

The Arena Soccer Rules

GENERAL

Unless otherwise specified herein, rules default to the California State Soccer Federation, United States Indoor Soccer Federation, and/or FIFA Laws of the Game.

PLAYERS REGISTRATION

All players must have completed online registration with fees paid and waivers acknowledged. A current individual registration YMCA ID Card is required and the player must be on the team roster. If a team is caught using an illegal or unregistered player the team may forfeit that game by losing the points.

All rosters will be frozen. NO Adding or Dropping players without YMCA approval.

All players must play in at least 3 regular season games to qualify to play in the playoff games.

THE FIELD OF PLAY

All fields are turf with infill rubber.

THE BALL

Size 5 – Standard Outdoor Ball

ALL GAME BALLS WILL BE PROVIDED BY THE ARENA.

NUMBER OF PLAYERS

All Men's or All Women's Divisions: five (5) field players and one (1) goalkeeper – (6 vs 6) IN ORDER FOR THE GAME TO START BOTH TEAMS MUST HAVE MINIMUM OF FOUR (4) PLAYERS ON THE FIELD INCLUDING A GOALKEEPER.

CO-ED Divisions: shall have (3) males and (3) females on the field. Goalkeeper can be any player male or female. IN ORDER FOR THE GAME TO START BOTH TEAMS MUST HAVE MINIMUM FOUR (4) PLAYERS ON THE FIELD INCLUDING A GOALKEEPER AND ONE (1) FEMALE MINIMUM AT ALL TIMES.

BORROWING PLAYERS

Borrowing players is **NOT** permitted unless the opposite team manager and/or captain agrees.

GAME LENGTH

2 – 22-minute halves. 1 minute half time.

PLAYER EQUIPMENT

Shin guards are mandatory for all players and must be completely covered by socks.

Footwear: Indoor flats, turf shoes, and cleats are permitted. Cleats with metal spikes are not permitted.

Dangerous Jewelry is not permitted/Apple Watch & Fitbits must be covered with sweatband.

Hard Casts are not permitted.

Safety eyewear or glasses are permitted.

A player shall not wear anything that is dangerous to another player. It is at the referee's discretion on decisions regarding anything that could be considered dangerous.

ID Cards are required to play. They can be purchased at the YMCA front desk for a one-time fee of \$10.

TEAM EQUIPMENT

1. All teams must have team uniforms that are the same in color.
2. All teams must bring an alternate color shirt. In the event of a color clash, the designated home team must change. **The manager must carry 2 sets of different colored jerseys to avoid color clashes. YMCA will have bibs, but a team could have worn them before your game.**
3. Usual equipment of a player is: Jersey or T-shirt, Shorts, socks, shin guards, and footwear.
4. Goalkeepers must wear colors that will distinguish him from all other players and referees.

TEAM/PLAYER/COACH RULES & VIOLATIONS

1. Only two (2) rostered managers are permitted behind player bench, and **ABSOLUTELY no one except participating rostered players and managers are permitted behind bench during games.** Suspended players or managers are not permitted on the bench. The game can be stopped and/or forfeited if the team has unauthorized managers, players or spectators on their bench during the game.
2. Players or managers using profanity against the arena officials, timekeepers, employees, or management will be suspended from the facility.
3. **PLAYERS OR MANAGERS RECEIVING A RED CARD BEFORE, DURING, OR AFTER A GAME ARE AUTOMATICALLY SUSPENDED FOR THE NEXT GAME AND MAY BE SUSPENDED FOR ADDITIONAL GAMES PENDING A REFEREE REPORT. AN INVESTIGATION WILL FOLLOW REGARDING THE INCIDENT (S), SO PLEASE DO NOT ADDRESS THIS MATTER AT THE FRONT DESK AFTER THE GAME, AS NO EXPLANATION CAN BE GIVEN UNTIL COMPLETE REFEREE REPORT HAS BEEN TENDERED WITH THE ARENA MANAGEMENT.**
4. Any PLAYER or MANAGER red carded MUST LEAVE THE PLAYER BENCH AREA before the game can restart and might be asked to leave the facility if he/she continues to misbehave.
5. Any team playing suspended players will forfeit game, and such players shall be suspended for the REMAINDER of the season.
6. Fighting or instigating a fight will NOT BE TOLERATED. **Games may be terminated due to both teams fighting and an investigation will follow after the referee report has been tendered.** Red carded players will be suspended.
7. Sportsmanlike behavior is required at all times ON and OFF the soccer field. The YMCA reserves the right to dismiss any disruptive people from the facility.
8. Managers are responsible for their players/spectators of the team. Spectators entering the field of play during a game for any reason shall result in a game forfeiture for that team and possible dismissal from the league.
9. If a player, manager and /or spectator receives a red card, he or she has five (5) minutes to leave the field of play, bench area and/or the facility. The management of The Arena determines if the person receiving a red card needs to leave the premises. Any person refusing to leave the field of play and/or property will cause their team to forfeit that game.

LEAGUE PLAY STANDINGS TIEBREAKERS

Teams in all leagues will receive 3 points for a win, 0 points for a loss, and 1 point for a Tie. In the event of a tie at the end of the regular season, final standings will be determined by the following succession of tiebreakers.

1. Head to Head of the tied teams
2. Point Difference of the tied teams
3. Goals for of the tied teams
4. Coin toss if necessary

If, any playoff matches, the game is tied at the end of regulation. Teams will go to a penalty shoot-out. Five (5) penalties will be assigned per team, if still tied teams will take one (1) "sudden Death" penalty kick. In co-ed divisions at least two (2) female players are required to take the penalty kick.

SUBSTITUTIONS

Substitutions may occur on an unlimited basis and "On the Fly", provided the player leaving the field and the player entering the field do not participate in play while they are simultaneously on the field of play. Please make sure all doors are closed. Could result in a team foul.

LATE TEAMS

Time clock will start at designated game time and ONE (1) goal will be awarded to the opposing team for every FIVE (5) minutes thereafter that team is late or has less than minimum number of players.

ONE (1) additional goal will be awarded up until FIFTEEN (15) minutes have elapsed from the time clock. In the case of the latter, the game would then become a forfeit and a friendly game may be played. The final score in the event of a forfeit will be 3-0.

TIME CLOCK

1. All games are played with a continuous running time clock.
2. Only REFEREES, TIMEKEEPER, or THE ARENA EMPLOYEES are permitted to operate time clock.
3. UNAUTHORIZED STOPPAGE of the time clock by managers or players will result in a time penalty for that team.
4. The clock may be stopped for an INJURY or LOST BALL by referee.
5. At the referee's discretion, in a one (1) goal differential or possibly a tie game, the clock may be stopped at the last two (2) minutes of a game if he/she feels a team is purposely wasting time. The clock WILL stop anytime at all dead balls at the referee's discretion.

REFEREES

1. The referee on the field is responsible for the control of the game and has authority from the moment he/she is in the vicinity of the field until he/she leaves the area.
2. Referee's decisions regarding play are FINAL. The front office has No Authority.
3. Dissension and/or abusive language directed towards referees will not be tolerated. Violators will be penalized. Zero Tolerance.
4. All other inquiries will be attended to in the proper manner in writing. Please address to the League Coordinator at the facility address.

OUT-OF-BOUNDS

Perimeter (netting): the ball is put back into play one yard from the perimeter of the field where the ball went out of bounds.

Ceiling: the ball is put back into play directly below where the ball hit the net. Balls that hit the ceiling in the section of the field by either goal is either a corner kick or is given to the goalie to play out depending on which team possession belongs to.

FREE KICKS

All free kicks are direct kicks with no exception. A minor foul (indirect outdoors) that occurs in the penalty area will result in a direct free kick taken from the top of the penalty box. **Opposing teams must yield 15 feet (5 yards).** Teams have 5 seconds to get the ball in play from the time the referee prompts for the kick.

FOULS & MISCONDUCTS

1. A foul outdoors is a foul indoors.
2. Sliding and slide tackling on a player or an area is not allowed, and it could and is punishable by two (2) minutes penalty for the player committing slide tackle.
3. If a player's knee touches the field it would be considered a foul and a free kick will be given to the other team.
4. Offside does not apply indoors.
5. Denying a goal scoring opportunity is not a mandatory red card, but can be deemed so by the referee.

***THREE LINE PASS**

The ball cannot be kicked OR thrown, in the air, over all three lines towards the attacking goal without touching the wall, the floor, any player, or the referee. (Restart – Direct Free kick in the center of the first white line traveled).

GOALKEEPER DISTRIBUTION/GOALIE THROW

1. Play restarts with a goalkeeper distribution by hand after an attacking player has last touched the ball before crossing the perimeter wall, for any infraction committed by the attacking team in the Penalty Arc.
2. Goalkeeper must play the ball within 5 seconds of receiving the ball into his/her hands or referee whistle.
3. The goalkeeper can NOT punt the ball over three lines (see three line rule*)
4. Pass back to the goalkeeper is called the same as outdoors.
5. The goalkeeper may NOT, under any circumstances, bring the ball into the goal area from outside the goal area, and pick it up with his/her hands.
6. Once having the control of the ball in his/her hands and having released it to be played; the goalkeeper cannot handle the ball again until it has been touched by an opponent.
7. Deflections are permitted, provided it is unintentional.
8. At any time, the goalkeeper is NOT allowed to slide outside the penalty area.
9. If the goalkeeper releases the ball into his feet, the 5 second count will stop and if the goalkeeper fails to play within 5 seconds while holding the ball the opponent will receive the free kick on top of the penalty area.

KICK-OFF

Kick-off is by the home team in the first half, visiting team in the second half. All kick-offs are a direct free kick.

ADVANTAGE RULE

The Referee reserves the right to allow 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.

Flagrant Fouls: A free kick is awarded for the following Fouls committed by a defender in his or her defensive half of the field:

- (a) A Foul within the Penalty Arch or Goal for which he receives a Time Penalty;
- (b) A Foul from behind against an attacking player, having control of the ball and one or no defensive players between himself and the Goal; and
- (c) Any Foul where he or she is the last player on the team between the attacking player with the ball and the Goal.

FOUL COUNT

Scorekeepers will track all fouls including cards. Once a team commits 6 fouls, the opposing team will be awarded a penalty kick. After the 6th foul, every 2nd foul afterwards will result in a penalty kick. Scorekeeper will indicate to the referee when a penalty kick is to be awarded. Foul count resets at half time.

BLUE CARD OFFENCES

Unless otherwise provided below, the Referee issues a Blue Card for serious Fouls and Unsporting Behavior (by a player) and for:

- (a) Deliberate Handball or Handball by a Goalkeeper;
- (b) Goalkeeper Endangerment;
- (c) Boarding;
- (d) Any Foul by the Goalkeeper during a Shootout.
- (e) A foul committed against a female player from a male player will be blue carded up to the referee's decision. Not all fouls against a female player will result in a blue card only those deemed necessary.

CAUTIONABLE OFFENCES (YELLOW CARD)

The Referee issues a Yellow Card for reckless Fouls and for:

- (a) Second Blue Card;
- (b) Unsporting Behavior by any non-player personnel;
- (c) Provoking Altercation: Making physical contact with an opponent (e.g., pushing or poking), short of fighting, or using the ball in so doing.

EJECTIONABLE OFFENCES (RED CARD)

A person receives a Red Card for Fouls, which the Referee considers violent or committed with excessive force, and for:

- (a) Third-Time Penalty;
- (b) Elbowing: Intentionally elbowing an opponent above the shoulder;
- (c) Vicious Slide Tackling: A tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him;
- (d) Fighting;
- (e) Leaving Team Bench or Penalty Area to engage in confrontation with the opposition or a Game Official;
- (f) Extreme Unsporting Behavior: Committing particularly despicable behavior, including:
 - 1. Spitting at an opponent or any other person;
 - 2. Persistent use of extremely abusive language or behavior toward a Game Official;
 - 3. Bodily contact with a Game Official in dissent.
 - 4. KICKING THE WALL AND SLAMMING THE DOOR GOING IN AND/OR OUT OF BENCH.

If a player receives a red card during any game, that player will be suspended from all league until the suspension is over. A league director or a designee will decide ALL suspensions and their decision is final.

Should any of your players and/or managers, participate as a field player and/or leave your players box, to participate or break up an altercation, the game will be immediately terminated, resulting in an immediate forfeit.

TIME PENALTIES

The following penalties apply to offenses for which a Card is issued (subject to further action by the Administrative Authority):

(a) Blue Card: 2-minute Time Penalty; no substitutes; can go back in at end of 2 minutes or opponent goal

(b) Yellow Card (Straight Yellow or 2nd Blue): 4-minute penalty to the player; no substitutes; can go back in at end of 4 minutes or opponent goal

(d) Red Card (Straight Red, 2nd Yellow, or 3rd Blue): 5-minute Time Penalty for the team and ejection.

*If a player receives a RED CARD the team serves the entire 5-minute time penalty regardless of how many goals the opponent scores. All players serve their own time penalties. If a goalkeeper receives a blue card his/her teammate can serve the time penalty for the goalkeeper (must be same gender player for COED) but if a goalkeeper receives a YELLOW card or RED card that goalkeeper needs to serve his/her own time penalty and it's not allowed to re-enter until a dead ball stoppage.

SHORT-HANDED PLAY

For each Time Penalty being served by a player, his or her team plays with one fewer field player until its expiration; provided that, a team may not have fewer than the minimum required, 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 or her team continues to play with the minimum while he or she joins his teammates on the bench.

TIME PENALTY EXCEPTIONS

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

(a) 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 otherwise prohibited, and the player's Penalty or Penalties are wiped out. If the team has two players in the Penalty Area, only the player whose Time Penalty or Penalties are recorded earlier is affected.

(b) Multiple Penalties: If two teammates are serving Time Penalties when another teammate is penalized, his Time Penalty does not begin to count down until at least one of the teammates' Time Penalties has expired and his or her Time Penalty is next to begin.

(c) Simultaneous Penalty/Ejections: When two simultaneous Blue & Yellow Cards carrying the same Time Penalties are assessed to opposing players, a FULL 2-minute Time Penalties are served regardless of any team scoring. When two simultaneous Red Cards carrying the same Time Penalties are assessed to opposing players, their Time Penalties are NOT served.

(d) End of Game: All Time Penalties carry over between periods and expire at the end of the game.

DELAYED PENALTY

If an offense is committed against the team in possession of the ball, the referee at his/her option may call a delayed penalty. A delayed penalty will be signaled by the referee holding the appropriate color card with arm extended over his/her head. Upon the team whom the delayed penalty has been called against gaining possession of the ball, the referee will blow play dead, and assess the full penalty time. If a goal is scored while a delayed penalty is in effect, the non-coincidental penalty with the least time remaining is terminated. If no player is currently serving a penalty, the goal scored will cause a minor delayed penalty to be terminated, and no time will be served. That penalty will be included in any cumulative penalties assessed against a player. If a player is assessed a delayed penalty that would

result in a red card, the full five minutes will have to be served; a scored goal will not cause the red card penalty to be terminated. If one or more players are already penalized, the penalty with the least time remaining will terminate, and the player whom the delayed penalty has been called will serve the full amount of penalty time

TOO MANY PLAYERS ON THE FIELD

Players may be changed at any time from the players' bench, provided that the player or players leaving the field shall always be at the players' bench and out of the play before any change is made. Being at the players bench is defined as within an arm's length of the door. If, in the course of making a substitution, either the player entering or leaving the game DELIBERATELY plays the ball, or makes any physical contact with an opposing player while the retiring player is actually on the field, then a minor penalty for "too many players" will be called.

PENALTY KICK

- (a) The ball is placed at top of the penalty box.
- (b) The Goalkeeper has both feet on or behind his Goal Line until the ball is in play; and
- (c) The player taking the Penalty Kick may not touch the ball again until after it touches another player (DOUBLE TOUCH)
- (d) Anyone may take the penalty kick except those currently serving a penalty.
- (e) All other players on the field need to be behind the half-line. No player can cross the line until the ball is put in play. Shooter may only take 2 steps back.

FREE KICKS & RESTARTS

For any infraction of the rules, a free kick shall be awarded to the offended team. A goal may be scored directly into the attacking team's goal from a free kick or any other restart. A team will have five (5) seconds to restart play after having been signaled to do so by the referee. If the team does not put the ball in play in the allotted time then possession of the ball is awarded to the opponent. Opposing team **MUST** yield 15 feet. The 15 foot distance is automatic and don't need a whistle. Interfering with the taking of a free kick or any other restarts will result in a two (2) minute penalty Restart in the event of injury. If there is no other reason for a restart (i.e. foul), the last team to possess the ball will restart at the point of the last touch.

METHOD OF SCORING

A goal is scored when the whole ball passes completely over the goal line providing no infraction has been committed by the attacking team. One (1) goal will be awarded for each goal scored (all leagues).

CORNER KICK

When the defending team kicks the ball out of play over the end line, the attacking team will get a corner kick. The corner kicks should be taken from the marked spot on the field. A goal can be scored directly from a corner kick. Defenders must stand 5 yards away from ball on corner kicks.

ALCOHOL

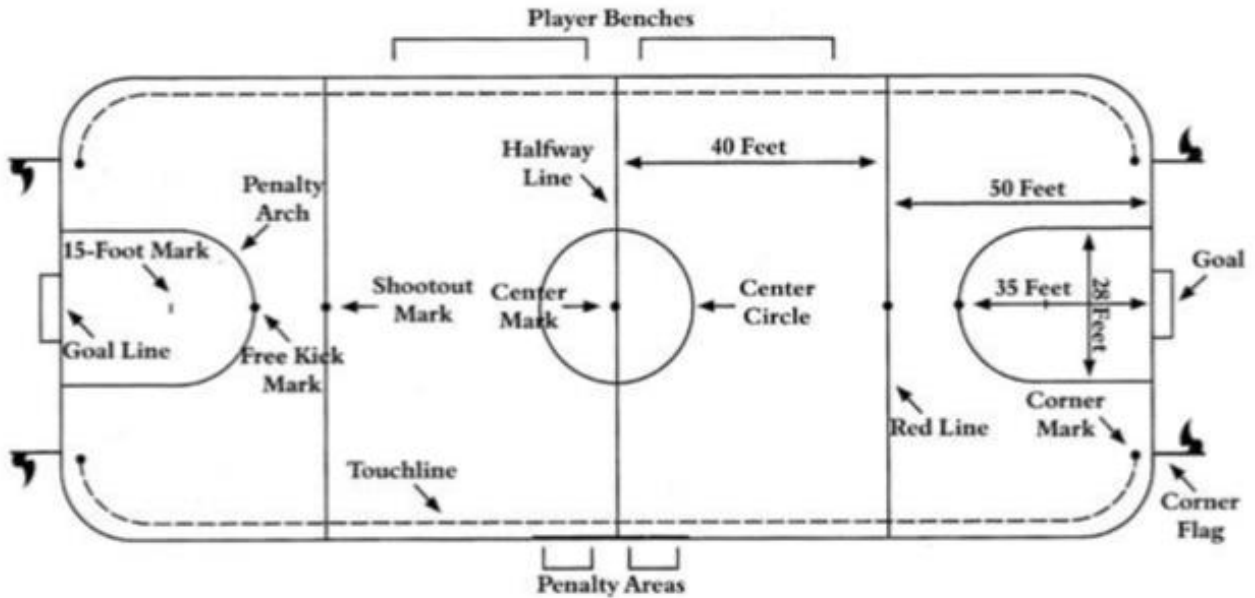
If any player/spectator/manager that is drinking or have alcohol on the premise during the game will be ejected from the game and the game will be ended and forfeited and that person will be suspended from the league.

FINAL THOUGHT

Soccer is a game of skill, technique, physical endurance, competition, sportsmanship, fun and fair-play, but nevertheless it is a contact sport. If for any reason you feel you may get hurt on the field, then it is advisable that you do not participate.

The Arena has a right to change and adjust the rules at any time with a proper notice.

OFFICIAL FIELD DIAGRAM



REFEREE SIGNALS

