

## 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 player's or guardian'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 noted here.
- Match Ball: A match ball will be provided during all scheduled matches.

### MATCH DURATION

- Adult Match Times: Two (2) twenty minute halves.
- Youth Match Times: Two (2) twenty minute halves.
- Adult Playoff Match Times: One (1) period of 30 minutes, varying by session.

### 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.
- Jewelry: Not allowed on the field during any match.
  - No taping of jewelry will be allowed, unless authorized by XL staff before matches for exceptions to the norm.
  - If a Player cannot remove the jewelry, the player shall be substituted and not allowed to play until the jewelry is removed.
  - If the referee stops play to have jewelry removed, it will be considered a foul, and possession will be awarded to the opposing team.

### GAME SIDELINE SITTING AREA ELIGIBILITY

- Only registered team players and coaches (maximum of 2) are allowed at any time.

### SPECIFIC PROHIBITIONS

- No spitting or chewing gum on the field of play.
- No Tobacco or alcohol are allowed on the field or in substitution areas.
- No illegal substances of any kind are allowed in the facility at any time.

### TEAM ROSTERS

- Adult Leagues:
  - Maximum number of Players on a Team Roster: Twelve (12)

- o Maximum Number of Field Players: Six (6) – One goalkeeper and five field players.
- o Maximum Number of Teams a Player Can Be Rostered In: Two (2) teams
- Youth Leagues: Player format will be determined before each season starts.
  - o U8-U11 Divisions - 7V7
  - o U12+ Divisions - 6V6
- Minimum Number of Players in a Team to Play a Game: Four (4).
  - o After five (5) minutes, a team with less than four players will forfeit the match.
  - o 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 to adult rosters are allowed up to Week 6 of play.
- Frozen Rosters
  - o Adult League Rosters are frozen on Week 7. Use of non-rostered players only with prior approval of XL Soccer Director.
  - o Use of non-rostered players without permission will be subject to forfeit.
- Age Variability (Over 30's and Over 40's)
  - o Teams are allowed one player under the age bracket who is within 2 years.
- Coed Team Rosters and Regulations
  - o Coed teams will require two female players to be fielded at all times.
  - o Goalkeepers may count towards the female on-field count.
  - o Teams lacking a second female may play one player down.
  - o XL House Teams Exceptions:
    - House Teams with sufficient female players must field two females.
    - Opponents of house teams (with insufficient female players) may mirror the number of female players on the House Team.

### **XL FAIR PLAY RULES (Youth Games Only)**

- All Fair Play Rules only take effect AFTER the first half of the match has concluded.
- Six (6) Goal Fair Play Rule
  - o When a team is down by 6 or more goals during a match, the trailing team may choose to include one (1) additional player on the field.
- Eight (8) Goal Fair Play Rule
  - o When a team is down by 8 or more goals during a match, the trailing team may choose to include two (2) additional players on the field.
- Ten (10) Goal Fair Play Rule
  - o When a team is down by 10 goals during a match, the score will hold at a 10 goal advantage until the trailing team scores.
  - o All additional goals scored after 10 will restart in a goal kick from the trailing team.
- Fair Play Rules are removed when the trailing team scores enough goals to remove themselves from the clause. I.E. When a team trailing by 6 scores a goal, they will be required to remove their additional player until they are trailing by 6 again.

## **XL FAIR PLAY RULES (Adult Friendly Division Games Only)**

- Four (4) Goal Fair Play Rule
  - When a team is down by 4 or more goals during a match, the trailing team may choose to include one (1) additional player on the field.
- Eight (8) Goal Fair Play Rule
  - When a team is down by 8 or more goals during a match, the trailing team may choose to include two (2) additional players on the field.
- Ten (10) Goal Fair Play Rule
  - When a team is down by 10 goals during a match, the leading team will remove one (1) player on the field.
- Fair Play Rules are removed when the trailing team scores enough goals to remove themselves from the clause. I.E. When a team trailing by 4 scores a goal, they will be required to remove their additional player until they are trailing by 4 again.
- After the match, all players for both teams are to congratulate all match participants, including the referee.

## **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 game result(s)
  - Most wins
- Playoff Game Ties: Sequence followed until winner determined
  - Three one step PK penalties
  - One step PK penalties by each until a winner is determined
  - Coed will require a PK from a female player for every 3 penalties taken
- Forfeited Matches
  - Forfeited matches will be treated as a 10 - 0 win
- Sportsmanship Points Penalties
  - In the event of a Red Card being issued to a player from your team, there will be a deduction of 1 point from the overall standings, regardless of match outcome.

## **SPECIFIC MATCH RULES**

### **Clock and Gameplay**

- No clock stoppages by the referee are to be made during a match.
- Teams are expected to be on the field and ready to play at the assigned starting time.
- The referee will not stop the clock for any injuries. This will be handled by XL Staff.

### **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 at any time during the match.

### **Substitutions**

- Allowed on the fly during play.
- The outgoing player must be off the field before the substitute comes in.
- Outgoing players being substituted may not play the ball, interfere with play, or try to acquire an advantage in any manner.
- No substitutions between a goalkeeper and a field player without prior referee notification and allowance.
- Infringements will result in a direct free kick in the middle of the field or location of the ball, whichever is closer to the offending player's goal.

### **Out of Bounds**

- **Tall Boards**: Balls over the tall boards beyond the end of the sideline 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**: Direct free kick below the point of contact. When above the penalty box, direct free kick from the closest spot below the point of contact outside of the penalty area.

### **Goalkeeper Rules**

- **Punts and Drop Kicks**: Not allowed.
  - Violation will result in a direct free kick on the sideline.
- **Putting Ball in Play**: Have five (5) seconds to put the ball back into play.
  - Violation will result in a direct free kick on the sideline.
- **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**:

- o The keeper cannot put the ball in play while on the ground, for safety purposes.
- o Play with restart with the ball in the goalkeeper's hands once on their feet.

### **Fouls**

- Outside Own Penalty Area
  - o Direct free kick from spot of foul.
    - The defensive wall **MUST** be set up **at least Five (5) yards away**.
- Inside Own Penalty Area
  - o A One (1) 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 or behind the goal line until the ball is kicked.

### **MISCONDUCT**

#### **Caution/Yellow Card**

- A yellow card can be issued but is not limited to the following misconduct:
  - o Unsporting behavior.
  - o Dissent by word or action towards another player or referee.
  - o Persistent infringements of the law.
  - o Delaying the restart of play.
- Player Down
  - o The team will play down a player for a Two (2) minute period.
  - o A cautioned player on the sideline also disqualifies a field player for the two minutes.
- [USSF Misconduct Codes](#): Lists specific infractions of misconduct via link

#### **Ejection/Red Card**

- A red card can be issued but is not limited to the following offenses of misconduct:
  - o Serious Foul Play.
  - o Violent Conduct.
  - o Denying the opposing team a goal or clear goal scoring opportunity.
  - o Offensive, insulting, obscene or abusive language and/or gestures.
  - o Leaving the bench to engage or participate in an altercation.
  - o Receiving two (2) yellow cards during the match.
- Facility Departure
  - o A player who is sent off must immediately depart the field of play, the XL Facility, and its premises.
- Player Down
  - o The team will play down a player for a Five (5) minute period.
- Additional Playing Prohibitions
  - o 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
- [USSF Misconduct Codes](#): Lists specific infractions of misconduct via link

### **MISCONDUCT NEAR BOARDS**

- All fouls near the boards will be deemed dangerous foul play and disciplined under the misconduct rules stated above.

### **MISCONDUCT REFEREE DISCRETION**

- Referees reserve the right to deem a player's misconduct less severe than a yellow card, and may instruct the player to remove themselves from the field for a duration without player reduction. In this case, another player may take the offending player's position on the field, but the offensive player will be asked to remain off the field until instructed by the referee to return.

### **GAME SUSPENSION & TERMINATION**

- In the case of severe and/or repeated player or team misconduct, the referee reserves the right to suspend or terminate the match at any time. Upon suspension or termination, both teams are required to leave the field separately and appropriately as quickly as possible. XL Sports World Hatfield staff will be in contact regarding the incident within 48 hours
- No resolution will be made on the day of the match suspension or termination.

### **POST GAME INCIDENT REVIEW AND DISCIPLINE**

- **Game Review**
  - XL Management reserves the right to review all information pertaining to a game, 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.

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

- Player/Referee/Director communication is limited to positive interactions only.

- 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 the implementation of any rules and regulations.