



House Soccer Rules

The Athletic Campus recognizes the dedication of the coaches, players, officials, families and spectators for their commitment and positive attitudes, to provide the best quality sports programs.

Our league and tournament philosophy is to provide the best opportunity for all athletes to improve their individual skill, fitness and improve overall as a team.

The house rules apply to all teams playing at The Athletic Campus.

PLEASE NOTE: **Highlighted areas point out frequently asked questions.**

1) Coach/Manager Responsibilities:

- a) The Coach/Captain/Manager must submit a Team Roster Form, Signed Code of Conduct and an Individual Player Waiver. All waivers are completed electronically via our website. The waiver can be accessed from desktop or mobile devices.
- b) The coach/captain/manager is responsible for the full team payment prior to the first game on the schedule. Teams not paid in full by this date may be subject to removal from

2) Roster:

Adult Leagues:

All players MUST be at least 18 years old.

- A) Adult leagues play 8 vs. 8 (Field players plus 1 goalkeeper)
- B) Coed league teams are required to play with AT LEAST 2 females on the field at any given time.
- C) Teams must have a minimum of 7 players to legally start the game.
- D) A copy of the roster must be filled out and completed by the first game. Additions to the roster can be made up until the completion of week 3. Rosters are finalized following the completion of the last game in week 3.
- E) All players must register for the team they are competing with online and sign a waiver electronically.
- F) No individual will be eligible to play in any league without registering.
- G) ALL players must check in at the desk prior to the start of each game for roster verification. Teams who use ineligible players will forfeit the game.
- H) Players are only permitted to play for one team in any given division.
- I) Roster will be capped at a Maximum of 22 players.

Youth Leagues:

A copy of the roster must be filled out and completed by the first game. Additions to the roster can be made up until the completion of week 3. Rosters are finalized following the completion of the last game in week 3.

F) All players (parent if player is under 18) must register for their respective team online and electronically sign the waiver **BEFORE** they play.

G) NYSWYSA roster guidelines for age levels are followed.

H) Players are only permitted to play for one team in any given division.

Teams who use ineligible players will forfeit the game.

3) Cancellations and Rescheduling Requests

Indoor activities are extremely busy at The Athletic Campus. Therefore, the rescheduling of games will only be considered in exceptional circumstances. To be fair to all teams, it is our intention to stick to the league scheduling throughout the season. Unavailability of certain players within teams will not be accepted as a valid reason to reschedule games

4) Equipment:

- a) Player equipment includes a jersey (numbers are optional, but preferred), shorts, shin guards, socks that cover the shin guard, and appropriate indoor shoes (cleats, sneakers and indoor turf shoes are all excepted)
- b) Player jerseys of the opposing team should be of contrasting color. The referee will assign bibs to the visiting team if there is not sufficient contrast.
- c) Goalkeeper's jerseys should be different from that of the referees, teammates and opposing field players.
- d) Players may not wear jewelry or any other equipment that may be deemed inappropriate, dangerous or confusing by the referee (this includes smart watches). Hard casts are permitted with a minimum of 1" padding and permission from the referee.

5) Playing Time

- a) League matches consist of two 25-minute halves of running time.
- b) There is a two-minute rest period between halves.
- c) The referees have been instructed to begin the games according to the posted schedule time. The Coach/Captain/Manager are responsible to watch the clock and have their team ready to start on time. Referees will announce a 30-second warning with a buzzer or whistle.
- d) Time may be stopped at the referee's discretion for situations that are beyond the control of the referee or either team.
- e) There is no overtime in the event of a tie.
- f) The clock will start at the scheduled game time, even if teams are playing short (Minimum 7 players). The referee will keep the official time.
- g) The referee will declare a forfeit ten minutes after the scheduled start of play in the event a team fails to field a team of at least six field players and a keeper.

6) Substitutions

- a) During the game, substitutions for field players may be made at any stoppage of play on an unlimited basis. Goalkeepers must notify the referee. Provided the player is being substituted within three yards of his or her own bench area. Substitutions must be made at mid field.
- b) Goalkeeper substitutions may occur on play stoppages only. Referees must be notified when a goal keeper change is made.

7) Ball In and Out of Play:

- a) The ball in out of play when it completely crosses the Goal line or Touch line.
- b) The play is restarted with a throw in, corner kick, or goal kick accordingly.
- c) If the ball strikes the ceiling net, support wires of the curtains along the touch lines, the ball is placed beneath the place where the ball touched the net or wire. RESTART shall be a **DIRECT Free Kick.**
- d) If the ball hits the ceiling net above the Penalty Area last touched by the offensive team, the ball shall be placed in the Penalty Area and restarted with a **DIRECT Free Kick.**
- e) If the ball hits the ceiling net above the Penalty Area last touched by the defensive team, the ball shall be placed at the **TOP** of the Penalty Area and restarted with a **INDIRECT Free Kick.** (see Rule 9.e.3)

8) Goalkeeper Rules:

- a) Goal Keepers may not punt the ball.
- b) Drop kicks are allowed. A drop kick is defined as kicking the ball on the first bounce after the keeper releases the ball from his/her hands. On a drop kick the goalkeeper has possession of the ball until the ball hits the ground a second time.
- c) The goalkeeper has a total of 6 seconds to play the ball from their hands. The goalkeeper may release the ball to the floor and continue play with their feet. Once released, the ball may NOT be touched by the goalkeeper with their hands until an opposing player has touched the ball. Penalty for this infraction is an indirect free kick from where the goalie touches the ball.
- d) There are no restrictions for how far the goalie may kick or throw the ball.

9) Rules of the Match

a) Players – Youth Leagues

1. Leagues play 8 vs. 8 (7 Field players plus 1 goalkeeper). Coaches have the option to decide prior to the start of the game to play 9 vs. 9. Both coaches must agree and notify the referee.

b) Start of Play:

1. Visitors will kick off in the first half. Home team will kick off in the second half. Ball may be kicked in any direction to start play.
2. A goal may be scored directly from the kick off.

c) Corner Kicks:

1. Corners are taken from the arc at corners of the field.

d) Goal Kicks:

1. Goal kicks may be taken anywhere inside the goal area.

e) Free Kicks:

1. Opposing players must be at least 8 yards away from the ball.
2. No whistle is required to restart the play.

3. Indirect free kicks awarded inside the penalty area to the offensive team, will be placed at the top of the penalty area.

Fouls

Sliding:

1. There is **NO SLIDING** with the exception **that players may** slide to play the ball provided that there is no opponents within playing distance, This may be used in an offensive or defensive situation. If a defensive player slides in his penalty area within playing distance of their opponent a penalty kick will be awarded. At the referee's discretion a yellow card may be given

If any offenses are deemed by the referee to be of serious nature or involve excessive force, recklessness or violence, the referee may caution or send the player off.

For the following offenses a direct free kick is awarded:

2. Tripping or attempting to trip an opponent
3. Jumping at an opponent
4. Kicking or attempting to kick an opponent
5. Charging an opponent
6. Holding an opponent
7. Pushing an opponent
8. Striking and or attempting to strike an opponent
9. Tackling an opponent without getting the ball
10. Spitting at an opponent
11. Handling the ball deliberately

An OFFSIDE infraction is NOT called for any level of game at The Athletic Campus

10) Cautions and Send Offs:

At the referee's discretion Yellow and Red card may be given if a display of misconduct is deemed serious.

Yellow Card – is a penalty for unsportsmanlike conduct regarding a player.

Red Card – is a penalty resulting in an ejection

1. Caution – Yellow Card

Yellow cards are a five minute penalty and in not released if a “power play” goal is scored.

If a goalkeeper is issued a yellow card a teammate may serve the penalty time.

Cautionable Offenses may include:

- (a) Unsportsmanlike behavior
- (b) Dissent by word or action
- (c) Persistent infringement
- (d) Delaying the restart of play
- (e) Failing to respect the required distance when play is restarted
- (f) Illegal substitutions
- (g) Too many players on the field

2. Send Off – Red Card:

A Red Card results in the offending player being sent off the field. He/She (including the goalkeeper) may not return to the game. The player may not remain on the bench

and may be asked to leave the facility depending on the referee's discretion. His or her team must play short for the remainder of the game.

Referees must inform the staff of The Athletic Campus if a player or coach has been ejected.

Send offs (red cards) include:

- (a) Serious foul play
- (b) Violent Conduct
- (c) Spitting at an opponent or any other person
- (d) Denying a goal scoring opportunity by a **deliberate handball** or by the commission of an offense punishable by a freekick/penalty kick
- (e) Use of offensive, insulting or abusive language
- (f) Receiving two yellow cards
- (g) Leaving the bench area during an altercation

11) Participant Misconduct and Discipline

The Athletic Campus has a Zero Tolerance Policy towards fighting, taunting, trash-talking and general unsportsmanlike behavior. The referee has the responsibility and the right to eject players, terminate games and use any other measures they deem necessary to maintain a safe environment.

Any player who is ejected will incur a minimum one-week/one game suspension from ALL league play at The Athletic Campus. Repeat offenders who get a second ejection will be suspended for **four** weeks. A third ejection will equate to at least a **six-month** suspension.

Any player who uses a striking motion (punch, slap or swinging of the arm) will be banned from the facility for at least **six months**.

Any player who leaves the bench during an altercation, for any reason, may also be ejected.

Any player, who is ejected from the game, may be asked to leave the facility depending on the referee and management's discretion.

The review of an incident and the resulting disciplinary actions are at the sole discretion of The Athletic Campus's management.

12) Coaches and Bench personnel

Coaches and bench personnel are expected to demonstrate good sportsmanship in all their dealings with players, parents, officials, other coaches and management. Comments about the officials should be addressed in writing to The Athletic Campus staff. No spectators are allowed in the bench area. **Coaches and bench personnel may be penalized for action inconsistent with those actions.** Cautions and ejections given to the bench personnel will be charged to the coach. In the case of two cautions, the coach will be ejected from the game.

13) Standings

- a) Point system for Ranking Teams
 - 1. 3 Points for a win
 - 2. 1 point for a tie
 - 3. 0 points for a loss
- b) Tie-breaker procedures (for playoff seeding)
 - 1. Head-to-head record

2. Goal differential for season (max of x/- 3 goals per game)
 3. Least points conceded
 4. Most points scored
- c) Tie-breaker procedures (for play-off only)
1. One 5 minute sudden victory period
 2. Penalty Kicks – Any 5 players
 3. Sudden Victory Penalty Kicks – Any Player

League scores will only be recorded at a max five-goal differential

14) Management Authority

Unsportsmanlike and inappropriate language or conduct directed at the referees, coaches, players, fans or employees at The Athletic Campus is not acceptable and will not be tolerated. Repeated violations will result in the removal of a participant or team for an entire season. The Athletic Campus is promoting an attitude and atmosphere of fair play and respect for others. We hold ourselves, as well as our guests, to those standards.

The Athletic campus reserves the right to modify or change the rules of play at any time to ensure fair play and the safety of ALL teams and players

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