



FACILITY AND INDOOR SOCCER RULES

2010

Sports Network and Fitness, Inc. rules for indoor soccer are based on FIFA Laws of the Game modified for indoor play.

General Rules:

- Individuals utilizing this facility do so at their own risk. The property owners, managers, league operators, officers, and staff of Sports Network and Fitness, Inc. assume no liability for any injuries or accidents, which may occur. Please refer to our Facility Pass/Waiver Form for complete details. This form may be downloaded from our website with ample time, signed and sent back to SNF prior to the participant's first league/tournament game.
- Conduct within the facility and on the field should be conducted in the spirit of good sportsmanship.
- Fighting, spitting, nose blowing, verbal abuse and foul language are not permitted. Doing so while playing will result in a yellow or red card at our referee's discretion. All participants must abide by the following:
 1. Play At Your Own Risk
 2. Must Pay Before You Play
 3. Be Aware of The Glass, Keep Hands and Feet Off
 4. Absolutely No Alcohol Prior To Playing
 5. Use Bathroom Lockers For Changing
 6. No Cleats Allowed
 7. Flat Non-Marking Shoes On Hard Court
 8. Shirts Must Be Worn At All Times
 9. No Ball Playing Outside of Turf Field Or Hard Court
 10. No Fighting, No Spitting, No Foul Language
 11. No Gum, Chewing Tobacco or Smoking Permitted
 12. No Unattended Children Allowed
 13. No Pets
 14. No Glass Containers
 15. No Outside Food or Drinks Allowed In The Facility
 16. No Radios, Horns or Other Noise Making Devices
 17. Dispose of Your Trash In The Proper Receptacles

Youth Team Fees:

- Teams must register online, over the phone or at the desk prior to the deadline.
- Team fees are to be paid prior to the first game.
- If complete payment has not been made by the end of the first game your team will be forfeited and no monies will be refunded. You will not be able to add another team in any session without paying your teams fees up front. Fees are as follows:

Registration Type	Deadline	Soccer (Turf)	Games
Priority	March 15, 2010	\$395	6
Open	May 15, 2010	\$405	6
Late	July 1, 2010	\$425	6

Individual Adult and Youth Player Fees:

Age Level	Individual Rate	Games/Classes
Adult Soccer	\$85	7*
High School	\$70	7
Youth Soccer	\$70	7
Lil' Kickers	\$153	12

*Adult teams paid in full one-week prior to session start are given an additional friendly match, for a total of 8 games.

- Players must register online, over the phone, or at the desk prior to the deadline.
- All player fees are to be paid prior to the first game.
- If complete payment has not been made by the start of the first game, player will not be allowed to play.

Cancellations:

- All payments including deposits for leagues, camps, clinics, birthday parties, rock climbing and field rentals are non-refundable.
- Teams that have registered will receive a credit or refund only and - in the unlikely event - that SNF management has not been able to form a league. Teams wishing to cancel for other reasons will forfeit their deposit.
- Individuals who have enrolled for league play without a team may receive a credit or refund only when SNF management has not been able to place them in a team.
- There are no refunds for events missed due to suspension, injury, ejections or forfeits. All customers must understand our rules for the sport in which they play and must abide by our [Facility Waiver and Pass](#).
- There are no refunds for events that are cancelled due to inclement weather, an act of God or any unforeseen problem. However, every attempt will be made to reschedule the event upon availability of space.
- SNF reserves the right to refuse relinquishment of any deposit should cancellation adversely effect league scheduling.

Referee:

- The referee's calls on the field are FINAL and are not open for debate or discussion. If a situation warrants, the referee may end the game in order to protect the safety of all participants. If there are any comments/concerns regarding our officials, please submit a PROTEST FORM from the front desk with a \$25 fee.
- Calls made by the Referee will NOT be overturned.
- Constructive comments about the officiating, rules or anything else will be accepted. They will be only accepted in writing and after 24 hours of the incident or game. We will not accept or hear any complaints during or after the game prior to the 24 hour rule.
- Do not discuss officiating or the officials with the facility staff during or immediately after your game.

Number of Players:

- U-11 and younger: 7 v 7 6 players needed to start
- U-12 to High School: 6 v 6 5 players needed to start
- Adult Teams: 6 v 6 4 players needed to start
- COED teams must have at least 2 females on the field for play at all times. If a team has only one woman on the field of play, that team must play down a player until another female can fill that spot. If a team has no female players, the game is forfeited.

Game Length:

- All matches have a running clock.
- U-16 and younger: 20 minute halves with a 2 minute half-time
- H/S and older: 25 minute halves with a 2 minute half-time

- One 5 minute sudden death overtime period will be played for league play-offs and single elimination games for tournaments. The overtime period will start with a drop ball. Modified FIFA PKs will be taken if a match is still tied at the completion of the overtime period.
- **Modified PKs:** **No steps, one forward motion.** The five players to take the kicks must come from the six on the field when time expires. If the score is tied after five kicks, the same five players alternate kicks until one team wins.
- **Official Games:** A game is considered “official” after one completed half of play. If there is an injury or other unforeseen circumstance like a power outage, the current score will stand as official once a half has been played.
- There is a 5 minute grace period before the game is declared a forfeit. The clock will always be started on time.

Substitutions:

- Unlimited on the fly. If the player coming on comes in contact with the ball prior to the player leaving the field the ball is turned over to the opposing team for a free kick.

Game Ball:

- U-12 and younger: Size 4 soccer ball
- U-13 through Adult: Size 5 soccer ball

Activation Membership (Adult and H.S. Leagues):

- \$10 Membership fee: (annual fee)
 - Include the player pass
 - One year membership
 - Discounted D.C. United and Wizard’s Tickets
 - Personal email and text updates (i.e. game updates, field availability, etc.)

Player Pass:

- Each player must sign the Sports Network and Fitness waiver form.
- Your player pass will be covered in your \$10 Activation Membership Fee.
- Each player will need to provide an identification that includes a birth date upon request.
- Each week, each player must show the player pass and check in with the referee prior to the start of the game. If player misplaces his/her pass he/she must pay the \$5 replacement fee.
- Should any player forget his/her pass (one time allowed) he/she must show proof of identification in order to play. Under no circumstances shall any player play without checking in with the referee. The referee cards will then be printed and the referee will verify that only rostered players are playing on the team.

Rosters:

High School and younger:

- The maximum roster size is 18 players. Maximum of 12 players may participate in any given game. There will be no guest players allowed outside the 18 players listed on the roster. If a team has an injury or other “circumstances” where by they lose a rostered player, that team may request that a new player be added to the roster. This additional player may not play until permission from SNF has been granted. If he/she plays before permission has been granted, those matches will be forfeited.
- All youth teams must have an adult representative on their bench during all games. This adult must be at least 18 years of age or older. Any team caught violating this rule will automatically forfeit their game and be subject to banishment from the facility. No more than 14 people may be in the player box at any given time (12 players, a coach, and an assistant coach).

U-18 and older:

- The maximum roster size is 18 players. Guest players are permitted up until play-off games and must pay a guest fee each time they play. All players on adult teams must be over the age of 18 and players rostered in any over-30 division must be 30 or over the age of 30. All players who play in the play-off and championship games must be on their team’s original roster from the third week of the season or earlier. All rosters must be completed by the third week. No players may be added after the third week. If a team has an injury or other “circumstances” where by they lose a rostered player, that team may request that a new player be added to the

roster. This additional player may not play until permission from SNF has been granted. If he/she plays before permission has been granted, those matches will be forfeited.

- Any team who has not completed a roster before their third regular season game are at risk of having to forfeit play-off and championship games.
- Players can play for only one team within a division. Goalkeepers are the only players allowed to play for more than one team in the same division. They may not serve as a field player for either team. Goalkeepers are allowed to play in up to 3 matches in one night. The team with the guest goalkeeper must seek out approval from the opposing team's captain. NO EXCEPTIONS!

ALL:

- League players may be added to a team's roster up to the third week. The referee has the discretion to evict players out of the player's box that exceed the maximum roster limit. All players must be rostered and able to provide proof of age on request. Team rosters may be inspected for accuracy at any time. Teams may make roster challenges at any time during a match – they will not be accepted after a match has been completed. Valid challenges will result in a forfeit for the violating team.
- Any team picking up players to play for their team and they are not on the roster or have a player play without a pass then the game will be considered a forfeit for the violating team.
- Unless specified as a COED competition, adult and high school players must play in their appropriate gender divisions due to liability issues.
- SNF reserves the right to combine age groups if necessary to equal the level of play or to fill divisions based upon competitive levels.

Equipment:

- Cleated soled shoes are **NOT** permitted. Flat or turf soled indoor soccer shoes or athletic shoes are required. SNF does from time to time sell acceptable indoor shoes in the upstairs lounge area.
- Shin guards are required for youth and high school leagues and tournaments, and are strongly recommended for adult league and tournament play.
- Teams are required to have a dark colored jersey and alternate light colored jersey with a number on the back. Teams must bring both jerseys/shirts to every game. The referee has the final say on what is acceptable. In the event of a color conflict the HOME team (first team listed) must change jerseys. Goalkeepers must be distinguishable.
- Team shirts may be purchased at SNF, one blue and one yellow, for \$5.00 each.

Kick Off:

- The ball may be played backwards. A goal may be scored directly from the kick-off.

Five Second Restart Rule:

- A restart must occur within 5 seconds of placing the ball for a free kick, corner kick or goal kick (DFK) once the defenders have given the required distance (10 feet).
- Note: Goalkeepers must also release within 5 seconds after gaining possession and returning to their feet. Goalkeepers may use unlimited steps to bring the ball to the boundary of the penalty area.

Ball Out of Play:

- All Netting is out of bounds. There are no throw-ins. All restarts are kick-ins.

Offside:

- There is no offside.

Boarding:

- Charging a player off the ball against the boards, obstructing an opponent from taking a clear lane down the boards, and pushing off the boards to obstruct, are violations. Deliberate, forceful pushing into the boards is dangerous misconduct and will be booked accordingly including but not limited to a blue/yellow card.

Slide Tackling:

- Sliding is permitted by goalkeepers in the penalty area only. All sliding by field players is not allowed. Referees will use discretion for normal keeper play in the penalty area. Referees will use discretion whether to use a yellow or red card for slide tackling.
- You may not play the ball while lying, kneeling or crouching on the ground.

Injuries:

- All injuries must be reported to the manager on duty. Any player who is bleeding must leave the field. Time cannot be stopped for injuries.

Goalkeeper Releases:

- Punts or drop kicks are not permitted except for U-10's and below. The ball must be distributed by a throw, normal place kick or kick from a dribble (DFK from top of the 'D').
- For all U-11 to adult teams a Keeper's throw and goal kick may not go pass the midfield line in the air.

Pass Back Rule and Restrictions:

- We follow the FIFA laws of the game. Pass backs from a player's foot to goalie may not be handled. Pass backs from a players head or chest may be handled by the goalie.

Mercy Rule:

- If a team goes ahead by 8 - 10 goals at the discretion of the referee the opponent may add one player or the leading team has to remove one player. The leading team can replace as the score changes and gap narrows.

Misconduct:

- **Yellow:** 2 minute penalty without replacement. Two yellow cards for any given player will result in a red card and player must leave the playing area sit out the team's next match.
- **Red:** 5 minute penalty without replacement. The offender must leave the playing area and sit out the team's next match.
- A player or coach red carded for the offense of violent conduct will be suspended for the next 2 games and subject to further disciplinary action as decided by the facility management.
- A player or coach red carded for assaulting a referee will be automatically suspended from any further activities at Sports Network and Fitness.
- 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 subject to further disciplinary actions as deemed by management.
- Bench personnel can be issued cards and are required to leave the playing area if red carded.
- Time penalties are not reduced by the scoring of a goal. Goalkeepers must serve their own penalties.

Free Kicks:

- All kicks are direct. Opposing players must give 10 FEET on all free kicks or be cautioned.

Tie Breakers:

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|-----------------------------|-----------------------------|
| • <u>League Play</u> | • <u>Tournaments</u> |
| • Most Points | • Most Points w/o bonus |
| • Goal Differential | • Goal Differential |
| • Head to Head | • Most Bonus Points |
| • Least Goals Against | • Least Goals Against |
| • Most Goals For | • Head to Head |
| • FIFA PK's (modified) | • FIFA PK's (modified) |

Point System:

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|-------------|--------------------|
| • Win | 3 Tie - 1 Loss - 0 |
| • Shut-out | 2 Bonus Points |
| • 4-5 goals | 1 Bonus Point |
| • 6 goals + | 2 Bonus Point |

Tournament Rules:

Fees:

- \$250 per team; must pay in full before 1st game.
- \$100 non-refundable deposit required 72 hrs in advance.
- Prizes awarded to winning team.

Format:

- All matches have a running clock; startup games to begin on time, no exceptions.
- All games played on the turf field unless stated otherwise on the registration link.
- There is a 5 minute grace period before the game is declared a forfeit with a score of 0-2. The clock will always be started on time.
- One day/night 30 minute games with 1-2 minutes half time break and 2 games guaranteed; depending on # of teams accepted, semifinals and finals may be played on a subsequent day/night.
- Top 4 teams with most points and goals will move on to the semifinals.
- Teams may add one guest player only once they have reached the semifinals.
- Maximum roster size is 12 players per tournament team; no more than 14 people may be in the players' box at any given time (12 players, a coach, and an assistant coach).
- One 5 minute sudden death overtime period will be played for single elimination games (semi's and finals only). The overtime period will start with a drop ball. Modified FIFA PKs will be taken if a match is still tied at the completion of the overtime period; the game will go straight to a shootout when time expired.
- Modified PKs: No steps, one forward motion. Three players (3) who take the kicks must come from 6 on the turf field (5) on the futsal field when time expires. If the score is tied after five kicks, the same five players alternate kicks until one team wins.
- Official Games: A game is considered "official" after one completed half of play. If there is an injury or other unforeseen circumstance like a power outage, the current score will stand as official once a half has been played.
- Unlike league play, there is no mercy rules.

Acceptance Criteria

- Team captains are encouraged to sign up their team online at www.sportsnetworkandfitness.com. Website enables players to view all tournament rules and to follow the links to pay early minimizing long lines on tournament day.
- Every player/participant must sign a facility waiver prior to entering the arena at Sports Network and Fitness; a valid form of identification may be required to show proof of age. Please allow ample time to complete this process (no less than 1 hour before game time). Conversely, this waiver can also be downloaded, signed and faxed to 703-335-1559; however, we will retain to validate player's age prior to game 1. If not already obtained, we highly recommend tournament players to obtain a player pass at a cost of \$5 for added value and savings. With a player pass, there is no need to fill out a waiver as it is already filed.

Misconduct

- Players or coaches that receive a RED CARD will be suspended for the remainder of the tournament and will be required to leave the playing area.
- Insults or threats to the referees will result in removal from facility.
- Teams involved in a fight will not participate in subsequent tournaments.

Unless not specifically stated here, all other rules at the beginning of this document apply to this tournament section. Sports Network and Fitness, Inc. reserves the right to require any player, coach, team or visitor who engages in violent, abusive, threatening or offensive conduct to leave the premises. They may also be suspended from further play if circumstances warrant