



## HATFIELD

### INDOOR SOCCER RULES & REGULATIONS

#### ADMINISTRATIVE

**Waiver Clause:** All players must sign the XL Sports World Waiver Exclusion Clause or the XL Sports World Team Roster Form

**Risk Acceptance:** Participation is solely at the player's responsibility, including any direct or indirect consequential loss, damage, or injury

#### INDOOR MATCH RULES

**FIFA Rules:** FIFA Laws of the game will be followed, except for the rules specifically noted

#### MATCH DURATION

- **Adult Leagues:** Two (2) twenty-five minute halves
- **Youth Leagues:** Two (2) twenty minute halves
- **Playoffs:** One (1) period of 30 minutes

#### PLAYER EQUIPMENT

- **Shoes:** All players must wear indoor shoes, sneakers or molded cleats. Metal studded cleats are PROHIBITED.
- **Shin Guards:** MANDATORY for all youth players at matches and practices. Highly recommended for all adult participants.
- **Uniforms:** Home team will be responsible for changing in case of color conflict.
- **Match Ball:** Both teams are responsible for providing a match ball.

#### MATCH SIDELINE SITTING AREA ELIGIBILITY

- Only registered team players and coaches (maximum of 2) are allowed

#### SPECIFIC PROHIBITIONS

- No spitting or chewing gum on the field of play
- No food or drink on the field of play
- Any player with signs of blood will be asked to leave the field of play until bleeding has stopped

## TEAM ROSTERS

- Adult Games:
  - Maximum number of Players on Roster: Twelve (12)
  - Maximum Number of Field Players: Six (6) – Goalkeeper and 5 field players
  - Maximum Number of Teams a Player Can Be Rostered For: Two (2)
- Youth Leagues:
  - Player format will be determined before the season starts
- Minimum Number of Players in a Team to Play a Match: Four (4).
  - After five (5) minutes, a team with less than 4 players will forfeit the match
  - During weeks 1 through 6, a team with less than 4 players will have the option to pick up registered players with the agreement of opposing team captain
- Open Roster Period:
  - Player additions allowed up to Week 6 of play
- Frozen Roster Period:
  - Frozen on Week 7. Use of non-rostered players only with prior approval
  - Use of non-rostered players without permission will be subject to forfeit
- Age Variability (Over 30's and Over 40's)
  - Teams are allowed one player under the age bracket within 2 years
- Coed Team Rosters and Regulations
  - Coed teams will require two female players to be fielded at ALL times
  - Goalkeepers may count towards the female on-field count
  - Teams lacking a second female may play one player down
  - XL House Teams Exceptions:
    - House Teams with sufficient female players must field two
    - House Teams with insufficient female players may play with players available. Opponents of House Teams may mirror the number of female players on the House Team at any time

## TEAM WINNING, STANDINGS, TIE-BREAKERS AND FORFEITS

- Team Standings - Based on the following point system:
  - WIN: 3 points
  - TIE: 1 point
  - LOSS: 0 points
- Tie- Breaking: Used in sequence until winner found:
  - Goal differential - Net of most goals scored and goals scored against
  - Head to head match result(s)
  - Most wins
- Playoff Match Ties: Sequence followed until winner determined
  - Two minutes of sudden death
  - Three one-step PK penalties. Coed will require a penalty kick from a female player
  - One-step PK penalties by each until winner determined

- Forfeited Matches
  - Forfeited matches will result in a 10 - 0 win

## **SPECIFIC MATCH RULES**

### **Kick Off**

- The home team will kick off the match.
- No goal can be scored directly from a kick off

### **Direct free Kicks**

- All foul kicks and kick-ins will be direct free kicks

### **Slide Tackling**

- No slide tackling is allowed for players (note Keeper Hand First exception)
- One knee down on the ground is considered a slide and a foul

### **Offside**

- Not in effect

### **Substitutions**

- Allowed on the fly
- The outgoing player must be off the field before the substitute comes in.
- Infringements will result in a direct free kick in the middle of the field.

### **Out of Bounds**

- Tall Boards: Balls over the tall boards will result in a Goal Kick or Corner Kick
- Short Boards: Balls out of bounds over the short boards will result in a direct free kick for the opposing team within 3 feet of point of contact
- Top Netting:
  - Up to attacking third of play: Direct free kick below the point of contact
  - Within attacking third of play: Goal Kick or a Direct Free Kick on the quarter line at the white dot, referred to as the Top Dot

### **Goalkeeper Rules**

- Punts and Drop Kicks: Not allowed
  - Violation will result in a direct free kick on the Top Dot
- Putting Ball in Play: Five (5) seconds to put the ball back into play
  - Violation will result in a direct free kick on the Top Dot
- Goal Kicks:
  - can be played by a floor kick or by a hand throw
- Goalkeeper Slides:
  - Hand first Slide Tackling:
    - Legal within the PK area
  - Foot-First Sliding Tackling:
    - Illegal both inside and outside the PK area
    - Violations will result in a direct free kick for the opposing team from the point of the foul or PK (if within the box)
- Playing on the Ground: The keeper cannot put the ball in play while on the ground

## **Fouls**

- Outside Own Penalty Area
  - Direct free kick from spot of foul
    - The defensive wall **MUST** be set up at least three yards away
- Inside Own Penalty Area
  - A one-step penalty kick from the white dot (top of the PK area)
    - All players must be outside the area and at least 3 yards from PK taker
    - Keeper must maintain at least one foot on the goal line until the ball is kicked
- Walls and Protective Netting in Close Proximity
  - To ensure the safety of all players, extreme caution is taken along walls and protective netting. Fouls in these areas will be deemed more severe and labeled MISCONDUCT. The referee will have discretion to caution or eject any player who commits a foul in these areas

## **MISCONDUCT**

### **Caution/Yellow Card**

- A YELLOW CARD can be issued but is not limited to the following misconduct:
  - Unsporting behavior
  - Dissent by word or action towards another player or referee
  - Persistent infringements of the law
  - Delaying the restart of play
- On Field Player Caution: A player issued a Yellow Card must leave the field of play and sit for 2 entire minutes. His/her team will play down one player for two minutes
- Substitute Caution: A player cautioned as a substitute also disqualifies a field player for two minutes and the team must play one player down for the two minutes
- [USSF Misconduct Codes](#): Online lists specific infractions of misconduct

### **Ejection/Red Card**

- A RED CARD can be issued but is not limited to the following offences of misconduct:
  - Serious Foul Play
  - Violent Conduct
  - Denying the opposing team a goal or clear goal scoring opportunity
  - Offensive, insulting, obscene or abusive language and/or gestures
  - Leaving the bench to engage or participate in an altercation
  - Receiving two (2) yellow cards during the match
- Facility Departure
  - A player who is sent off must immediately depart the field of play, the XL Facility and its premises for the remainder of the evening
- Player Down
  - The team will play down a player for an entire five minutes period.
- Additional Playing Prohibitions
  - Red-carded players will not be allowed to play that night in any other league

- Suspensions and Expulsions
  - XL management will review all Red Card ejections and determine appropriate disciplinary measures:
    - Players may be suspended for one or more matches
    - Players receiving two red cards in quick succession may be suspended and/or expelled from the facility for
      - The rest of the season
      - The next season
      - In perpetuity

#### **POST MATCH INCIDENT REVIEW AND DISCIPLINE**

- **Match Review**
  - XL Management reserves the right to review all information pertaining to a match, talk to the referee, the players involved, and staff. If upon its review, XL management concludes that a player/s acted in a reckless manner without regard for their safety or the safety of team players or opponents, it may determine that further discipline might be appropriate and necessary to protect the game, and health and welfare of all of the players using the facility.
- **XL Facility Videotape Policy**
  - By signing up to play at the facility, players implicitly agree to the terms and conditions of the XL Facility Video Policy, located at the front of the building

#### **CLOCK STOPPAGES**

The referee's will only stop the clock for

- Referee dialogue with a player on or off the field to obtain control of the match
- Severe misconduct requiring removal of a player who refuses to leave the field in a timely manner
- The referee will not stop the clock for any injuries. If a serious injury occurs XL Staff will determine the time remaining in the match

#### **PLAYER-XL MANAGEMENT COMMUNICATION**

- Player/Referee communication is limited to positive interactions only, and serves as a reminder that all participants, players, and referees should conduct themselves in appropriate behavior before, during, and after matches.
- Constructive comments will be handled by XL management at 215-996-1740 or [griffin@xlsportsworld.com](mailto:griffin@xlsportsworld.com)

#### **RULES AND REGULATIONS MODIFICATIONS**

XL Sports World reserves the right to modify these Rules and Regulations by its own authority and sole discretion to protect the safety of the game, its players, its staff and visitors. Teams will be given advance notice of any material changes prior to their implementation.