



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 a current annual individual registration fee and a current signed participation waiver, photo taken and placed on roster prior to the first game. If a team is caught using an illegal or unregistered player the game may end and that team will forfeit that game. Players must check in at the front desk and get a wristband for their game. Players caught reusing or sharing wristbands will receive a minimum 1 month suspension.

All rosters will be frozen on week 6 of the session. NO Adding or Dropping players.

THE FIELD OF PLAY

All fields are turf with infill rubber.

THE BALL

U8 – U9 - Size 3

U10-U12 – Size 4

U13 + up - Size 5

ALL GAME BALLS WILL BE PROVIDED BY THE ARENA.

NUMBER OF PLAYERS

U8 – Adult: six (6) field players and one (1) goalkeeper – (7 vs 7)

Adult – Men's Open Division: 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 not place more than four (4) males and no less than one (1) female at any time. In case of any team going under the minimum amount of players due to a blue or yellow card the game will

continue. 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. At any time the goalkeeper receives a blue, yellow or a red card, same sex player needs to leave the field with no exception. If a female player receives a red card that team is still required to play with a minimum of three (3) female players on the field but no less than two (2) - (7 vs 7)

BORROWING PLAYERS

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

GAME LENGTH

Youth games: 2 – 20 minutes halves

Adult games: 2 – 22 minutes & 30 seconds halves

PLAYER EQUIPMENT

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

Dangerous Jewelry is not permitted.

Hard Casts are not permitted.

Jerseys must be of the same color with numbers assigned to each player.

The Home Team will wear alternate jerseys in case of color conflict. If a home team does not have an alternative color The Arena will provide different color pinnies. At that time the whole team will be required to wear them.

TEAM EQUIPMENT

1. All teams must have team uniforms that are the same in color (**NO TANK TOPS**).
2. All teams must bring an alternate color shirt. In the event of a color clash, the designated home team must change. The facility will provide pinnies for the whole team for that game.
3. A player shall not wear anything that is dangerous to another player. It is at the referee's discretion on decisions regarding casts, etc. Safety eyewear is or street glasses permitted! No jewelry!
4. **FOOTWEAR:** Indoor flats, turf and cleats are permitted. Cleated shoes with metal cleats/tips are not permitted.
5. Usual equipment of a player is: Jersey or T-shirt, Shorts, socks, shin guards, and footwear.
6. Goalkeepers must wear colors that will distinguish him from all other players and referees.

TEAM/PLAYER/COACH RULES & VIOLATIONS

1. Only two (2) rostered coaches are permitted behind the player bench, and **ABSOLUTELY** no one except participating rostered players and coaches are permitted behind the bench during games. Suspended players or coaches are not permitted on the bench. The game can be stopped and/or forfeited if the team has unauthorized coaches, players or spectators on their bench during the game.

2. Players or coaches using profanity against The Arena officials, timekeepers, employees, or management will be suspended from the facility.
3. PLAYERS OR COACHES 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. ALL RED CARD SUSPENSIONS WILL BE REVIEWED BY THE ADULT LEAGUE MANAGER WHO WILL HAND OUT SUSPENSIONS. 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 COACH red carded MUST LEAVE THE PLAYER BENCH AREA before the game will restart and also might have to leave the facility if the area staff sees fit.
5. Any team playing suspended players will forfeit the game, and such players shall be suspended for the REMAINDER of the session.
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 Arena reserves the right to dismiss any disruptive people from the facility.
8. Coaches/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. Coaches are responsible for controlling their players, parents, and fans.
9. Slaughter Rule- The Arena has a slaughter rule for all ADULT and YOUTH teams. If a team is behind by eight (8) goals, they may add one extra player until the goal differential has been reduced below eight (8).
10. If a player, coach, manager and /or parent 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. Points
2. Goal differential (goals scored minus goals allowed)
3. Total Wins
4. Most goals scored in all league games
5. Head to head
6. 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.

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. No team will be allowed to play unless the referee fees are paid and the receipt is given to the referee.

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 clocks.
3. UNAUTHORIZED STOPPAGE of the time clock by coaches 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 queries will be attended to in the proper manner in writing. Please address the League Coordinator at the facility address.

OUT-OF-BOUNDS

Perimeter (netting): the ball is put back into play from the one yard hash mark around the perimeter of the field that is closest to where the ball went out of bounds.

Ceiling: the ball is put back into play from the center of the closest yellow line from where the ball was last kicked.

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

A foul outdoors is a foul indoors. 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. Also, 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. Offside does not apply indoors. 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 yellow line traveled).

GOALKEEPER DISTRIBUTION/GOALIE THROW

Play restarts with a goalkeeper distribution by hand after an attacking player has last touched the ball before crossing the perimeter wall between the corner flags, for any infraction committed by the attacking team in the Penalty Arc. Goalkeeper must play the ball within 5 seconds of receiving the ball into his/her hands or referee whistle. Punting or drop kicks are only allowed in the U8-U12 age groups and women's division but the goalkeeper can NOT punt the ball over three lines (see three line rule*) Passing back to the goalkeeper is called the same as outdoors. 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. Once having the control of the ball in his/her hands and having released it to be played; the goalkeeper can not handle the ball again until it has been touched by an opponent. The goalkeeper may not play the ball with his/her hands and deliberately kicks the ball back to his/her own goalkeeper. Deflections are permitted, provided it is unintentional. At any time, the goalkeeper is NOT allowed to slide outside the penalty area. If the goalkeeper releases the ball into his feet the 5 second count will continue and if the goalkeeper fails to play the ball the opponent will receive the freekick on top of the penalty area. Also, if the goalkeeper decides to dribble the ball outside the penalty area he/she needs to cross the first yellow line in order for the 5 second count to stop.

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. Youth divisions (U8-U14) can **NOT** score from kick-off unless two (2) teammates touch the ball prior to the ball leaving the center mark.

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. 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.

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.

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 doing so.

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 a fracas or 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 GLASS WALL AND SLAMMING THE DOOR GOING IN AND/OR OUT OF BENCH.**

The Adult League Manager and not the referee will decide ALL suspensions and their decision is final.

Should any of your players and/or coaches, 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 in the Penalty Area;

- (b) Yellow Card (for a player's second Blue Card): 2-minute Time Penalty for the Blue Card and a warning of the subsequent possibility of an ejection;
 - (c) "STRAIGHT" Yellow Card – 4 minute penalty to the player but only 2 minute penalty to the team.
 - (d) "SOFT RED" Red Card (for a player's third Blue Card): 2-minute Time Penalty and ejection.
 - (e) "STRAIGHT" Red Card 5 minute Time Penalty and ejection.
- All players serve their own time penalties, INCLUDING the goalkeeper since each card is player specific.

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 in the Area.

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 Cards carrying the same Time Penalties are assessed to opposing players, a FULL Two (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 an 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 the 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 1st yellow line. No player can cross the line until the ball is put in play.

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

(8)

MUST yield 15 feet. The 15 foot distance is automatic and doesn'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.

In Co-Ed games two (2) goals will be awarded for each goal scored by a female player regardless of own goal (DEFLECTION). If a female player kicks the ball and if the ball deflects any player of the opposite team and goes into the goal, the goal will count as two (2) points. A defensive player needs to have full control of the ball prior to the ball crossing the goal line for the goal to count as one (1) and **NOT** two (2) points. If an own goal is scored by a female player the goal will count as two (2) points.

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 at the point where the end line and sideline meet. A goal can be scored directly from a corner kick. Defenders must stand 5 yards away from the ball on corner kicks.

HOME TEAM

Designated HOME TEAM shall occupy the home team area behind the bench. Home team is the first listed in the game schedule.

VISITING TEAM

Designated VISITING TEAM shall occupy the visiting team area behind the bench. Visiting team is second listed in the game schedule.

ALCOHOL

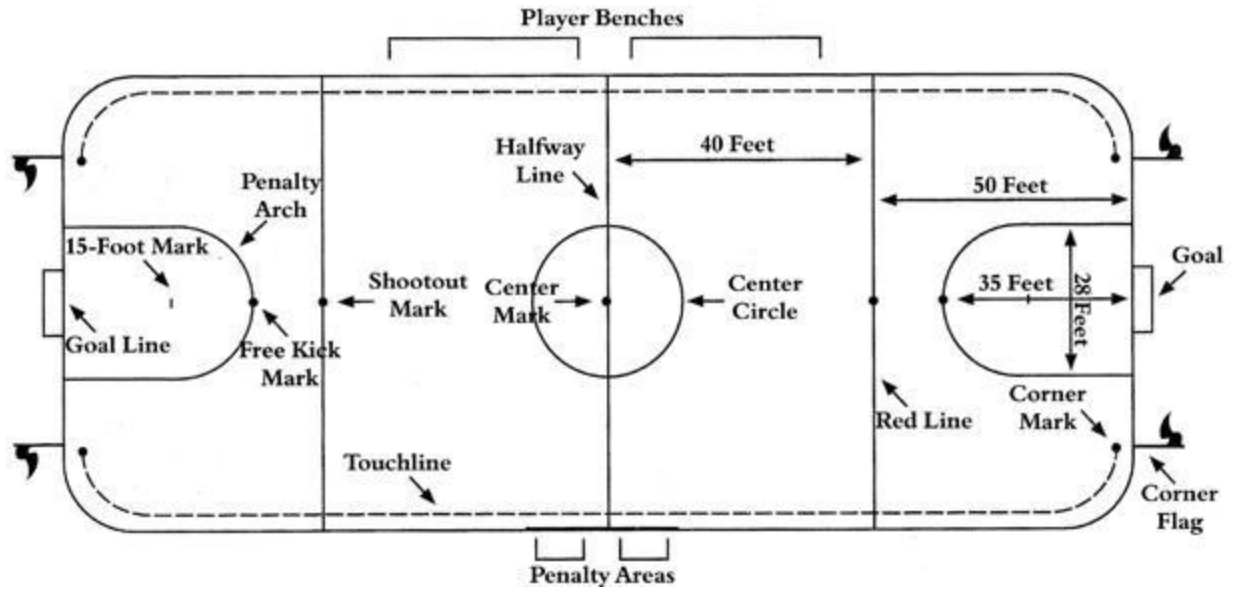
If any player/spectator/coach/manager that is drinking or has alcohol on the bench will be asked to remove the alcohol. If the person or persons refuse or are caught a 2nd time that night they will be sent off/dismissed from the

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

