



Rules and Regulations for Youth and Adult Indoor Soccer at the Game On Arena Sports Facility

GAME ON ARENA SPORTS

2019 INDOOR SOCCER RULES

Game On Arena Sports

Indoor Soccer Rules

Game On is a private venue which reserves the right to establish rules and modify them at any time. Our goal is to preserve player enjoyment and safety. The following are the rules established for Indoor Soccer play. The current rules are maintained and available on the GOAS web site.

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Game On Arena Sports Indoor Soccer

I. Season Administration and Fees

A. Team Fees:

A \$100.00 non-refundable deposit must be paid at the time of registration for NEW teams. A \$50 deposit will be due for returning teams that are currently playing. Remaining fees must be paid in full before the start of the first game

1. All Adult Leagues	\$620
2. Youth Team Fee (U8 – High School)	\$620
3. Youth Team Fee 4 v 4 Format (U4-U8)	\$350

B. Annual Membership:

Everyone entering the player's box and participating in league play must have an annual membership. Memberships are only valid for use at Game On Arena Sports. Renewals are required annually.

Yearly Membership	\$27
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C. Referee Fees:

Referee fees are not included in your registration. Teams are required to pay the referee in full prior to the start of each game. Referee fees per team per game are as follows:

4. U7-U15 Leagues	\$8.00
5. High School Leagues	\$9.00
6. Women's Open Leagues	\$9.00
7. Women's O30 Leagues	\$13.00
8. Men's Leagues	\$13.00
9. CoEd Leagues	\$13.00

Referees must be paid for a game even if team forfeits. Teams that forfeit must pay the referee fees for both teams regardless and will not be allowed to play their next game until the referee fees from the forfeited game have been paid.

If referee fees are paid to Game On youth teams will be charged \$25 and adult teams will be charged \$30 for forfeit/reschedule fees. League Fees are nonrefundable unless a league does not make.

D. Practice Time:

When available, the indoor field may be rented for \$80.00/per hour for registered teams and \$110.00/per hour for nonregistered teams.

E. Roster:

A Team Roster is due prior to the beginning of your first game through GOAS Online Team Registration System. Players may be added to your roster up to the third game. The roster limit size is 18. Players must play in the proper age group or they are considered an “illegal” player (reference team formation in the ‘Season Play Rules’). Teams playing an illegal player(s) will forfeit any games in which they played. Game On Arena Sports Management has final authority on all roster questions.

F. Managerial Duties:

Team Manager: Each team will designate a member as a Team Manager and can have a second manager listed if needed. The manager is responsible for the following:

- Provide a focal point for the team’s communication with Game On Arena Sports
- Coordinate team registration
- Ensure roster is accurate and meets League Formation Rules
- Ensure team fees are paid on time
- Coordinate and pay referee fees for each game
- Coordinate schedule requests and forfeit notifications

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II. Season Play Rules

A. Team Formation

1. General

- 1.1. An individual may play on any indoor team regardless of his/her outdoor affiliation. Neither a release nor permission is required for an individual to play on any indoor team. Also, an individual may play on any number of indoor teams as long as he/she does not play on more than one team in the same division.
- 1.2. Any and all roster edits after week 3 must be approved by GOAS Management. Teams may drop a player anytime during the season; all 'adds' must occur prior to the 3rd game. Rosters will lock automatically after 3rd game.
- 1.3. GOAS will approve and has final authority on all roster questions. If it is discovered that a team has an illegal player on the roster, they must forfeit each game in which the "illegal player" played.

Illegal Player: An illegal player is defined as any player who plays in a game for a team and

- ✓ Is not rostered to the team, or
- ✓ is rostered to the team but contributes to a violation of the league's team formation rules (e.g., one of too many younger players rostered to an Over 30 team or is too young or too old to play in that League), or
- ✓ is rostered to multiple teams within the same division, or
- ✓ does not have an active Membership with Game On Arena Sports, or
- ✓ is currently suspended from play at Game On Arena Sports

If it is discovered that a team has played an 'illegal player', the team must forfeit each game in which the 'illegal player' participated. Furthermore, a team playing with an illegal player will receive a \$50 fine that will need to be paid before the start of your next game.

- 1.4. Rosters: A Team Roster is due prior to the beginning of your first game through DASH Platform Software. Players may be added to your roster up to the third game. The roster limit size is 18.

2. Youth Leagues

Refer to the Soccer Age Chart 2018-2019 to determine League and age requirements

Season	2016-2017	2017-2018	2018-2019	2019-2020	2020-2021	2021-2022	2022-2023	2023-2024	2024-2025
Birth Year									
2020									
2019									U6
2018								U6	U7
2017							U6	U7	U8
2016						U6	U7	U8	U9
2015					U6	U7	U8	U9	U10
2014				U6	U7	U8	U9	U10	U11
2013			U6	U7	U8	U9	U10	U11	U12
2012		U6	U7	U8	U9	U10	U11	U12	U13
2011	U6	U7	U8	U9	U10	U11	U12	U13	U14
2010	U7	U8	U9	U10	U11	U12	U13	U14	U15
2009	U8	U9	U10	U11	U12	U13	U14	U15	U16
2008	U9	U10	U11	U12	U13	U14	U15	U16	U17
2007	U10	U11	U12	U13	U14	U15	U16	U17	U18
2006	U11	U12	U13	U14	U15	U16	U17	U18	U19
2005	U12	U13	U14	U15	U16	U17	U18	U19	
2004	U13	U14	U15	U16	U17	U18	U19		
2003	U14	U15	U16	U17	U18	U19			
2002	U15	U16	U17	U18	U19				
2001	U16	U17	U18	U19					
2000	U17	U18	U19						
1999	U18	U19							

2.1. Girls may play in boys' leagues.

2.2. Leagues are formed per age group and skill level. Game On offers Youth Leagues for everyone U4 through U18 Recreational, Academy and Select.

2.3. If you are affiliated with a Recreational Association in outdoor, you may register as a recreational team.

2.4. If you are affiliated with an Academy/Select Association in outdoor, you must register as a competitive team.

- ✓ Age groups will be merged if need to fill out a league. I.E. There are 3 U10Recreational teams and 2 U11Recreational teams, which would combine to a U10/11 Recreational League for the season.

- ✓ If 3 or more players on an indoor team are registered in outdoor soccer as a Select or Academy player, then the team must register as a competitive team.

3. Adult Leagues

3.1. Normally all players who play in an adult league must be at least 18 years of age. Players that are 17 years of age may be given special permission to play with a signed parental consent waiver.–If any team plays an underage player, the player will be permanently ejected from the facility, the team manager may be permanently ejected from the facility, the team will be removed from the league and no refund will be given. It's not worth it – DON'T DO IT!

Age must be verified upon request, and when purchasing a membership for the first time.

3.2. Over 30 Eligibility: Teams playing in an over 30 division may carry TWO players who are not 30 years of age or older. These players must be at least 27 years and older.

- ✓ For All Over 30 Leagues, players must provide driver's license on request.

4. Co-ed Leagues

- ✓ CoEd Over 30 may allow 1 Male and 1 Female participant each 27 and older. Men's Over 30 may allow 2 males 27 and older to play. For All Over 30 Leagues, players must provide driver's license.

B. Division Formation and Play

1. General:

- ✓ All games are played at the Game On Arena Sports Facility.
- ✓ 6 Seasons are held each year (Spring, Summer 1, Summer 2, Fall, Winter 1, Winter 2)
- ✓ A team will typically play 8 games each season.
- ✓ A division consists of 4 to 10 teams of similar age, gender and competitive level. Season play is typically round robin competitions, with teams not necessarily playing each team an even number of times. In some cases, games will be scheduled with teams outside of the division in order to properly fill out season play. Additionally, some seasons may include a playoff format to determine league champions.
- ✓ Divisions are formed by Game On Arena Sports Management. Special divisions may be created when necessary.

2. Division Standings:

- ✓ Standings are based on the following point system.
 - 3 points for win
 - 1 point for tie
 - 0 points for loss
- ✓ Any tie in the points will be broken by the following in order
 1. Head to head competition (most wins against one another)
 2. Goal Differential (for each game 'goals for' minus 'goals against' with 'goals for' limited to provide no more than a 5 goal differential for the game)
 3. Goals Against

3. Forfeiture of a Game:

- ✓ Teams that are not ready to take the field at game time could be made to forfeit. The minimum number of players needed to avoid a forfeit is as follows: 2 less than the maximum number of players. If a team does not have the minimum requirement to field a team 5 minutes into their game time, the opposing team will receive a forfeit win.

4. Extra Games:

- ✓ Team(s) receiving an extra game in a session (which is occasionally necessary when there are an odd number of teams in a division, will not be awarded any points for the extra game.)

5. Cross-Over Games:

- ✓ In some cases, games will be scheduled with teams outside of the division in order to properly fill out season play.
- ✓ These games will be scored as a forfeit win for the team.

6. Awards:

A first-place team will be recognized at the conclusion of the session. Youth Teams will receive medals. Adult Teams will receive T Shirts. Only players that participate in games will be given an award. Injuries are the only exception. Teams need to get their picture the day they win the session. Your picture goes up in the lobby and you receive your awards the same day.

Game On Arena Sports Indoor Soccer

III. House Rules

Games are played in accordance with the Amateur and Youth “Official Rules of Indoor Soccer” as established by the United States Indoor Soccer Association (USISA) except as modified by the following:

Rule 1 – The Field of Play

- The field is as provided at the facility which is very similar to that described in the USISA Rules Appendix A description. There are a few exceptions. For example, there are no Touchline nor Referee Crease.
- U4, U5, U6, U7 & U8 games play on a small sided field. See Modified Youth Playing Rules

Rule 2 – The Ball

- No modification

Rule 3 – The Players

3.1 Teams and Benches:

A game is played by two teams having a maximum of 18 eligible players and at least 1 adult on the Team Bench. Bench personnel may include up to 2 non players. The maximum number of players on the field will be as follows:

- Youth Leagues
 - ✓ U4, U5, U6, U7 & U8 - 4 players with no Goalkeeper. In addition the Coach is allowed on the field with players.
 - ✓ U8- U12 - 8 players which includes 1 Goalkeeper
 - ✓ U13-U15 - 7 players which includes 1 Goalkeeper
 - ✓ JV Boys High School & Girls High School 7 players which includes 1 Goalkeeper
 - ✓ Varsity Boys High School – 6 players which includes 1 Goalkeeper
- Adult Leagues
 - ✓ Women’s Leagues - 7 players per side which includes 1 Goalkeeper
 - ✓ Adult Co-ed Leagues - 7 players per side which includes 1 Goalkeeper. All coed leagues play equal sex on the field not including the goalkeeper (3 women and 3 men). Teams may start/play a game no more than two players short with a maximum of three men as field players at any one time.
 - ✓ Adult Men’s Leagues - 6 players per side which includes 1 Goalkeeper

3.2 Substitution During Play and Stoppages:

Each team may substitute players freely; provided that during play, players must substitute off the field or within a reasonable distance from their Team Bench and the ball is not in play near the area. During these substitutions near the Team Bench, neither the player entering the field nor the player being substituted, may play the ball while the other is on the field. A team may be penalized for faulty substitutions. After a goal is scored, multiple substitutions are allowed as long as it is done in a timely manner.

For U4/U5/U6/U7/U8 substitutions may be made only when the ball is not in play.

3.3 Substitution Violations: The Referee issues a Team Time Penalty for having too many players on the field.

3.4 Player Requiring Treatment for Injury: The clock will not be stopped on minor injuries. Coaches may assist players off the field at the referee's request. Bleeding is considered an injury. Any player bleeding must leave the field of play and cannot return until the wound is covered. Bloody clothing is not permitted on the field of play.

Rule 4 – The Players' Equipment

3.1 Uniform:

Players on each team must have shirts with the same body color and a permanently affixed number on back of shirt. Each player must be assigned his/her own number. Each team should have alternate shirts available in case of color conflicts. THE HOME TEAM WILL CHANGE IN CASE OF A CONFLICT! These too need to have a permanently affixed number. Players are NOT allowed to wear outdoor cleats on the playing surface. Turf shoes, flats or tennis shoes are required. No painted, taped or marker numbers are accepted.

Rule 5 – The Referee

5.1 Referees:

One (1) Referee officiates each game. The Referee may be assisted by a second floor Referee. Each game played at Game On Arena Sports will consist of

Youth Games:	one referee
Adult Women's Open Games	one referee
Adult Women's O30 Games	two referees
Adult CoEd Games	two referees
Adult Men's Games	two referees

5.2 Decisions of Fact and Rule:

Referee decisions are final. Referee misconduct needs to be reported to Game On Arena Sports Management.

Rule 6 – The Duration of the Game

6.1 Periods:

Normally each game will consist of two 20 minute halves. For U4/U5/U6/U7/U8 the game consists of four 8 minute quarters. The clock will stop with any whistle during the last 2 minutes of the game that is within a 3 goal differential. Other stoppage may be permitted

by referee's authority. Please enter and exit the field quickly. We make every attempt to stay on time throughout the day and evening.

6.2 Period Intervals:

Each period will be separated by a 1 minute interval

Rule 7 – The Start and Restart of Play

7.6 Free Kicks:

Once the ball is in place and stationary and the Referee signals by whistle if required, the kicking team has 5 seconds in which to take the kick. Per the USISA Rules, "The Referee whistles the Restart for all Free Kicks taken from any Circle Mark and after stoppages due to an injury, Time Penalty, or other incident with the Referee's discretion".

7.6(a) Within Own Penalty Arch:

Rather than a free kick, the goalkeeper shall restart with a Goalkeeper Distribution. All opposing players remain outside the Arch and at least 15 feet (5 yards) away until the ball is in play beyond the Arch. If, after the distribution, any player touches the ball before it has left the Penalty Arch, the distribution is repeated.

7.6(j) Superstructure Violation:

For Superstructure Violations, the Restart is taken from the Restart Mark nearest to where the ball was last played.

7.8 Goalkeeper Distribution:

Play restarts with a Goalkeeper Distribution by a Goal Clearance after an attacking player has last touched the ball before crossing the perimeter wall between the Corner Flags. The Goalkeeper has 5 seconds to distribute the ball once the Goalkeeper controls the ball and the Referee whistles the Restart. The Restart is taken from any point within the Penalty Arch. Opposing players are at least 15 feet (5 yards) beyond the Penalty Arch until the ball is "in play." The provisions otherwise apply as in Free Kicks and Restarts.

Rule 8 – The Ball In And Out Of Play

No modification

Rule 9 – The Method of Scoring

9.1 Goal:

Special Co-ed Rules:

Men's Goals: There is a limit on the number of men's goals in a game.

- No one male player can score more than 3 goals. Any additional goals by the individual will result in a goalkeeper distribution.
- Male players on the same team can combine to score a maximum of 7 goals in a game. Any additional goal by any male player on the team results in a goalkeeper distribution.

Women's Goals: All women's goals count as two except for the following:

- When a woman scores an own-goal, it is counted as one
- When a woman takes a shootout and scores a goal. it is counted as one

Own Goal: *If a shot taken by a player is controlled or deflected by another player in a manner that would change the outcome of the goal being scored, then the goal will be scored as if it was taken by the person last touching the ball.*

- The fact that the defending player touches the ball last does not automatically mean that the goal is recorded as an own goal. Only if the ball would not have gone past the goal-line but for the defending player would an own goal be credited. Thus a shot which is already "on target" would not be an own goal even if deflected by the defender. In this case the attacker is awarded the goal, even if the shot would have otherwise been easily saved by the goalkeeper. [Wikipedia]
- Example: If a shot by a woman that would have been a goal is deflected by either an attacker or a defender into the goal, then the goal will be credited as two for a Women's Goal. If a shot by a woman that would not have been a goal is deflected into the goal, then the goal would be credited as appropriate for the player last touching the ball (own goal for a defender or as appropriate for an attacking player).

Rule 10 – Fouls and Other Violations

10.1 Fouls:

Slide Tackling/Sliding: Slide tackling/Sliding is not permitted in any league at Game On Arena Sports. A foul and a warning will be assessed for the first offense. The second offense will result in a blue card. Excessive offenses will result in a red card. Goalkeepers will not be penalized if slide tackling is committed in his/her own penalty area provided it is not done in a dangerous manner. Referees will determine the severity of a slide or slide tackle. Some slides may be unintentional (which would most likely not result in a card) while others could be severe enough to warrant an automatic game ejection (red card).

- 10.2 **Unsporting Behavior:** The referee stops play for Unsporting Behavior, resulting in a Free Kick and possible Time Penalty for the following offenses.
- a) *Illegal Substitution After Injury:* Attempting to enter play without the required Referee consent;
 - b) *Equipment Violation:* Entering play without an ordered uniform adjustment;
 - c) *Leverage:* Using the body of a teammate or any part of the field to gain an advantage;
 - d) *Encroachment:* Entering the protected area of an opposing player taking a Free Kick (after initial Warning)
 - e) *Trickery:* Illegal pass back to a Goalkeeper
 - f) *Delay of Game:* Engaging in tactics causing the Referee to delay a Kickoff, Restart or Goalkeeper Distribution;
 - g) *Dissent:* Committing any of the following offenses, whether before, during, or after the game:
 - a. *Referee Abuse:* Words or actions directed by any player or team personnel at an official in dissent;
 - b. *Breach of Penalty Area Decorum:* Delay in entering the Penalty Area, failure to sit and remain seated in the Penalty Area after a Warning, or premature or unpermitted exit from the Penalty Area.
 - h) *Other:* Behavior which, in the Referee's discretion, does not warrant another category of penalty (e.g. taunting, foul language, or violation of CoEd rule established by Administrative Authority.)

Player and Coach Conduct: NO FIGHTING WILL BE ALLOWED. FIRST OFFENSE IS SUSPENSION FROM THE CURRENT LEAGUE. SECOND OFFENSE IS SUSPENSION FROM THE FACILITY. ANY PLAYERS LEAVING THE BENCH TO JOIN IN A FIGHT WILL RECEIVE THE SAME SUSPENSION. Game On Arena Sports Management will have final authority on all disciplinary actions. No refunds of any kind will be given. Any player ejected from a game must leave the facility immediately; Suspensions are also listed under Forms & Policies.

Arguing Calls: To eliminate any issues and to make sure we enjoy the game of soccer, there will be zero tolerance for arguing with referees. You can of course ask a question in a polite way, but if it is during the game the Referee does not have to respond or answer since there is play going on and their focus should be on the game. Any Arguing with a Referee whether you are on the pitch or bench will result in an Immediate Yellow Card.

10.5 **Advantage Rule:**

The Referee allows play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from an existing

offensive advantage.

10.8 Yellow Card: The Referee shows a Yellow Card for

- a) Administrative Yellow: Committing a second Blue Card offense; and
- b) Non-Player Personnel: Violating Rule 10.2 by anyone who is not a player

10.9 Red Card:

Any player receiving 3 two minute penalties in the same game will be given an administrative red card and will be ejected (a third card of any color will result in an automatic red). No player is allowed to leave the penalty box until their penalty time has elapsed. Any player leaving the penalty box will be ejected. After any player is ejected for any reason, the Referee will fill out a misconduct report at the front desk at the conclusion of the game. The player and each of his rostered team managers will be informed of the incident and the decision on the duration of the suspension in a timely manner by either mail or email. Red card policy can be found under About Tab - Forms/Policy on the website. Multiple offenses (Red Cards) will result in further disciplinary action by GOAS Management.

Rule 11 – Time Penalties

11.1 Penalties for Carded Offenses:

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

- (a) *Blue Card:* Two-Minute Time Penalty in the Penalty Area;
- (b) *Yellow Card:* Warning that the person's next cardable offense will require send-off. Player will serve a Five-Minute Time Penalty in the Penalty Area. In addition the player may not return to the playing field until a total of five minutes has expired
- (c) *"Administrative" Red Card* (for a player's third Blue Card): The player receives a Two-Minute Time Penalty for the Blue Card and is sent off for the rest of the game; and
- (d) *"Straight" Red Card:* Five Minute Time Penalty and send-off for the rest of the game.

- 11.4 Short-Handed Play:** For each Time Penalty being served by a player, his or her team shall play with one fewer field player until its expiration; provided that a team may not have fewer than the minimum under Rule 3.1, 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 the player joins his or her teammates

in the Area. **Time penalties:**

- 11.5 Straight Red is 5 minutes and player removed. Team does not play short.
- 11.6 3 Card accumulation Rule is 2 minutes and player removed. Team plays short.
- 11.7 1 Yellow is 5 minutes penalty and player is removed. Team does not play short.

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

- (a) *Powerplay 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. If the team has two players in the Penalty Area, only the player whose Time Penalty or Penalties are recorded earlier is affected.
- (b) *Delayed Penalty:* See Rule 11.6.
- (c) *Multiple Penalties:* If two teammates are serving Time Penalties when another teammate is penalized, his or her 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.
- (d) *Release of Teammates Serving Simultaneous Time Penalties:* When two or more teammates Time Penalties expire simultaneously, the order in which they are recorded dictates the order of their release.
- (e) *Simultaneous Send-Offs:* When two simultaneous Red Cards carrying the same Time Penalties are assessed to opposing players, their Time Penalties are not served.
- (f) *Maximum Time Penalty:* No player may receive more than 5 minutes for penalties arising at the same time on the Game Clock, irrespective of the number or nature of accumulated offenses or the fact that one or more teammates may be designated to serve such time.
- (g) *End of Game:* All Time Penalties carry over between periods and expire at the end of the game.

11.9 Delayed Penalty: In instances where the Referee would issue a Blue Card , but for the Advantage Rule (Rule 10.5), the Referee acknowledges the offense by holding the Card above his or her head until the earlier to occur of the following:

- (a) *Opponent's Possession:* The team of the offending player gains control of the ball;
- (b) *Stoppage:* Referee stops play for any reason.

Once play is stopped, the offense is recorded and assessed, as customary, except

when a goal is scored, in which case the Time Penalty is not served. In the event of a powerplay goal, Rule 11.5(a), regarding the release of a player from the Penalty Area, remains applicable.

Rule 12 – Shootouts and Tiebreaker

Penalty Kicks: There are no penalty kicks.

Six Foul Rule: Any team receiving 6 fouls in one period will be penalized by the other team receiving a dribble up penalty shot (shoot out). The defending team will be required to stand inside the center circle and the offensive team will line up along the center line. Once the whistle blows the ball is live. A FEMALE PLAYER MAY TAKE A SHOOTOUT SHOT IN COED, HOWEVER, IT WILL BE SCORED AS ONLY ONE GOAL.

U4/U5/U6/U7/U8 leagues do not have Shootouts.

IV. Special Rules/Instructions for Youth Leagues

U4-U8 Modified Rules:

Game Time for U4-U8 4 v 4 Format: Each game will consist of four 8-minute quarters, with a 1-minute halftime. The clock will run continuously. Size of Small Sided Goals: 4' x 6' or 3' x 4'. Field of Play: Teams will compete on a field that is approximately 30x20 yards. Small sided goals that are 4x6 will be used.

Goalkeeper: Teams are not allowed to play a goalkeeper in this division. All four players must play the field. Coaches are encouraged to require players to “mark” opposing players.

Scoring: Teams are not allowed to score on the kick off. Coaches may need to assist in a restart every time a goal is scored. Opposing teams must be on their side of the field during a restart.

Red Line: Balls crossing over the red line are out of play. Players are required to play the ball in with their feet only. Opposing players must stand a reasonable distance from the player playing the ball back in.

Fouls: Coaches are required to maintain a safe environment for all players. If necessary, a member from the Game On Arena Sports staff will monitor the game. If a foul occurs (for example: pushing, tripping, intentional hand balls), a free kick will be awarded to the “fouled” player. Coaches are required to monitor their end of the field. Please remember to promote a safe environment.

Substitutions: Substitutions can be made only when play has stopped. For example, balls crossing over the red line, a goal being scored, or stoppage for a foul or injury.