continued

If the goalie takes longer than 5 seconds to put the ball back into play, a free kick will be awarded to the opposing team at the "3-Lines" violation mark.

If the Goalie leaves the box to get a loose ball, they can dribble into the goalie box and pick up the ball. However, a Goalie cannot release the ball from their hands begin dribbling it outside of the box and then dribble back into the box to pick it up. Goalies are also not allowed to pass the ball off the wall to themselves and then pick it up again.

## Free Kick

When play is stopped for fouls or infractions, play will be restarted with a free kick. All defending players must be at least 10 feet from the ball. The offense cannot displace the defensive players making a wall; However, offensive players can stand around the perimeter of the wall. Offensive players may also stand next to the player taking the free kick. The kicker has 5 seconds to play the ball after being signaled by the official. Failure to do so will result in the ball being turned over to the opponent. The kicker cannot touch the ball twice until it is touched by another player. A violation by kicker will give the ball to opposing team. A goal CAN be scored directly from a free kick depending on the location the ball is restarted at.

## Yellow Cards/s

**Yellow Card** - Every three fouls by a player will result in a yellow card. If a player receives a Yellow Card, they must sit out (on their bench) for one minute, allowing the opposing team to play one player up. Two yellow cards equals a red card and a red card is an automatic disqualification.

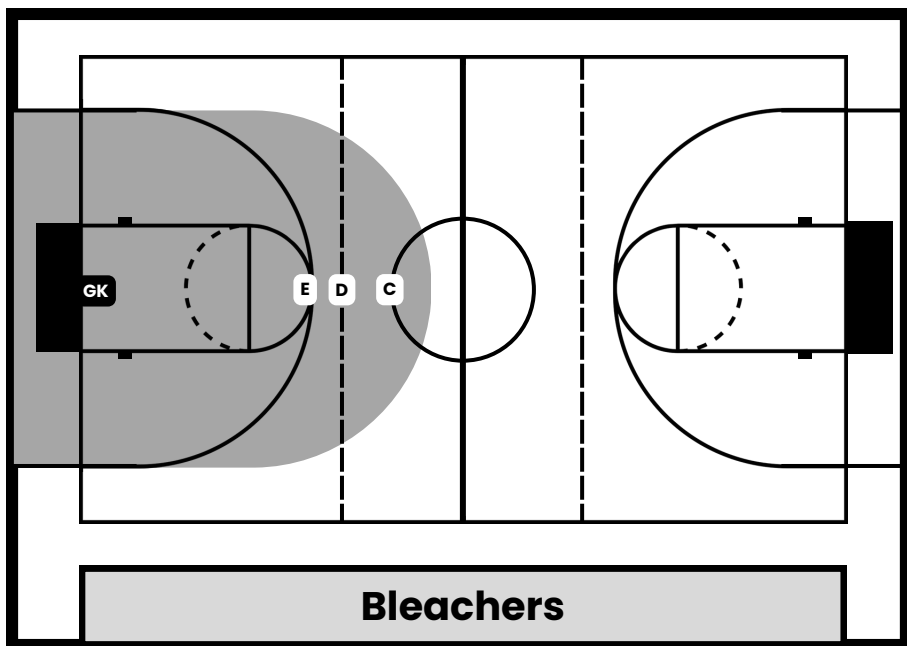
A player will be given a Yellow Card and a free kick will be awarded to the opposing team for the following offenses:

- He/she persistently violates the rules
- Unsportsmanlike conduct including foul language/gestures
- If a player is given a yellow card, and their coach wants to replace them, he/she CANNOT be replaced immediately even if subs is called. The player entering for this cautioned player must wait for the 1 minute penalty before entering the game. Once the 1 minute is up, the substituting player can go directly into the game. They do not need to wait for a dead ball to get in the game.

**Red Card** - A player who is given a Red Card will be ejected from the game. The ejection will allow the opposing team to play one player up for 4 minutes. After the 4 minutes is up, the ejected player can be replaced by a player from the bench. A player will be given a Red Card for the following offenses:

- He/she is guilty of violent conduct or a serious foul play
- He/she uses excessive abusive language/behavior/unsportsmanlike behavior
- He/she persists in misconduct after already receiving a Yellow Card
- He/she receives a second unsportsmanlike conduct warning
- He/she strikes/punches/pushes a defenseless opponent
- Two intentional slide tackles

# Penalty Kick Clarification



If a foul/infraction is committed by the defending team, in their own penalty area (Goal Box), a penalty kick will be awarded to the opposing team.

**The Kicker** will kick from the mark designated for their division. The kicker must kick the ball towards the goal and may not play the ball twice in a row. The kicker cannot fake kick the ball.

**Violation by the Kicker** will result in a Free Kick awarded to the opposing team. If a goal is scored on the violation, it will be voided.

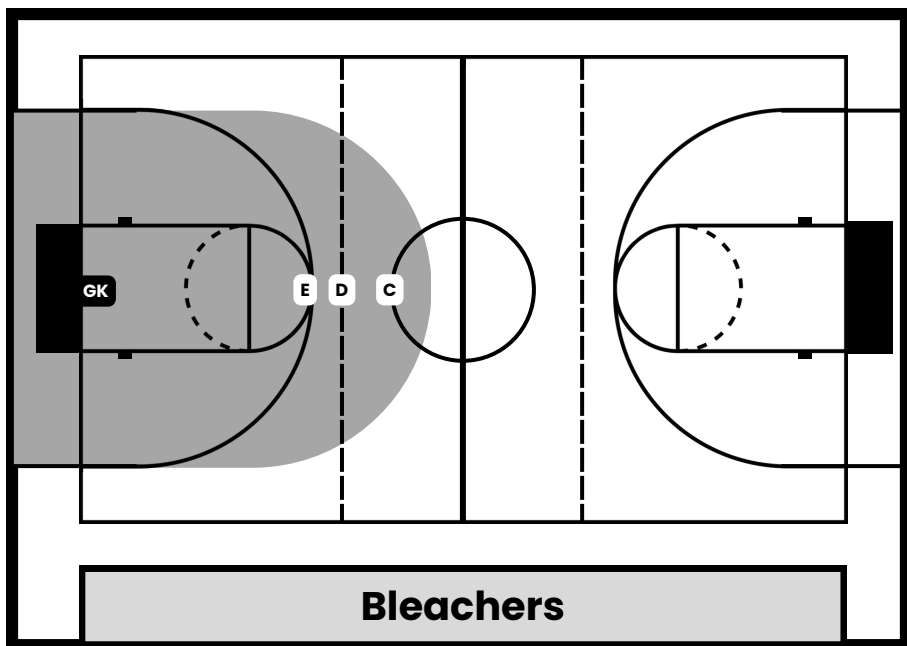
**The Goalie** must stand on the goal line. If the goalie moves off the goal line before the kick, and a goal is **not** scored, the shot will be retaken. If the goalie moves off the goal line before the kick, and a goal **is** scored, the goal will be counted.

**Violation by the Goalie** will result in a retake for the kicker, if a goal is not scored.

**All Other Players** must be outside of the penalty kick area (grey area in diagram above). Players can only move into play after:

- The ball hits the goal post
- The ball is deflected by the goalie

# Penalty Kick Clarification continued



**The Ball** will only be considered a live ball if it is deflected by the goalie or it hit the goal post. The kicker CANNOT be the next touch. If the ball hits the wall, the backboard, another player or any other area it will be considered a dead ball and a goal kick will be awarded to the defense. Both teams (other than the goalie and the kicker) may not move unless the ball is deflected by the goal or hits the goal post.

**Violation by the Defensive Team** the penalty kick will be retaken if a goal is not scored.

**Violation by the Attacking Team** if a goal is scored, it will be voided and a free kick will be awarded to opposing team. If a goal is not scored a free kick will be awarded to opposing team.

**Violation by Both Teams** simultaneously will result in the kick will be retaken.