

GLOBAL SPORTS CENTERS

Adult League Rule Handbook

Adult League rules are subject to change at the discretion of the League Director at any time during the course of the season.

Player Rules

- ABSOLUTELY NO FIGHTING
- NO SPITTING
- NO CLEATS
- NO JEWELRY
- NO SLIDING OR SLIDE TACKLING
- SHIN GUARDS MANDATORY AND WILL BE ENFORCED
- SHOW GOOD SPORTSMANSHIP AT ALL TIMES

Team Rules

- ALL TEAMS MUST HAVE NUMBERED AND MATCHING UNIFORMS
- NO REMATCHES ALLOWED
- NO ADDING OF PLAYERS TO ROSTER AFTER 3rd WEEK OF SEASON
- MINIMUM OF 6 PLAYERS REQUIRED TO START GAME
- LEAGUE FEE MUST BE PAID BY 2ND WEEK OF SEASON

Coed Rules

- THERE MUST BE A MINIMUM OF THREE (3) FEMALE PLAYERS ON THE FIELD AT ALL TIMES.
- FEMALE PLAYERS IN POSSESSION OF THE BALL MAY NOT BE CHALLENGED BY MALE PLAYERS UNLESS THE FEMALE PLAYER HAS CROSSED THE MIDFIELD LINE INTO HER ATTACKING END.
- FEMALE PLAYERS IN POSSESSION OF THE BALL IN THEIR DEFENSIVE HALF OF THE FIELD MUST BE GIVEN A MINIMUM OF 3 YARDS DISTANCE BY THE OPPOSING MALE PLAYERS.
- FEMALE PLAYERS MAY CHALLENGE MALE PLAYERS AT ANY TIME.

Performance Bond

Each season all teams must supply a \$50 bond. This bond will be used in the event the team forfeits within 48 hours of their scheduled game time. After forfeiting the team must then supply another \$50 bond before their next game. If a team does not forfeit during the season the \$50 bond is either carried over to the next season or it can be refunded if the team elects not to return.

Spectator Rules

- NO OUTSIDE FOOD OR DRINK IS ALLOWED IN THE FACILITY

- NO FOUL LANGUAGE, OR VULGAR CHANTING FROM FANS
- NO SMOKING OR ALCOHOLIC BEVERAGES ON PREMISES
- CONTINUOUS VERBAL ABUSE TO REFEREE OR LEAGUE OFFICIAL WILL RESULT IN A 2 MINUTE PENALTY IN FAVOR OF OPPOSING TEAM

Scheduling

Games cannot be rescheduled or changed once the league schedule has been posted on the Global Sports Centers website. **No exceptions!**

Eligibility

- No player may be registered with more than one team or switch from one team to another in the same league
- Eligible players include those players that have completed the registration process by the 3rd week of the season. (Signed roster, signed waiver, copy of photo I.D.).
- No player may participate without signing both the roster and waiver.

Field Play

- No offside play
- Substitutions – on the fly
- Direct and Indirect – FIFA rules apply unless otherwise stated below
- Penalty Kicks – FIFA rules apply unless otherwise stated below
- Corner Kicks – FIFA rules apply unless otherwise stated below
- Goal Kicks – FIFA rules apply unless otherwise stated below

Running Time

All games are 50 minutes, two 25-minute halves. Half time is a brief intermission approximately 2-3 minutes. Teams coming off must exit the field immediately. Teams coming on must be prepared to start the game immediately.

- Time kept on the field by referee (running time)
- No overtime play except for playoffs
- Failure to field a team of a minimum of six players will result in a team forfeit and a 5-0 loss.
- Games start promptly according to league schedule regardless if a team is not present

Point System

Teams are awarded: 3 points for a win, 1 point for a tie, 0 points for a loss.

The league standings and tiebreakers are determined by the following:

- Total Team Points
- Head to Head Competition

- Most wins
- Goal Differential
- Goals For (Most)
- Goal Against (Least)

In the event of a 3-way tie, Head to Head is thrown out and tie breaker immediately goes to Least Goals Against.

If a team forfeits a game, the opposing team will be awarded with a win; five goals scored, and zero goals against.

All scores, results and standings will be posted on www.globallsportscenters.com

Kick-off

The soccer ball will be placed in the center of the field to start games and after goals are scored.

- Opposing team must stand 5 yards back on kick-off

No Goal

- If the ball is kicked directly in on a kick-in, a kick-off or an indirect free kick
- If a team scores with 8 players on the field, NO goal will be awarded and the team will be awarded a 2 minute penalty.

Boundaries

No throw-ins. Balls that go out of bounds will be played in by a kick-in. The ball must be completely stopped and placed on the line where the ball went out. Players must stand 5 yards away from all kick-ins. In-bounding team has 5 seconds to get the ball in play, otherwise they will lose possession.

Other boundary rules:

- Goal kicks must be taken within the box and within 3 yards of the goal line.
- Corner kicks must be placed on designated line or between line and corner flag

Team Roster

- A completed ONLINE team roster is due prior to the first game.
- Coaches may submit additional players to the roster, not exceeding 18, up until the third week of league play.

- Rosters are not considered complete if players do not fill out a liability waiver form, sign the roster, and submit a copy of their photo I.D.
- Six field players and a goalkeeper consist of a team.
- Coaches may not add, cross out, or substitute players after the third week of the league.
- Players cannot play for another team in the same league
- A league pass for each player on the team roster must be presented prior to each game.
- In the Over 30 and Over 35 leagues, ONLY the goalkeeper can be under the age of 30. ~~In the event a team has an underage goalkeeper, they will not be permitted to be on the field during the game.~~
- If a team's goalkeeper is injured during the course of the season and cannot continue they may be replaced on the roster. The newly added player must complete the registration process prior to participating and can only participate as a goalkeeper – they cannot participate as a field player. The injured player must be removed from the roster and is ineligible for the remainder of the season.

Player Identification

- Players must present a license or identification card proving who they are prior to participating.
- Players who fail to present any identification will not be able to play.
- As of week 3 all players must have a completed league pass in order to be eligible to participate.

Team Bench & Substitutions

Team Bench:

- Only two adults are permitted to coach from the team bench
- All other adults must watch the game from the spectator area
- Players who are not playing need to be seated on their team bench
- All team bags must be placed neatly behind team bench
- Coaches and players must leave their team bench immediately after their game

- Coaches and players may not cross over the designated team bench area
- Players are responsible to clean up any garbage from their team bench

Substitutions:

- Unlimited substitutions
- All players are substituted on the fly
- Substituted players must first come off the field before a new player may enter
- All substituting players and coaches must remain on team bench during the game
- Coaches may not enter the field at any time unless the referee permits - failure to comply will result in a two-minute penalty
- Goalkeepers who are substituted must be differentiated with a different colored team shirt

Playoffs

There will be a 10-minute overtime period during playoffs if a game is tied after regulation time. The overtime period is sudden death; first team to score wins.

If a goal has not been scored during the 10-minute overtime period, penalty kicks will determine the winner. Three penalty kicks will be awarded to each team. Penalty kicks may only be taken by those players who were on the field at the end of the overtime period. A sudden death penalty kick round will take place if a team is not victorious after the first round.

Awards & Trophies

The first and second place teams are awarded a team trophy. The Champions of each league will be awarded a discount on their next season in the Global Sports Centers Indoor League. Additional awards will be provided to the league MVP, Outstanding Goalkeeper, Fair Play and Golden Boot winners.

Fouls & Penalties

The following card system applies for fouls and penalties at the Training Center:

- Yellow Card = Two Minute Penalty
- Two Yellow Cards = Player Ejection from Game & Following League Game
- Red Card = Player Ejection from Game & Minimum of 1 Additional Game

Two-minute penalties occur when:

- Physical confrontation between players on or off the ball
- A player blatantly fouls another player
- A player delays the game in any form
- A player or coach who consistently argues with the referee
- A player, coach or parent uses abusive language
- A spectator from a respective team does not comply with the rules or argues with a referee and/or league administrator
- A player purposely obstructs the flow of the game by using their hands

Power Play

A power play occurs when the referee gives a two-minute penalty to a player, coach or spectator. The player who receives a two-minute penalty will have to remain on their bench until the referee signals that the two-minute penalty has ended. The player may not be replaced, the team must play with fewer players on the field.

- If the opposing team scores a goal during a power play the two minute penalty is terminated – player may enter the game again
- If players on both teams are issued a two minute penalty, both players must sit out the full two minute duration regardless if a goal is scored and may not enter the field of play until the referee signals them on
- If a goalkeeper receives a two-minute penalty, one of the goalkeeper's teammates must sit-out a two-minute duration
- If a coach or spectator receives a two-minute penalty, one of the players on the team must sit out for a duration of two minutes

Free Kicks

Outdoor FIFA rules apply for all free kicks unless otherwise stated in these rules. Opposing players must provide 5 yards from the ball at all times.

The following indoor rules will result in an indirect free kick:

- Goalkeeper throws the ball over the midfield line (goalkeeper must play the ball with their feet outside their goal box before they can play the ball over midfield). Ball is spotted at midfield.
- Under-age goalkeeper in Over 30 or Over 35 league crosses midfield. Ball is spotted at midfield.

- Goal kick is kicked over the midfield line without making contact with a player. Ball is spotted at midfield.
- Ball makes contact with lights, ceiling, or any part of the facility. Ball is spotted at the area of contact.

Penalty Kicks

A penalty kick is awarded against a team that commits a direct kick foul inside the goal box. Penalty kicks are taken from the top center of the goal box. All players, except for the goalkeeper and the kicker, must stand 5 yards beyond the goal box at the time of the kick.

Forfeited Games

The forfeited team agrees to pay a \$50.00 penalty fee when his/her team forfeits a game less than 24 hours in advance. Failure to submit the \$50.00 penalty fee prior to the next scheduled game will result in the team's forfeit and possible dismissal from the league.

- Teams who are 10 minutes late to their scheduled game will automatically forfeit their match
- Teams who have less than the minimum number of players required at the start of match will forfeit their game
- No rematches or makeups will be awarded
- If game is forfeited, the opposing team may utilize game time slot for team training or an inter squad game
- No refunds of any kind are given once the team has registered in the league

Sportsmanship

Players, coaches and spectators are expected to act in the nature of good sportsmanship at all times. There will be no abuse of referees or league officials tolerated - verbal or otherwise. Any indication of such behavior by a coach or parent will result in immediate removal from the Global Sports Center. We are all here to play soccer and enjoy the games.

Referees

- The referees will have sole jurisdiction over the conduct of the game.
- If a referee terminates a game for any reason, the score at the time of the termination will stand.

Protests

- No protests will be considered or permitted
- If the league rules appear to be violated, the matter may be brought to the attention of the League Administrator for the final resolution

Inclement Weather

Unfortunately we are unable to reschedule games due to inclement weather conditions.

If a team feels it is unsafe to attend a scheduled game due to inclement weather the team must call the office of Global Sports Centers a minimum of three hours prior to game time. If a team forfeits a scheduled game we will notify the opposing team as early as possible. The opposing team has the option of using the facility for training during their scheduled game time. No fine will be levied to a team who does not attend a game due to inclement weather.

Dismissal from Adult League

The result of a coach or spectator involved in any type of physical confrontation with other spectators, referees and/or league officials will automatically disqualify **their entire team** from the league.

If not stated within this handbook, outdoor rules will apply to the indoor league. Any questions regarding the rules of the league should be directed to a Global Sports Center League Administrator prior to a game. League Administrators reserve the right to decide on all matters pertaining to the league.

Global Sports Center

Office: 516-622-3900

Open M-F 9:00am to 5:00pm

COACHES AGREEMENT FORM

As a team contact or head coach, I hereby acknowledge and understand the rules of the indoor soccer league. I accept responsibility for all actions taken by my team, coaches, and spectators once they have entered the premises of Mitchel Athletic Complex. I will ensure to the best of my ability that my players, coaches, and spectators understand and behave according to the league rules.

I understand that there are no refunds once the season has commenced and accept full responsibility for paying a \$50.00 penalty fee if my team forfeits a game. I agree to pay the penalty fee prior to the start of the next scheduled league game.

I acknowledge that my team will be automatically dismissed from the league if players, spectators or I violate or fail to comply with all league rules at Mitchel Athletic Complex.

Team Contact/Head Coach (print) _____

Signature _____ Date _____