



SPORTSCITY SOCCER RULES: U07-HS

JANUARY 2012 "A"

It is the coaches and/or team managers responsibility to ensure that all players are aware of the rules.

Official FIFA "Laws of the Game" will be followed except as noted in the following. SportsCity has set forth the following rules to ensure that our facility is a safe place for players, spectators, and referees to enjoy the game of soccer.

No glass containers are permitted in the facility. No food, drinks, chewing tobacco or gum, sunflower seeds (or similar products), or metal cleats are permitted on the playing surface. Players are NOT to be drinking alcohol before their games. There is to be NO beer / alcohol in the players area.

ALL participants are to be aware of the rules. SportsCity reserves the right to change or add to the rules to handle any situation that may arise. SportsCity may re-bracket teams at any time in order to guarantee fair and equal play. Ignorance of the rules will not be accepted as an excuse for failure to comply with them. SportsCity may modify rules at any time to ensure equal and fair play.

Changes highlighted in **yellow**.

REFEREE AUTHORITY:

Referee authority applies to all rules of the game. All calls are the judgment of the referee and are final. Any and all calls made by the referee are NOT subject to protest (during the match). The referee has the ability to present a Red Card prior to, during, and after a match. It is the authority of SportsCity Management and the Rules set forth to determine player / team suspensions.

#1 of 3 - General:

Teams playing up, or teams whose age divisions are combined, will abide by the rules set for the older division.

AWARDS:

Will be given to 1st place teams. Teams receive a team coupon towards food / drink (excludes beer / alcohol), and choice of either \$50.00 off the next session or League Champ t-shirts which are not sport specific.

AGE DIVISIONS: Boys and Girls

- * U08 - U10 - U12 - U14 - U15 non HS and High School. Single age brackets made when possible.
- * U15 non HS: anyone that is U15 but in HS can **NOT** participate in this division - period. No exceptions!
- * All teams with U15 non HS players must supply proof they are in middle school **PRIOR** to them being allowed to participate. Failure to do so will result in the team forfeiting all games until such proof is provided.

GAMES:

- * All teams are scheduled eight (8) games. There are no playoffs.
- * Forfeits are beyond SportsCity's control and will count as a game.

PLAYOFFS: None.

POINT SYSTEM:

- * 3 points for win, 1 for tie, 0 for loss. Forfeits will be posted 3-0 (see Forfeits).
- * Goal difference: the greatest goal difference allowed will be five (5), ie: 10-1 games will be deemed 6-1
- * SportsCity will keep track of league standings which will be posted in the facility and on the web site.
- * Due to additional penalties actual standings may vary from the computer generated standings on the web site.

PROTEST:

- * There will be **NO PROTESTS** allowed regarding the game.
- * The Site Director will resolve all disputes immediately. These decisions will be final.
- * If a team suspects an illegal player or other illegal activity associated with the other team, they should inform management immediately. If this activity is discovered after the game is completed, the team should file a formal protest to management.
- * Management will not overturn any calls made by the referee during the game.
- * Management will not take seriously any complaint directed at them immediately following a game - verbal or written.

REFUNDS: Refunds will only be issued should SportsCity not be able to provide a league spot for a team.

REQUESTS:

Request are not guaranteed. No verbal request will be taken – must be in writing. Teams are allowed 2 scheduling requests per session on the required form and submitted two (2) weeks before the start of the session. Late request will not be accepted.

RESCHEDULES:

- * SportsCity understands that unplanned things happen but in order to keep within the eight (8) weeks each session, **NO** reschedules will be done unless it's due to an error caused by SportsCity or for reasons beyond SportsCity's control.
- * SportsCity is only responsible for the initial schedule. It is not responsible for reschedules unless it has cancelled games or made a scheduling error.
- * Reschedules are not guaranteed. Games cannot be rescheduled to the current week.
- * Team needing to reschedule must notify the League Coordinator at least 72 hours in advance. Less than 72 hrs will result in a \$50.00 reschedule fee (cash or credit card) to be paid by the team requesting the reschedule prior to the game being rescheduled.
- * Team needing to reschedule is responsible for contacting the opponent and working out a new date / time then notifying the League Coordinator. The coordinator will then verify if the opponent has agreed to rescheduling, the date / time is available, and refs can be obtained. Teams will be informed if the reschedule is approved or not.

RESCHEDULES: Bad Weather

Any games that are rescheduled due to weather will be rescheduled at the discretion of management. No refunds will be issued if the game is not able to be rescheduled. SportsCity reserves the right to reschedule these games on days that the teams have not registered to play on depending on field availability.

SCHEDULES:

- * In order to keep games within the eight (8) week time period, and to accommodate any holidays during those weeks, games on additional days/evenings/weekends may be necessary. No guarantee or promise will be given on the number of teams that will be in a division. Until all teams have registered, there's no way to tell.
- * The schedule will be posted on the SportsCity web site www.sportscitykc.com. Any schedule changes will also be posted on the website. All efforts will be made to contact any teams involved in any schedule changes but the responsibility lies with the team coaches and manger's to double check the schedule on our web site one (1) day prior to their scheduled game.

SUSPENSIONS:

- * Suspensions will not be overturned unless it can be proven it was done for personal reasons.
- * Suspensions can range from one (1) additional game to banned from SportsCity. Player will be notified.

TEAMS: Minimum is four (4). No guarantee or promise will be given other than this.

TIE BREAKERS:

At the conclusion of each session, the following will be used to break any ties:

- * Head to head (not used if more than two teams are involved in the tie breaker)
- * Goal difference
(i.e. goals scored minus goals allowed with 4 goal maximum differential, e.g. 10-1 games will be deemed 5-1)
- * Most shutouts
- * Fewest goals allowed
- * Most goals scored (no maximum)
- * Sudden death Penalty Kicks

WARM-UP: League fee does not include warm-up time nor is there any guaranteed warm-up time or space. Games are to start on time. See Forfeits.

WEB SITE: www.sportscitykc.com

- * Web site is available to everyone.
- * To get full use of the MySam features:
 - * All participants with a current SportsCity waiver/registration and an active e-mail address on record with SportsCity can log in on MySam to view schedules, standings, send team e-mails, etc.
 - * To use this function go to the web site and click on MySam to open the GET PASSWORD page. Complete the information and send. A password will be sent to that persons e-mail normally within seconds. Once received go back into the web site, click again on MySam, and enter their password.
Email being used must be the same that is on file with SportsCity.

#2 of 3 - Registering / Rostering:

It is the **teams** responsibility to ensure ALL paperwork and money is in order and accepts any penalty that may be enforced as a result of failure to do so. Forfeits for illegal players will be based on paperwork on file at the time a roster check is done. **IF NOT SURE CHECK BEFORE DOING!**

AGE GROUPS: are based on MYSA Ages for current seasonal year (located at end of this section)

- * Single age brackets will be made when possible.
- * If not possible then two (2) ages will be combined to form a league.
- * Teams are to register based on the age of their OLDEST player.
- * U15 non HS is for players **NOT** in high school. Doesn't matter if they play, or have yet to play, HS ball or not. It's for U15 players still in 8th grade.

BRACKETS and DIVISIONS:

- * Co-ed teams will play in the boys division unless a All Co-ed division can be formed.
- * All girl teams cannot play in the boys division.

COACHES or RESPONSIBLE PARTIES:

- * Coaches / responsible parties are not required to be licensed.
- * All coaches must have an assistant able to coach in their absence - **period**.
- * Are at least eighteen years old or older.
- * Will have someone eighteen (18) yrs or older on the bench during all games who will be responsible for and held accountable for the team and its actions. Failure to do so could result in a forfeit and/or teams removal from the league.
- * Are responsible for ensuring the team has a zero (0) balance before it plays its third (3rd) game.
- * Are responsible for, and will be held accountable for, the full league fee whether the team completes the session or not.
- * Are responsible for the collection of all required paperwork to register a team and its players.
- * Will provide a valid contact info including an e-mail address.

ELIGIBILITY:

- * Play is open to all teams with the correct aged players. Teams need not be established ones. No "guest players" allowed.
- * Players may be rostered to multiple teams including teams in the same level.
- * In the event there is a dispute over a players age, SportsCity reserves the right to request verification of that players age. Proof of age being: driver's license, certified birth certificate, passport, sanctioned players pass (with photo), or Photo ID School Pass.
- * Failure to provide proof will result in the player being removed from the game. All games up to and including that game will be declared a forfeit.

INJURED PLAYERS:

- * Players may be added after the 2nd game in place of a injured player that cannot complete the session.
- * That injured player must submit in writing their request to be dropped from the team.

LEVELS of PLAY: OPEN

PAYMENTS / REGISTERING:

- * Required deposit, team registration/contract, schedule request (if any), and shirt order (if any) are all due by the deadline per session to register a team and guarantee a spot.
- * Teams not paying in full when registering are required to provide a credit card.
- * The person whose name is on that credit card must be the one signing the authorization giving SportsCity the right to charge it as needed.
- * Teams must have a zero (0) balance before they can play their 3rd game.
- * If team is not paid in full before it plays its third (3rd) game, it will forfeit its spot in the league and NO refund will be issued of any money paid.
- * If for any reason there is a balance due after the 3rd game, the credit card on file will AUTOMATICALLY be charged. If the charge is denied the team will be removed from the league and all games forfeited. There will be NO refund of any money.
- * Roster and all waivers (on active players) are due by the 1st game.

MULTIPLE TEAM DISCOUNT:

- * If someone has two (2) or more teams registered in their name they will receive a \$50.00 discount per team.

PLACEMENT of TEAMS: SportsCity has the right to:

- * If during the session it's found a team's record indicates possible sandbagging, whether that team needs to be moved to a higher level or not. If moved this will result in a new schedule but will not change the game results or standings of all teams involved.
- * If returning winners have to move up or not. Just because a team wins a division does not mean they are able to compete in the next level.
- * Form single age divisions if possible.
- * Combine ages, divisions or levels to form a league.

PLAYERS:

- * Must have a current SportsCity waiver on file. This waiver is good for one (1) year for any SportsCity event.
- * Must fall within the age guideline set by MYSA (state association) for the age division they are playing in.
- * All players for a team must have like shirts, at least similar in color, with at least a 8" permanent number on the back.

REFUNDS:

- * NO refund of any money paid unless SportsCity is unable to place a team.

- * If not able to place a team, SportsCity will issue refund within thirty (30) days.

ROSTER CHECK: Management reserves the right to check identifications of any player.

- * Photo ID required on hand at all times. No exceptions. In fairness, this applies to all players even those known by SportsCity employees or other players.
- * Accepted forms of photo ID: driver's license, school pass, passport, or laminated state issued player's pass.
- * If a player's age is questioned only a passport or state issued birth certificate with the state seal will be accepted.
- * If a roster check is done and a player cannot provide such ID:
 - * they will not be allowed to play. Period!.
 - * player is considered an illegal player and team will forfeit the game.

ROSTERS:

- * Players may be rostered to multiple teams including teams in the same level.
- * Rosters are due by the first (1st) game. **Rosters are frozen after the completion of the second (2nd) game.**
- * Eighteen (18) is the maximum roster size allowed no matter what age.
- * **Minimum roster size is three (3) over the number of required field players. (ie: if 6v6 then the minimum is nine (9) players.)**
- * It is strongly suggested that all players, whether they participate or not, be listed on the roster. When (if) they play doesn't matter as long as they are on your paper roster before it's frozen.
- * **NO GUEST PLAYERS ALLOWED!** Players must be rostered to the team or team will forfeit.
- * High school aged teams must have someone eighteen (18) or older on the bench that will be held accountable for the team.
- * Players may only be added after the 2nd game if a player is injured and removed from the roster for the remainder of the session.
- * At the discretion of management, a team may claim hardship and add one (1) player after the 2nd week.
- * Any player found to be illegal, will cause the team to forfeit ALL games to that point.

WAIVERS & RELEASE of LIABILITY FORM:

- * Required on **ALL** players **PRIOR** to them participating. Good for one (1) year for any event at SportsCity.
- * Players participating without a waiver will be considered ineligible and game will be a forfeit.
- * Players without a current waiver / release on file will **NOT** be covered by SportsCity insurance.

#3 of 3 - PLAYING RULES:

BALL IN / OUT OF PLAY:

- * If any part of the ball hits the net it is out of play.
 - * Side net: ball will be placed on the sideline where the ball hit the net.
 - * Ceiling net: ball will be placed on the yellow line closest to where the ball hit the net.
- * Whole ball must completely cross the goal line between the posts and under the crossbar to count as a score.
- * **U07-U10: If the whole ball crosses the end line going out of bounds, it will be put back into play with either a goal kick or corner kick depending on which team last touched the ball.**

BALL SIZE: Each team is to provide a game ball.

- * **U07-08: size 3**
- * U09-12: size 4
- * U13-HS: size 5

BENCH AREA:

- * The only people that are to be in the bench area are: officials, rostered players, coaches (limit 2), and a adult responsible for running the clock (if needed).
- * Home / Visitor is indicated above benches. Teams are to sit in the area according to if they are H / V on the schedule. Failure to do so could result in score being posted wrong.

BLUE CARD: see also TIME PENALTIES

CASTS / ORTHOPEDIC BRACES:

These may be allowed if at the discretion of the referee they are not dangerous to any of the players on the field. They must be padded / wrapped to the referee's satisfaction. Suggestion: bubble wrap enclosed in ace bandage.

COLOR CONFLICT:

In cases where the referee deems there to be a color conflict the **visiting** team will be responsible for changing their uniforms or obtaining a pinnie available from the office.

DELAY of START:

Any team delaying the start of a scheduled game shall forfeit the game to the opponent. If games are running late the official will determine the starting time of the next game. Forfeits will be recorded with a 3 to 0 score.

EJECTIONS:

- * Ejected players / coaches are considered illegal until their suspension has been served.
- * Ejections will not be over ruled unless proven it was done for personal reasons.
- * Ejections are automatic and apply to the team the ejected person participated with when they received it.
- * Ejections are immediate. The player / coach is out the remainder of the game and all of the next game or as suspended.
- * Ejected player / coach **cannot** be in the players bench area while serving their suspension.
- * Ejected coaches, spectators or HS players must leave the building.

EQUIPMENT:

- * **NO** offensive names on the shirts.
- * **Optional:** matching shirts in color with at least a six (6) inch **permanent** number on the back. No taped numbers.
Example: if a team is blue then all players, except the goalie, must wear some shade of blue.
- * **Shin guards are MANDATORY!** All players must wear shin guards which must cover the entire shin bone area and must be of appropriate size for the player, ie: HS players must wear adult sized shin guards.
- * **SHOES:** All players must wear flat-soled or similar shoes. Rubber molded cleats only may be worn at SportsCity.
- * The goalkeeper shall wear colors that distinguish them from field players and the referee. Any field player who replaces the goalkeeper must comply with this rule. The goalkeeper may wear protective headgear if it is deemed acceptable by the referee, (i.e., is not dangerous and does not interfere with other players).
- * No jewelry of any kind is allowed during the game.
- * Players failing to comply shall be sent off the field of play to adjust their equipment and cannot return without first reporting to the referee. Upon approval the player may return to the game at the next guaranteed substitution.
- * An "Unsporting Conduct" penalty shall be assessed to any offender who enters the game in breach of the conditions of this rule. If the game is stopped to administer the time penalty, it shall be restarted with a free kick taken by a player of the opposing team.

FIELD SIZE:

- * **U07-10: measurements are approximately 27 yds by 40 yds.**
- * U11 up: measurements are approximately 30 yds by 60 yds.

FIGHTING:

- * SportsCity has a **ZERO TOLERANCE POLICY** toward fighting. Anyone fighting will be ejected and they will be terminated from playing the remainder of that session on any team.
- * SportsCity reserves the right to ban permanently any player involved in a fight.
- * Anyone fighting will cause their team to be penalized with a forfeit and the loss of three (3) points.

5 SECOND RESTART VIOLATION:

Failure by a team to put the ball into play within five (5) seconds, as signaled by the referee, results in a possession turnover.

FORFEITS: recorded as 3-0 win PROVIDED minimum # of players to start a game is present

- * If games are running late the official will determine the starting time of the next game.
- * Teams not able to field the minimum number of players required per their age division to start a game within ten (10) minutes of start time will forfeit. There is no bargaining on this matter.
- * Forfeits are beyond SportsCity's control and will count as a game.
- * "No Shows" or forfeits due to illegal players, will result in a 3-0 victory for the opposing team. No rescheduled game will be given.
- * Games forfeited will cost the forfeiting team \$50.00 (cash) to be replayed. Opposing coach must inform SportsCity they have agreed to the game being replayed. Fee must be paid before game will be rescheduled.
- * Teams found to have illegal players, rostered or not, will forfeit all games up to that point.

FOULS and MISCONDUCT: In the event of a foul, the ball will be placed at the point of the infraction. All fouls are direct in nature.

FREE KICKS / RESTARTS: Are direct and may result in a goal. Exception: a goal may not be scored directly from a kick-off.

GAME DURATION:

- * **Team talks are not to be done on the field after your game.** Games are to start / end on time. Once your game is done, please collect all items your team brought and leave the playing area immediately so the next game can start.
- * Teams are to switch sides after the half.
- * Games shall consist of (2) 24 min. halves with a three (3) minute half-time.
- * Provided the forfeit time has not expired, once the minimum number of players has been reached the game must start.
- * If a game starts late, provided the forfeit time period has not expired, the amount of time the game was delayed is to be divided in 1/2 and taken off each half equally.

GOALKEEPER PASSBACK:

Players will be allowed to pass the ball back to the goalkeeper's hands from anywhere within the defensive third of the field (marked by one of the three lines). Goalkeepers may not handle any pass that originated from outside of the defensive third of the field.

GOALKEEPER SUBSTITUTION:

Any teammate may change places with the goalkeeper as per regular substitution procedures. The goalkeeper must wear different colors from field players and referee.

GOALKEEPING RESTRICTIONS:

Following infractions shall cause the referee to stop play and award a free kick to the opposing team at the top of the penalty box and on the whistle.

- * The handling of an intentional back pass from a teammate's feet that originated outside of the defensive third.
- * Five Second Distribution: A goalkeeper, in possession of the ball within the penalty area, must distribute the ball outside of the penalty area or to another player within five seconds of having received the ball within the penalty area. Possession shall be defined as control with hand or foot.
- * Illegal procedure Handling: A goalkeeper who receives or carries the ball outside of the penalty area by foot, shall not handle the ball inside the penalty area prior to the ball being touched by another player or prior to a stoppage in play.
- * Intentional handball violations committed by the goalkeeper outside the penalty area to stop an opposition attack shall result in a time penalty. Any player and not necessarily the goalkeeper may serve this time penalty. Regular handballs by the goalkeeper will result in a normal free kick without the time penalty.
- * If a goalkeeper commits a foul that is deemed a red card offense by the referee, or if they receive two (2) blue cards, he/she must serve the ejection. The team must play short for the five minute with a different player in goal. At the completion the five minutes the team may play at full strength but the goalkeeper that committed the foul must sit out the remainder of the game as well as serving a minimum of a 1 game suspension.
- * Once the goalkeeper possesses the ball (from a shot or pass back from a teammate) with the hands and releases it, the goalkeeper does not have use of the hands again on a pass back from a teammate unless the ball is/has been touched by an opponent.

KICK-INS: Are direct. The ball shall be kicked into play from the sideline instead of thrown in.

KICK-OFF:

- * May be played in any direction.
- * A goal may not be scored directly from a kick-off.

MERCY RULE:

If in the 2nd half one team is ahead of the other by ten (10) points, the referee is to ask the losing team if they want the game stopped thus awarding the win to the other team. If stopped the remainder of the game will be a scrimmage with no officials.

OFFSIDES: None

OVERTIME: None

PENALTY KICKS:

- * Only infractions that are deemed by the referee to be denying goal scoring opportunities (within the penalty area) will result in the penalty kicks. "Incidental" fouls within the penalty area will result in a free kick at the top of the penalty box and on the whistle. All fouls deemed intentional within the penalty area will result in a two (2) minute penalty.
- * Players, other than the player taking the kick and the goalkeeper, must be behind the yellow line. Yellow line being the one used for restarts when the ball hits the top net.

PLAYERS:

- * U07-08: 5v5 + goalie
- * U09-10: 4v4 + goalie
- * If teams agree they may play: U07-08 4v4 + keeper and U09-10 play 3v3 + keeper
- * U11-12: 7v7 + goalie
- * U13-14: 6v6 + goalie
- * High School: 5v5 + goalie
- * Minimum number of players required to start / finish a game: one (1) less than the number shown above.

PLAYING TIME: Playing time is left up to the coach.

RED CARD: (see also TIME PENALTIES)

- * A player or coach sent off the field during or after a game by a referee (red carded) will automatically be suspended from the next game in the session. **In addition:** a player will be banned from playing on any other team until the suspension has been served.
- * A player or coach red carded for the offense of "foul and abusive language" will be suspended as outlined above.
- * A player red carded for the offense of "persistent infraction" of the rules after receiving two (2) blue cards will be suspended as outlined above.
- * A player or coach receiving two (2) red cards in a single session will be suspended from playing for the remainder of that session.
- * A player or coach red carded for the offense of "violent conduct" (including, but not limited to: spitting, threatening, continued rough play, etc.) will be suspended as outlined above and, in addition, will be suspended for one additional game and subject to further disciplinary action as decided by facility management.
- * A player or coach red carded for "assaulting an official" will automatically be suspended from any further activities at SportsCity.
- * Should a coach of a team be unable to control a player's actions after a red card is issued, the coach will also be suspended as outlined above.
- * A player jumping from the player box onto the field to break up or participate in a fight will automatically be ejected from the game and will be subject to the same penalties as outlined above.
- * It is the responsibility of each player and the player's team representative to be aware of the total status of their player's infractions. Failure to comply may result in further disciplinary measures which may include suspension of the coach / representative and forfeiture of games in which that player participated.
- * If a player / players are issued a Red Card for fighting – they will be suspended for the remainder of the session (on any team). Please review our policy on Fighting – listed above.

REFEREES: all officials are contract labor

- * One (1) official will be used for all U07-U12 games.
- * Though every effort is made to assign two (2) officials to U13 up games, it is not guaranteed.
- * There are no officials for the Soccer Academy.
- * To officiate high school aged games must be at least 21 years old.
- * To officiate all other youth games, must be at least 16 years old.
- * Have authority fifteen (15) minutes before and after a game.
- * Referees appointed to officiate each game have complete authority on the field of play, and their decisions on points of fact connected with the game are final.
- * Complaints regarding officials should be submitted in writing, contain points of fact, and have your name and the name of your team at the top.
- * Teams may fill out a referee complaint form and turn it into management. Management will take seriously all complaints written on a complaint form and turned in **24 hours after a game**.
- * Management will not overturn any calls made by the referee during the course of a game.
- * Management will not take seriously complaints directed at them immediately following a game verbal or written.
- * **Do not discuss officiating or the officials with facility staff during or immediately after your game.**

REMOVAL FROM GAME:

- * Removal from game can range from sitting out a minimum of two (2) minutes to ejection.
- * Cussing directed towards another player can be cause to remove the player from the game.
- * Cussing directed towards an official **will** be cause to remove player from the game.
- * Use of extremely foul language will be an automatic suspension of at least one (1) game. Spectators are to also be controlled or removed for use of offensive language.
- * Threatening a player or official will be cause to eject player from the game.
- * Fighting will be cause to eject offenders from the game. Additional suspension will be enforced.

SCORING:

- * The whole ball must completely cross the goal line between the posts and under the crossbar to count as a score. A ball stopped on or bouncing on / off the line does not count as a goal.

SHOOTOUT: None

SIDELINE CONDUCT:

Players, reserve players, managers, coaches, assistant coaches and fans are expected to conduct themselves within the letter and spirit of "THE LAWS OF THE GAME." The site directors have the authority and responsibility to remove any person or person from the facility for abuses to good conduct, in addition to any specific disciplinary action brought about by other authorities.

SLIDE TACKLING:

To help prevent additional damage to the fields, no slide tackling **PERIOD**. Slide Tackling will be defined as anything other than the

feet touching the ground when attempting to take the ball away from an opponent.

START of PLAY:

- * All starts and restarts are **Direct Free Kicks**
- * Players required to start the first half: 2 less than the number shown under Field Players.
- * Players required to start the second half: as shown under Field Players or the team will forfeit.
- * The ball may be played in any direction from kickoffs.
- * A goal cannot be scored directly from a kickoff.
- * All fouls are direct in nature. The opposition **must** stand a minimum of 10 feet away from the ball on all restarts. Referees will determine what is 10 feet.
- * When a game is restarted after an injury or after a "referee discretionary stoppage" the restart kick will be taken by the team that had clear possession prior to the stoppage. If there is no clear possession, then the game will be restarted with a drop ball at the point where the ball was when the game was stopped. If the game was stopped inside the penalty area, all restarts, whether by kick or drop ball, are from the top of the penalty box.

SUBSTITUTION: unlimited

- * Substitution "on the fly" may be made at any time.
- * Guaranteed substitution may be made at the following times:
 - * After a goal is scored by either team
 - * Either team may sub 1-for-1 on an injury or blue card. On an injury, only the injured player can be substituted.
 - * At half-time
- * Please note that there will be no guaranteed substitution in the last minute of the game and there will be no guaranteed substitution after a foul.

THREE-LINE VIOLATION: There will be no three-line violation.

THROW-INS: None. Throw-ins are replaced with kick-ins.

TIME PENALTIES:

- * For time penalties, the team will play short for two minutes (blue card) or five minutes (red card). Teams may play at full strength again after the two minutes are completed or after the opposition scores a goal.
- * The 5 minute red card violation must be served for the full five minutes regardless if a goal is scored. The red carded player must sit out the remainder of the game and serve a minimum 1 game suspension. This applies to all players (including the goalkeeper) and the coaching staff.
 - Note:** if a coach receives the red card the team must designate a player to serve the time penalty. This player may return to the field after the time penalty but the ejected coach must leave the facility before the game may commence.
- * If a second blue card is issued to the same player, the player is ejected from the game and the team serves a two (2) minute penalty.
- * Simultaneous blue cards on members of each team results in both teams playing short for the full two(2) minutes regardless of goals scored.
- * Teams can only serve a maximum of two time penalties at a time. If a third two minute violation occurs during a time that a team is already two men down the third will be deemed a delayed two minute, i.e. the player must sit out for his two minute as soon as one of the current two minute penalties have elapsed. In multiple two (2) minute penalties a goal scored only cancels one penalty.

TIMEOUTS: None

WARM-UP: League fee does not include warm-up time nor is there any guaranteed warm-up time or space. Games are to start on time. See Forfeits.