



ADULT INDOOR SOCCER

REGISTRATION, RULES AND PROCEDURES

(Revised May 2026)

**HIGHLANDS RANCH COMMUNITY ASSOCIATION
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I. - GENERAL LEAGUE RULES: ELIGIBILITY, PHILOSOPHY

1.01 INDOOR SOCCER RULES

All HRCA Indoor Soccer League games will be played in accordance with the Official Rules ("Official Rules") except where deviations from those rules have been authorized by the HRCA Sports Department (the "Sports Department") as reflected herein.

1.02 ELIGIBILITY

HRCA Adult Indoor Soccer is designed for both male and female players age 18 and older, and to both HRCA Members and Non-Members, subject to the priority system outlined in section 2.02 below. HRCA Membership is open to Highlands Ranch residents living in designated neighborhoods.

1.03 PHILOSOPHY

All sport programs offered by Highlands Ranch Community Association are based on fun and participation. We realize there is a competitive situation when two teams are playing each other, but winning is not our primary goal. We expect coaches, spectators and team members to participate with this philosophy in mind. HRCA has a zero tolerance policy for coach, player and spectator misconduct.

II. - BASIC LEAGUE DETAILS

2.01 LOCATION AND RULES

Games will be played at the Westridge Recreation Center and will be subject to that facility's rules. Games will be conducted as provided in the Indoor Official Rules, except as modified by the Sports Department as reflected in this document. The Indoor Official Rules, especially on penalties and playing rules, provide more information than provided below. All participants are responsible for reviewing and understanding those rules.

2.02 REGISTRATION PRIORITY SYSTEM

PRIORITY ONE – Returning teams will have priority for registration. A returning team is a team that has played in our league within one calendar year. **NEW IN 2023-IF YOUR TEAM HAS FORFEITED 2+ GAMES IN A SEASON, THEY ARE NO LONGER PRIORITY ONE, BUT INSTEAD PRIORITY TWO.**

PRIORITY TWO – Once Priority One registration begins, remaining spaces will be filled on a first come, first served basis regardless of membership status.

More detailed rules and procedures can be found in the Activity Guide or from the Sports Department.

2.03 ELIGIBILITY

1. Indoor Soccer Leagues are gender-specified, based on what league is offered. Information can be obtained from the Sports Department concerning gender and appropriate leagues.
 - a. COED RULE Teams are required to have a minimum of four (4) three (3) male or female and one (1) of the opposite sex, on the field at all times. Goalkeeper may be of either sex and counts towards the minimum number of players.
2. Participants may play on one team per league per day. Individuals may not appear on two Roster Forms on the same league. If an individual wishes to transfer to another team that is playing in the same league/day - the team captain must authorize the "release" of the individual by contacting the Sports Department 24 hours before game day. Once the individual has been released from the original roster by the team

- captain, the individual may be added to another teams roster provided the rosters are not "frozen". An individual may transfer onto another team once per season/league.
3. Only players properly enrolled in the indoor soccer league and properly included on the team roster before their first game are allowed to participate. The Sports Department may make exceptions in extreme cases. League Supervisors also have authority to verify and determine final eligibility.
 4. Use of a non-eligible player shall result in a forfeit. League Supervisors have the authority to call a forfeit, and the Sports Department will review any forfeits declared as a result of a non-rostered player. Questions about use of players not on the initial roster may be addressed to the Sports Department.
 - i. The use of a non-rostered player to meet the minimum number of players to compete is not allowed. To avoid a forfeit, a team must have a least four rostered players with a minimum of one male and one female player. If the minimum number of players present to start game exists, then a player can be used from another team to temporarily complete the team up to a maximum of two (2).
 5. I.D.'s can be checked at any time to verify a player's identity. Only the Captain can request to see the I.D. of an opposing player; the captain must do this through the League Supervisor. League Supervisors may also ask for identification to determine eligibility. If a player attempts to defraud the League Supervisor or does not have an I.D. at the time of request, a forfeit will be declared.
 6. Players must have played in one (1) game and have properly signed the team roster by the end of the regular season to be eligible to play in the post season playoff. The HRCA Sports Department will not be making any exceptions for playoff eligibility.
 7. Safety: If a player requires medical treatment/attention/equipment (bandages, ice packs, wraps), said player must fill out a HRCA Accident Report. This is to ensure that HRCA is taking the proper steps to ensure player safety, especially regarding medical supply-treated injuries. If the player feels that they are fit to play once again following utilization of rest and medical supplies, they must sign fill out on the scoresheet the time departed from the game, the time returning to the game, cause of injury, and signature of feeling fit to play. At the request of any player, a lifeguard can also be called to provide assistance.

2.06 LEAGUE FORMAT

1. Regular season structure will be a round robin format; which may be followed by a tournament at the discretion of the Sports Department.
This tournament is not guaranteed. In the event of a cancellation by the Sports Department, the tournament will not be rescheduled or refunded.
2. All schedules will be played as published unless modified by the Sports Department.

III - UNIFORMS AND EQUIPMENT

3.01 UNIFORMS

1. All players must provide their own game jerseys and be uniformly dressed and with matching jerseys (all teams must wear like color jerseys). Players that do not follow this will not be allowed to participate in the game. Players may be offered to wear "distinctive clothing" in order to comply with the rule. This shall be handled by the League Supervisor.
 - a. In the event of two similar-uniformed teams are to play, the away team will bring an alternate color (i.e. Red vs. Orange - Orange brings white or another color that is not as close to red).
2. At the discretion of the Referee or the League Supervisor, either team shall change its jerseys if the colors of the competing teams' conflict. Or if any team is not wearing like colored jerseys, the Referee will require the team to wear "pennies."

3. Each player listed in the lineup should wear an individual identifying number eight (8) inches in height on the back of the jersey. All numbers assigned must be whole numbers between 0-99.
4. The HRCA reserves the right to approve all team names and logos. If either does not comply with the family-oriented mission of the HRCA (at its discretion), the team will be asked to change jerseys immediately or forfeit the game.
5. Goalkeepers must wear a jersey that is a different color than his team-colored jersey. The goalkeeper jersey may incorporate the team color within the jersey as a secondary color. The jersey must likewise have a number on the back, at least eight (8) inches in height, and may be either long sleeved or short sleeved.
6. Players may wear either shorts or long pants during play. Shorts or pants do not have to match the jersey color but must be in good repair. If a player's jersey, shorts, or pants are not in good repair, he must replace them before being permitted to play.

3.02 EQUIPMENT

1. Players are personally responsible for wearing protective equipment for games. All players must have their own shin guards.
2. Players that do not have shin guards are not permitted to play. Either the Referee or the League Supervisor shall enforce this rule.
3. If a player refuses to wear shin guards, that player will be ruled ineligible, and the consequences as dictated in rule 2.03 shall be assessed.
4. A first aid kit is available at the equipment desk; however, it is strongly recommended each team provide its own.

IV. – STANDINGS AND GAMES

4.01 STANDINGS

1. WINNERS/STANDINGS: The team scoring the greater number of goals during the game shall be declared the winner. Division standings will be determined based on the total points earned by each team during the regular season. Teams will receive 3 points for a win, 1 point for a tie, and 0 points for a loss.
2. TIE BREAKERS: Regular season division winners are determined by:
 - 1) Forfeits
 - a.) If a team in the tie breaker has forfeited, they will be dropped from the tie breaker.
 - b.) If both teams have a forfeit, then go to step 2.
 - 2) Winning percentage.
 - a.) If teams are tied the team with the higher winning percentage will be given the higher seed.
 - b.) If teams are still tied move to step 3.
 - 3) Head-to-Head competition
 - a.) If teams are tied the team with the better record in the head-to-head games between those tied teams will be given the higher seed.
 - b.) If teams are still tied, then go to step 4.
 - 4) Fewest goals allowed in total games for the regular season. If teams are still tied go to step 5.
 - 5) Coin flip, conducted by the Sports Department.
3. FORFEIT RULE: Game time is forfeit time. Teams will be given up to 5 minutes after forfeit time to take the field. The game clock will begin at the stated start time. If a team does not have enough players to take the field after the 5 minutes, then they shall forfeit the match. NEW IN 2023-If your team has forfeited 2+ games in a season, they will not be eligible for priority registration and will have to wait for priority two.

4.02 GAME TIME, TIME-OUTS AND OVERTIME

1. GAME DURATION: The game will consist of two (2) 23-minute halves, with a 2 minute break between halves. A game will be considered a forfeit if the minimum number of players are not present within three (3) minutes of scheduled game time.
2. RUNNING TIME/STOPPED TIME: The clock will continuously run, but will stop for team and official time-outs only.
3. TIME-OUTS: Each team will receive one (1), 1-minute time-out per half. Timeout can only be called while the Goalkeeper has clear possession of the ball.
4. ENDS OF FIELD: Each team shall defend the goal closest to its players' bench to start the game. The teams shall switch ends to begin the second and third period, but not overtime. During the pre-game warm-up and before each period, each team shall confine its activity to its own end of the field.
5. REGULAR SEASON REGULATION TIE: If the score is tied when time expires, a tie will be declared. No overtime period will occur.
6. TOURNAMENT GAME REGULATION TIE: If a playoff game is tied at the end of regulation time, teams will play one (1) five (5) minute overtime period until a goal is scored. The higher seed will receive the first possession in the overtime period. If no team scores during the first overtime period, teams will then compete in a shootout following the procedure of a shootout defined in the rules. Each team will select 5 players to participate, any rostered player is eligible to participate in the shootout. We will have a winner from the best out of 5 attempts. Each team will alternate a shooter until a winner is determined. The Higher seed will elect to either shoot first or second in a shootout.

V. - PENALTIES AND PLAYING RULES; CONDUCT

5.01 PENALTIES AND PLAYING RULES

1. Games will be played and officiated pursuant to the Modified Indoor Soccer Rules attached. All participants are responsible for becoming familiar with these rules.
2. If a player receives two yellow cards in one game, that player will be assessed a red card and will be asked to leave the match. **After receiving the red card, the player will be suspended for at least the next game.**
3. Any yellow and red cards assessed during the regular season will carry over throughout the season. If a player earns a second yellow card during the regular season, he will be suspended for the next game. Any player that earns a red card will be ejected from the game and will earn a mandatory one game suspension. If the suspension occurs during the last game of the regular season, the suspension will be for the opening game of the tournament.
4. During tournament play, all bookings will start over. Any yellow and red cards assessed during the tournament will carry over throughout the tournament. If a player earns a second yellow card during the tournament, he will be suspended for the next game. Any player that earns a red card will be ejected from the game and will earn a mandatory one game suspension. If the suspension occurs during a player's last playoff game, the suspension shall take effect for his first game returning the next season.

5.02 SUPPLEMENTARY DISCIPLINE

Good sportsmanship is required and will be always maintained. Accordingly, additional discipline includes the following:

1. SUSPENSIONS

- i. Any player ejected from the game for a red card will be automatically suspended for a minimum of the next one (1) game in which they are rostered. The Sports Department reserves the right to impose longer suspensions if it determines that the circumstances of the case so warrant, such as severity of the infraction, or history of the player involved. A second such suspension during the same season will result in the player being suspended for a minimum of the next three (3) games in leagues in which they are rostered, and a third such suspension in the same season may result in suspension for the following season or longer.
- ii. Suspensions will carry over to the next season if they cannot be served for the current season because of number of games left to be played.

2. MULTIPLE RED CARDS

- i. Three (3) red cards issued within a one (1) season will result in an immediate indefinite suspension, pending investigation. The suspension could be as much as one calendar year or a total ban, based on circumstances.

3. TOTAL TEAM AND INDIVIDUAL CARDS

- i. If a team collectively receives seven total cards (combination of yellow and red) or 3 red cards, that team will be suspended for the remainder of the season and forfeit the remaining games. They will also forfeit their playoff spot should they qualify.
- ii. If an individual receives a total of four yellow cards or two red cards during a season, they will be suspended for the remainder of that season. The HRCA Sports Department will determine if the player will receive a longer suspension that may result up to one year.

4. NO APPEALS

No appeals will be considered for players that have received red cards or multiple red cards.

5. SUSPENSION OR EARLY TERMINATION OF GAMES

1. If a team receives three yellow cards in one game, or two red cards, the game will be terminated and the team who received the yellow or red cards will receive a forfeit.
2. The Referee and League Supervisor, along with the Westridge Facility Supervisor on Duty will have the authority to terminate prematurely any game when they feel in their discretion that it is in the interest of safety to do so. Score at the time of the termination will be the final score, unless the leading team is primarily responsible for the termination, in which case the leading team shall lose by forfeit. If a team walks off the field prematurely, regardless of culpability, that team shall forfeit the game.

6. ZERO TOLERANCE STATEMENT FOR ADULT SPORTS

Verbal and physical abuse towards Officials, League Staff, or fellow players, as well as abuse of facilities will not be tolerated. Infractions will be grounds for immediate ejection and suspension from future HRCA league participation. The zero-tolerance policy applies to players, coaches, and spectators. Any League

Supervisor may immediately eject a player that commits any act or acts that are a detriment to the conduct or safety of the game. This includes any acts that are not witnessed by the Referee.

- i. In addition to the penalties and suspensions assessed under the above rules, the Sports Department may, at their discretion, investigate any incident that occurs in connection with any game and may assess additional suspensions for any offense committed before, during or after any game by a player or team official, whether or not such offense had been penalized by the Referee.

6. ALCOHOL OR DRUG ABUSE

Any player that is observed to be in possession of alcohol, illicit drugs, or paraphernalia during play shall be immediately ejected from the game. That person or persons will be escorted from the facility and may be subject to arrest, as determined by the Douglas County Sherriff's Department. Any player that is visibly intoxicated or under the influence of drugs will also be subject to ejection, removal from faculty and arrest.

5.03 CAPTAIN/MANAGER CONDUCT

In addition to the other rules and requirements regarding conduct found in the Official Rules and elsewhere herein, the following rules shall apply:

1. Captains are responsible for ensuring that every player on the team understands all rules and expected standards of conduct.
2. Captains are responsible for managing their team members and spectators before, during, and after games.
3. Failure to calm and remove an ejected player from the facility will cause the forfeiture of the game without warning. The Sports Department will not review protests involving this or any other type of forfeit situation.
4. Captains are responsible for informing ejected players of their suspensions.
5. Suspended players are not allowed to watch games during the duration of their suspension. Players playing while suspended will result in the suspension of that team's Captain for two (2) weeks and two (2) additional weeks for the non-compliant player. Players playing while suspended will also result in forfeits for every game played by the player while under suspension.
6. Captains can request the League Supervisor for a verification of opposing player identification. The League Supervisor will make the final decision for game time questions concerning eligibility.
7. Only Captains can communicate with the game official and league staff regarding league play. Players who disregard this rule are subject to immediate ejection.

Revised 6/15/21

Modified Indoor Soccer Rules for Adult Coed and Men's Leagues

Rule 1- The Field of Play

- All games will be played on the indoor field at the Highlands Ranch Westridge Recreation Center.

Rule 2- The Ball

- Any size "5" ball is accepted.

Rule 3- The Number of Players

Number of Players:

- A game is played by two teams of 6 players including the goalkeeper and with no less than 4 players. If a team is playing with less than 6 players the Coed Rule must be followed. If playing with 5 participants, then no more than 4 of one sex can participate. If playing with the minimum number of participants (4), then no more than 3 of one sex and 1 of the opposite sex can participate. Goalkeeper may be of either sex and counts towards the minimum number of players.
- Coed- a minimum of two male and two female players must always be on the field.
- If multiple penalties are served, there shall be a minimum of 4 players per team on the field including the goalkeeper.

Substitutions:

- UNLIMITED SUBSTITUTION: During dynamic play, substitutions may be made at any time on an unlimited basis, provided the player substituted for is within the touchline at their own bench area, or off the field of play within their own bench area, before the substitution is made. Notwithstanding the above, neither the player entering the field nor the departing player may participate in play and gain an advantage during a period of time when they are simultaneously on the field and the ball is in play. Such violation shall result in a 2 minute team power play penalty. It shall be the coach's choice as to which player serves the two (2) minute power play penalty which shall not accrue against that player for purposes of multiple accumulated time penalty ejection.
- GOALKEEPER SUBSTITUTION: Any teammate may change place with the goalkeeper at any time as per regular substitution procedures, provided that the goalkeeper wears a jersey that distinguishes them from the other players and the Referees.
- GUARANTEED SUBSTITUTION: During guaranteed substitution occasions, teams shall be allowed fifteen (15) seconds to complete all player substitutions. The restart of play will be delayed to allow completion of substitution(s) on the following occasions:
 - After a goal has been scored.
 - After a time penalty has been assessed.
 - On an injury timeout.
 - At any unusual stoppage acknowledged by a Referee.
 - After a team timeout or Referees' timeout.
 - Prior to the start of the second half, and any overtime period.
- SUBSTITUTION ON FREE KICKS, GOALKEEPER DISTRIBUTION, CORNER KICKS, AND KICK-INS: Free kicks, goalkeeper distributions, corner kicks and kick-in restarts shall not be delayed for substitution purposes. Substitutions may be made. Notwithstanding the above, if too many players are simultaneously on the field when the ball is in play and either player participates in play and gains an unfair advantage an illegal substitution violation resulting in a two-minute power play (as in Rule 3.4) shall be assessed.

Rule 4- Player Equipment

Equipment:

- **USUAL EQUIPMENT:** The equipment of a player (during the entire game) is a shirt, shorts, socks, shin guards, and indoor soccer footwear.
- **FOOTWEAR:** A player's footwear must conform to the following standards: Flat soled shoes or other footwear designed for artificial surface must be worn. No footwear with fewer than thirty (30) molded mini-studs shall be permitted. A player who loses a shoe during the normal course of play may continue to participate until the next stoppage in play.
- **SHINGUARDS:** All players must wear shin guards during play.

Rule 5 – The Referees

Every attempt will be made to provide 2 Referees for every game. In the event of a game with only one Referee, the same expectation of fair play, sportsmanship and respect from both teams is understood. The result of the game will count towards the league standings.

The Authority of the Referee

- The Referee's job is to oversee play of the two teams, making unbiased judgments as to the team's play in reference to the rules of the game, and to administer a safe arena of play.

Powers and Duties

- **POWERS:** Referees' decisions on points of fact connected with play shall be final so far as the result of the game is concerned. The Referee's power to assess penalties, and maintain control of the game, extends to violations of these rules committed during play, during stoppages, and as players and other team personnel proceed to and from the field of play. The Referee has the power to:
 - **WARN/PENALIZE/REPORT /CAUTION/EJECT:** From the time the Referee enters the arena, they have the authority to penalize or report any team, player, or bench personnel, as required by these rules, for fouls, time penalties, warnings, including all blue, yellow, and red card offenses, regardless whether the ball is "in play." Should a player simultaneously commit two (2) or more different violations, the Referee shall penalize the most serious violation.
 - **APPLY ADVANTAGE:** The Referee allows play to continue when the team against which an offense has been committed will benefit from such an advantage and penalizes the original offence if the anticipated advantage does not ensue at that time.
 - **EXERCISE DISCRETIONARY POWER:** The Referee has discretionary power to stop the game for any violation and to suspend or terminate the game by reason of the elements, interference by spectators, or other cause which they deem necessary. Prohibit entry onto field: The Referee ensures that no unauthorized persons enter the field of play. Bench personnel may enter the field of play at their team bench at a timeout or between periods.
 - **RESTART SIGNAL:** The Referee signals the restart of the game after all stoppages. A whistle is required for corner kicks, penalty kick, shootouts, kick off, and restarts at free kick mark. The Referee shall whistle to alert the timekeeper on goalkeeper distributions.
 - **HALT PLAY DUE TO INJURY:** The Referee may stop the game, if a player has been injured, and have the player removed from the field of play.

Rule 6 – Other Officials/Sports Staff

- **SPORTS CENTER STAFF:** A member of the Sports Staff shall assist the Referee in keeping a record of the game and keeping track of fouls. They will also act as the official timekeeper for the game and shall be equipped with an appropriate stopwatch. The timekeeper shall assist the Referees by operating the official clock and scoreboard.

Rule 7 – The Start and Restart of Play

- **BEGINNING THE GAME:** Each team will begin play on the side of their bench, and the visiting team shall take the kick-off. After the Referee has whistled, the game shall be started by a player taking a kickoff (i.e. a kick at the ball while it is stationary in the center of the field of play). Every player of the team opposing that of the kicker shall remain not less than fifteen feet (15') from the ball. Players from both teams shall remain in their own halves of the field until the ball is in play. The ball shall be deemed in play when it has been played (touched) in any direction. The kicker shall not play the ball a second time until another player has touched it. Playing the ball twice includes instances where a player taking the kick plays the ball off the perimeter wall to himself, before it has been touched by another player. A goal can be scored directly from a kick-off.
- **AFTER A GOAL HAS BEEN SCORED:** The game shall be restarted in like manner as beginning game by the opposing team.
- **AFTER THE END FIRST HALF:** The team that did not kick off the first half will kick off in the second half.
- **RESTART - CAUSE NOT MENTIONED:** In any situation where a team has clear possession of the ball when play was stopped for any cause not mentioned in the rules, the team with possession shall be awarded a free kick. When restarting the game after a stoppage of play for any cause not mentioned elsewhere in these rules and neither team was in possession, the Referee shall drop the ball at the place where it was when play was stopped and it shall be deemed in play when it has touched the ground. When restarting the game after a stoppage of play, which occurred while the ball was inside the penalty area, the Referee shall drop the ball at the free kick mark. Once the ball has touched the ground, a player may play the ball twice (or more times) in succession. A player shall not play the ball until it has touched the ground. If this rule is not complied with, the Referee shall again drop the ball.
- **FIVE SECOND PLAY REQUIREMENT:** Failure by a team to put the ball into play within five (5) seconds after the Referee has signaled the ball ready for play or by the blowing of the whistle, shall result in a possession turnover to the opponent.

Rule 8- Ball In and Out of Play

- **BALL IN PLAY:** The ball is in play at all times from the start of the game to the finish, including:
 - If it rebounds from a goalpost, crossbar, or perimeter wall into the field.
 - In the event of a supposed infringement of the rules until a decision has been made by the Referee.
- **BALL OUT OF PLAY:** The ball is out of play:
 - When it has wholly crossed the perimeter wall.
 - When it has made contact with any part of the building superstructure above the field of play. For such contact, the restart is a free kick to the opposing team at a point on the field directly below where contact with infrastructure occurred.
 - When the game has been stopped by one of the Referees.
 - In situations where the ball becomes lodged between sections of glass or the perimeter wall, it shall be considered put out of play and the Referees shall restart play with a drop ball.
 - If it rebounds off a Referee when he is on the field of play. – Drop ball for the team with prior possession

Rule 9 – Method of Scoring

- **LEGAL GOAL:** Except as otherwise provided by the rules, a goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the crossbar, provided it has not been thrown, carried or intentionally propelled by hand or arm, by a player of the attacking side, except in the case of a goalkeeper who was within his own penalty area when he legally propelled the ball.
- **SCORING:** All goals shall be of equal value, 1 point each goal. The team scoring the greater number of goals during the game shall be declared the winner. If the score is tied at the end of game, the result is a tie. No overtime during league play.

Rule 10- Delay of Game (Three Line Violation)

Delay of Game Violation

- **THREE LINE PASS:** If the goalkeeper, plays the ball over three lines (two yellow lines and halfway line) in the air towards his opponent's goal line, without it touching another player, the perimeter wall or a Referee on the field of play between the yellow lines, the Referee shall award a free kick to the opposing team at shoot-out mark of the first yellow line that the ball crossed.

Rule 11- Fouls and Misconduct

Examples in the back of the rulebook.

TIME PENALTIES: Time penalties shall be classified and noted as follows:

- **2-MINUTE POWER PLAY PENALTIES: (BLUE CARD , team plays down a player)**
 - Substitution violation, too many on field and active in play.
 - Boarding: using two hands against the boards to push an opponent with their own body.
 - Slide tackling involving opposing player.
 - Multiple misconduct penalties: On every third misconduct penalty assessed against any team (player or non-player) a two (2) minute power play penalty (Captain's choice) shall be served.

6 FOUL RULE

- Each team is allowed 5 fouls during the game. On the 6th foul of a team is penalized a 2-minute penalty. They must play a player down for 2 minutes, or until the opposing team scores. The foul count restarts after a team reaches 6 or prior to overtime. Blue, yellow, or red cards do not count as fouls.
- **5-MINUTE MISCONDUCT: (NON-POWERPLAY YELLOW CARD) :** A five (5) minute misconduct penalty shall be assessed against players who:
 - Show dissent- disapproval by word or action to decisions on the field.
 - Act in an unsporting behavior or recklessly fouls a player.
 - Who delays the restart of the game during a stoppage of play by intentionally kicking or throwing the ball off the field of play.
 - Illegal return of goalkeeper after injury stoppage.
 - Illegal return of player after injury stoppage.

- Deliberately handling the ball (other than goalkeeper) in an attempt to block a goal to be scored.
- Leaves penalty box prior to expiration of time penalty.
- Violates penalty kick procedures after a team warning.
- Interferes in shootout procedures.
- Striking and Spitting.

YELLOW CARD (5 Minute Misconduct)

- A player receiving a yellow card will serve a 5 minute penalty and remain in the penalty box for the full 5 minutes.
- When a coed team has only 2 female players and a female receives a yellow card, (including female goalkeeper) then the female player who receives the yellow card must serve the 2 minute penalty. In this instance only, the team will be allowed to continue play with only 1 female player on the field.

BLUE CARD (Power Play)

- A player receiving a Blue Card will serve a 2 minute penalty and remain in the penalty box for the full two minutes and the team may not replace them and play down. When the opposing team scores the player still must serve penalty but the team may replace the player to play with appropriate number of participants.
- When a coed team has only 2 female players and a female receives a blue card, (including female goalkeeper) then the female player who receives the blue card must serve the 2 minute penalty. In this instance only, the team will be allowed to continue play with only 1 female player on the field.

- **EJECTIONS (Red Card with Power Play):** A player or non-player shall be ejected and a five (5) minute power play penalty awarded for incidents of:
 - Violent conduct or serious foul play.
 - Using insulting, offensive or abusive language or gesture either on the field of play or from the bench.
 - Head butting.
 - Third person into an altercation.
 - First person off the bench joining an altercation.
 - Leaving the penalty box and joining an altercation.
 - Spitting on or at an opponent or game official.

RED CARD EJECTIONS with Power Plays

- A player receiving a red card will automatically be ejected and another player from the team will serve the 5 minute penalty and remain in the penalty box for the full 5 minutes or until a team scores.
- When a coed team has only 2 female players and a female receives a red card, then the game will be considered a forfeit.

SHOOTOUT: A shootout shall be awarded for any of the following:

- A foul from behind against an attacking player, having control of the ball and one or no defensive players between themselves and the goal.
- Any foul where they are the last player on their team between the attacking player with the ball and the goal.
- Any infraction from Rule 11 that takes place in the goalkeeper's arc.

- **EJECTIONS (Red Card without Power Play):** Accumulation of three (3) time penalties: If a player accumulates three (3) time penalties for a blue or yellow card during the same game they shall be ejected.

The following infractions listed below will not count toward team fouls:

- Unintentional handling of the ball.
- The goal keeper picks up the ball that was intentionally played back by a teammate with feet.

GOALKEEPER RESRICTIONS

- Goalkeepers not permitted to play ball with hands if it is deliberately kicked (interpretation) back to them by their own player. A player may pass back ball using head/ chest/ or knee. If below knee then foul. The player passing back shall be cautioned for misconduct, shown yellow card, and a kick is awarded to opposing team and place where infringement occurred or the top of penalty arc if in penalty area. Referees must decide if the pass back was deliberate attempt to keep the ball from opponent.
- Goalkeeper cannot receive the ball outside the penalty area and dribble into penalty arc to handle.
- If goalkeeper intentionally handles the ball to break up play or save a shot outside the arc is deemed severe in nature and a 2 minute power play awarded. If it is accidental, momentum carried him out, then no power play. The restart shall be a kick to the opposing team at the place where infringement occurred or the top of penalty arc if in penalty area.
- Goalkeeper cannot bounce the ball prior to restart.

GOALKEEPER PRIVILEGES

- **Obstructing Goalkeeper:** If a player intentionally obstructs the opposing goalkeeper in an attempt to prevent him from putting the ball into play, the Referee shall award a free kick.
- **Charging Goalkeeper:** In cases of body contact in the penalty area between an attacking player and the opposing goalkeeper not in possession of the ball, the Referee shall stop the game if, in his opinion, the action of the attacking player was intentional, and award a free kick.
- **Endangering the Goalkeeper:** A player who intentionally commits a foul against the goalkeeper which in the opinion of the Referee, falls short of serious foul play (ejection) but nevertheless endangers the goalkeeper beyond what is considered to be the normal hazard of play shall be assessed a two (2) minute power play time penalty.

RULE 12- RESTARTS-FREE KICKS

RESTART REGULATIONS AND RESTRICTIONS: If a team commits an infraction causing a stoppage of play, the opposing team is awarded a "free" kick restart. The Referee may allow a free kick to be taken from a point within a three-foot (3') radius of the point of infraction unless, in his opinion, a team gains an unfair advantage in which case the kick shall be retaken. Before a free

kick is taken, the ball must be stationary and the kicker shall have five (5) seconds within which to play the ball after being spotted and signaled to play by the Referee.

- A goal may be scored directly against either team from any restart.
- In case a free kick is taken from an opponent's free kick mark, penalty kick mark, shootout mark, corner mark, or otherwise controlled by the Referee, the Referee signals the restart with a whistle.
- Except for a drop ball or shootout, if the kicker, after taking the free kick plays the ball a second time before another player has touched it, a player of the opposing team shall take a free kick. Playing the ball twice includes playing the ball on the rebound off the perimeter wall before being touched by another player.
- During the taking of a free kick, all of the opposing players shall be at least fifteen feet (15') from the ball until it is in play.
- Failure to put the ball into play within five (5) seconds of the Referee's signal will result in the restart being "turned-over" to the opponent.
- If, when a free kick is being taken, any player gesticulates in a way to distract their opponent(s), this shall be considered a misconduct-technical infraction resulting in five (5) minute penalty assessed against the offending player.

KICK-IN: When the ball is played over the perimeter wall along the touchline, it shall be kicked in from the point it crossed the perimeter wall by an opponent of the team who last touched the ball before it went out of play. The Referee shall signal the commencement of the kick-in. If the ball touches a player or personnel on the bench, who is inadvertently extending into the playing field, or if the ball exits the field through an open bench door, the kick-in shall be awarded to the opposing team.

CORNER KICK: When the whole of the ball having last been played by one of the defending team passes over the end perimeter wall between the corner marks, excluding when a legal goal is scored, a member of the attacking team shall take a corner kick. The Referee shall signal the commencement of the corner kick. A goal may be scored directly from such a kick.

FREE KICK ORIGINATING IN ATTACKING PENALTY AREA: Any free kick awarded to the attacking team for a foul or an infraction which occurred in its opponents' penalty area shall be taken at the free kick mark.

PASSBACKS: The free kick occurring after a pass-back to the goalkeeper is taken at the free kick mark.

DROP BALL RESTART: If neither team has clear possession of the ball at a stoppage, the Referee restarts play with a drop ball where the ball was when play was stopped. A drop ball originating while the ball is inside a penalty area takes place at the free kick mark. Once the ball contacts the ground untouched the ball is "in play." In situations where the ball becomes lodged between sections of glass or unplayable at the base of the perimeter wall, it shall be considered out of play and the Referees shall restart play with a drop ball.

GOAL KICK BY GOALKEEPER DISTRIBUTION: After an attacking player has last touched the ball before crossing the perimeter wall between the corner marks, play restarts with a goalkeeper distribution by hand. A goalkeeper taking a distribution may not play the ball again after it has left the penalty area until it is touched by another player. Otherwise, the opposing team shall be awarded a free kick where the violation occurred.

Rule 13 – Penalty Kick and Shootout

PENALTY KICK: A penalty kick is a free kick from the penalty mark at the top of the goal keepers arc taken by a properly identified opponent against the goalkeeper without interference by other players. A penalty kick is awarded against a team, only in the event a player commits one of the fouls listed in Rule 11 while in the process of taking a shootout.

PLAYER POSITIONS DURING PENALTY KICK: The Referee will not whistle for the taking of a penalty kick until the players are positioned in accordance with the following:

- All players, with exception of the properly identified player taking the kick and the opposing goalkeeper, shall be on the field of play but behind the yellow line.
- The defending goalkeeper remains on his own goal line, facing the kicker, between the goal posts until the ball is kicked. Encroachment from this position to interfere with the kicker shall result in a warning. Subsequent violations shall result in a five (5) minute misconduct non-power play penalty.

BALL IN PLAY: The player taking the kick must kick the ball forward. The ball shall be deemed in play after it has been played (touched). The player who is assessed a penalty kick has five seconds to complete the penalty kick. The five seconds will start once the player touches the ball, and the ball is in play. After 5 seconds the ball is live, and players can cross the yellow line.

INFRINGEMENTS/SANCTIONS: If the Referee gives the signal for a penalty kick to be taken and, before the ball is in play, one of the following situations occurs:

VIOLATION/KICKER: The player taking the penalty kick infringes the rules; the Referee allows the kick to proceed.

- If the ball enters the goal, the kick is retaken.
- If the ball does not enter the goal, the kick is not retaken.

VIOLATION/GOALKEEPER: The goalkeeper infringes the rules; the Referee allows the kick to proceed.

- If the ball enters the goal, the goal is awarded.
- If the ball does not enter the goal, the kick is retaken.

VIOLATION/DEFENDING TEAM: A teammate of the goalkeeper crosses the yellow line, the Referee allows the kick to proceed.

- If the ball enters the goal, the goal is awarded.
- If the ball does not enter the goal, the kick is retaken.

VIOLATION/TEAMMATE OF KICKER: A teammate of the kicker crosses the yellow line, the Referee allows the kick to proceed.

- If the ball enters the goal, the kick is retaken.
- If the ball does not enter the goal, the kick is not retaken.

VIOLATION BOTH DEFENDING TEAM AND ATTACKING TEAM: A player of both defending team and attacking team infringe the Rules: the kick is retaken.

For any infringement of Rule 14, the offender shall receive a warning. Subsequent violations shall result in a five (5) minute misconduct penalty (non-power play) assessed against that individual.

VIOLATIONS AFTER THE PENALTY KICK IS TAKEN: If after the penalty kick has been taken the kicker touches the ball a second time: a free kick is awarded to the opposing team from the place where the infringement occurred.

APPLICATION OF SHOOTOUT:

- The ball is placed at the shootout mark, the yellow line nearest the attacking goal.
- All players of the attacking team stand behind the halfway white line and outside of the center circle.
- The goalkeeper has at least one foot on their goal line and may not move off of it until after the Referee whistles the shootout to begin.
- The clock will run during shootout attempts.
- The player taking the shootout plays the ball forward using any legal manner to score (e.g., direct shot on goal, dribbling and shooting, playing the ball off of the boards, etc.).
- The player taking the shootout shall have 5 seconds in which to score. If no goal has been scored the referee shall blow their whistle after 5 seconds to signal the conclusion of the shootout.
- The goalkeeper shall be restricted to goalkeeping privileges while inside the penalty area. Any foul (Rule 11) committed by the goalkeeper, regardless of field position, shall be penalized by an additional power play penalty and the taking of a penalty kick by any member of the offended team.
- If no goal is scored the ball will be placed in the goalkeepers hands and procedures of a goal kick will be followed.

Fouls and Misconducts

FOULS: A player who intentionally commits any of the following offenses while the ball is in play shall be penalized by the Referee awarding a free kick to the opposing team, to be taken at the point of the infraction, subject to exclusions in Rule 13.

- Kicks or attempts to kick an opponent;
- Trips an opponent, i.e. throwing or attempting to throw them by use of legs or by stooping in front or behind them;
- Jumps at an opponent; is a player leaving the ground with both feet to play the ball or intimidate the opposing player and carelessly makes contact with the player during the attempt.
- Charges an opponent from behind unless the latter is shielding the ball in a legal manner;
- Charges an opponent in a violent or dangerous manner. If a player deliberately turns their back to an opponent when they are about to be tackled, they may be charged but not in a dangerous manner;
- Strikes, elbows, attempts to strike or elbow, or spits at an opponent. A two (2) minute power play time penalty must be assessed for any of these offenses. Spitting calls for immediate ejection.
- Holds an opponent;
- Pushes an opponent;
- Handles the ball, i.e. carries, strikes, or propels the ball with their arm or hand (this does not apply to a goalkeeper in his team's penalty area);
- Boarding, i.e. propelling an opponent into the perimeter wall. A two (2) minute power play time penalty must be assessed for boarding.
- Playing in dangerous manner; must meet three criteria in opinion of referee: the action is dangerous to someone, it was committed with opponent nearby, and the action caused the

opponent cease active play for the ball or was otherwise disadvantaged by the attempt not to participate in the dangerous play.

- Charging fairly at an improper time, i.e. playing with the shoulder, when the ball is not within playing distance of the players concerned;
- When not playing the ball, intentionally obstructing an opponent, i.e. running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent.
- Charging the goalkeeper except when he is outside the penalty area.
- Slide tackling is not permitted. Definition: Making contact with another player while sliding. Making contact with the ball while sliding when another player has “possession” of the ball. Sliding to block a shot, or score a goal is permitted if contact is not made with an opposing player. A two (2) minute power play time penalty must be assessed for slide tackling.
- Playing the ball while on the ground: Players must not play the ball while any part of their body is touching the ground, besides their feet or hands, while being challenged by another player.
Additionally, the Referee may award a free kick against a player who acts in an unsportsmanlike manner.