

## PLAYING RULES EFFECTIVE 1/1/2017

1. NUMBER OF PLAYERS; REQUIRED COACH. The number of players on field is: 5v5 (4 + goalie). The minimum number of players required to play a game is 3. An adult coach must be on the team side for all games.
2. GAME LENGTH. The length of tournament games is 28 minutes
3. SUBSTITUTIONS. Substitutions are unlimited and may be made when ball is out of play (any stoppage) or on the fly, provided the player has left the field at player's bench area before the substitute enters at same location. Violation of substitution rule will result in an indirect free kick (IFK) for opposing team at the spot of the infraction (where substitute coming on early affects play).
4. START OF GAME. A kickoff need not be played forward. The team ready first will kick off. The team ready on field first lines up to defend the goal it chooses. There is no coin toss.
5. RESTARTS. All restarts are indirect (must touch another player on either team for a goal to be scored on restart), except penalty kicks and free kicks for handling.
6. KICK-INS. When the ball goes over the touch line (sideline), play restarts with a kick-in. There are no throw-ins. A kick-in is taken properly only if the ball is placed on or within 1 yard of the touch line where it left the field, the ball is stationary when kicked, and the player does not double touch the ball. Since the ball is already on the field of play, it is in play when it is kicked and moves; if it goes over the touch line after being kicked, there is no re-kick and the restart is a kick-in for the other team.
7. GOALKEEPER THROWS IN PLACE OF GOAL KICKS. There are no goal-kicks. When the ball goes across the goal line, the goalkeeper must retrieve the ball in hands and throw it into play from the penalty area to outside the penalty area within 4 seconds
8. GOALKEEPER RELEASE LIMITATIONS. Goalkeeper cannot punt the ball. Goalie can use feet in open play.
9. PASS TO GOALKEEPER. On a deliberate pass from a teammate, the goalkeeper cannot use his hands, identical to outdoor rules.
10. OBSTRUCTIONS. If the ball strikes the ceiling or a light fixture, an indirect free kick shall be awarded from midfield to the team that did not last touch the ball.
11. REQUIRED FAST RESTARTS. The ball must be put into play from a restart within 4 seconds of it being ready for play. If not, at the referee's discretion, the ball will be given to the opposing team for delay of game (kick-in, kickoff or free kick to opposing team, corner kick and penalty kick become goalie throw).
12. MINIMUM DISTANCE. On free kicks, goalie throws, corner kicks, penalty kicks, kick-ins and kick-offs, opposing team must be 4 yards away from ball.
13. FIELD MARKINGS. The goal area and penalty area are the same area.

14. FOULS/PENALTY KICKS. All free kicks are indirect, with the exception of handballs. Fouls inside the penalty area still result in a penalty kick. Penalty kicks are taken from the top of the penalty area.

15. SPITTING. Spitting on the field is unsanitary and prohibited. Repeated violations will result in a caution.

16. PLAYER EQUIPMENT. Coaches and players are responsible before the games to ensure that players are properly equipped (socks over shin guards, etc.) and are not wearing anything dangerous or prohibited (for example, jewelry and long pants on a field player are prohibited, while unpadded or insufficiently padded hard casts are dangerous). Casts or other hard protective devices are acceptable with sufficient padding, but players will be cautioned if the cast or other device is used aggressively. The decision of the referee or tournament director is final on those issues; we suggest the player be presented to the tournament director for approval upon team registration.

17. REFEREE AUTHORITY. Referees may act upon information received from other referees and Tournament/League directors in taking any action in a game.

18. CAUTIONS. Players receiving a yellow card must serve a 2 minute penalty requiring the team to play short for the entire 2 minute time period; the 2 minutes start upon the ball being put back into play after the yellow card. If a coach receives a yellow card directly or a team caution under rule 27, the team will play short for 2 minutes as above with the coach's choice of which player to remove.

19. SEND OFFS. A player who is red carded is automatically ejected from remainder of the match; the team plays short remainder of game. All red carded players will sit (a) no additional games if red card was for denying a goal by handling; (b) 1 additional game if red card was for second caution; (c) balance of tournament if red card was for violent conduct; and (d) 2 additional games for all other red card offences. A coach who is red carded is ejected for the remainder of the match and (a) 1 additional game if red card for second caution or (b) 2 additional games for all other red card offences. Referees must report all red cards and the reason for them on the game card. If a coach is coaching more than one team in that tournament or league, the penalty is applicable to all games until the penalty is served for the team playing at the time the red card was issued. If a player is playing on more than one team in that tournament or league (which is only permitted as keeper per rule below), the penalty is applicable to all games until the penalty is served for the team playing at the time the red card was issued.

20. UNIFORMS. Each team should bring 2 sets of nominally identical jerseys. We appreciate your cooperation by either team changing jerseys as soon as a color conflict is known.

21. NO OFFSIDE. There is no off-side rule.

22. POINTS FOR RESULTS. Each win is 3 points; each tie is one point. A forfeit will count as a 4-0 win. We strongly encourage teams to avoid more than a 7 goal differential, which is generally regarded as the standard for sporting behavior. When a team scores a goal to result in a 7 goal differential, the referee before the kickoff will warn the winning team about running up the score. If a team continues to run up

the score even after the opponent has added players and the coach has been warned, the referee may issue a caution to the coach resulting in the team playing short under Rule 18.

23. TIES IN STANDINGS. In case of a tie at end of the league season and tournament pool play, the tie will be broken as follows: (1) Head to head if only 2 teams tied at any stage of breaking ties. (2) Goal difference. (3) Least amount of goals allowed (max of 4 per game). (4) Most goals scored (max of 4 per game). (5) Coin toss. 3 or more Way Tie: Eliminate lowest team, beginning with goal differential (team with lowest goal differential is eliminated from contest; if 2 teams tied in this category, use head to head to break tie if applicable); then back to (1), (2), etc. for remaining two teams. TIES IN PLAYOFFS. In the case of a tie at the end of a semifinal or final game, a sudden death (each round is one player each team) kicks from the penalty mark shootout will begin IMMEDIATELY at the end of regulation time. Kickers and keeper need not be players on the field at the end of regulation time. All players on the team with the fewer number of eligible players and an equal number on the other team must kick before any players kicks twice; reduce to equate will not apply. Teams are advised that this process occurs as quickly as possible to keep all games on schedule.

24. GAME START AND END. Games start and end as counted down by the program director. Please move quickly on and off the field since lost time will not be made up. All game times begin as announced by arena staff and are not delayed or extended due to a team not being ready to play at the designated time.

25. LIMITATIONS ON CERTAIN PHYSICAL PLAY. Slide tackles, inappropriate shoulder charges, and excessive physical play are prohibited and result in an indirect kick. Indoor soccer and outdoor soccer are two different models that demand distinct and format appropriate rules. As players are expected to operate in tighter quarters and under continuous pressure, we err on the side of safety and technical proficiency. Repeated violations of this rule will result in a caution to the offending player. In keeping with new USSF rule, heading is not permitted by U11 and younger players. NOTE: slides not near an opponent (such as to save a ball from going over a line) are permitted as they are not "slide tackles". Keepers may slide or slide tackle to make a save only within penalty area.

26. INQUIRIES/COMPLAINTS FROM TEAMS. Any question or complaint from a team about a game or the tournament/league must be conducted in a civilized and thoughtful manner by one coach or manager to the program director. Only coaches and managers may approach Tournament Officials and Referees regarding all issues in the tournament or league.

27. PROPER BEHAVIOR. Coaches are responsible for the behavior of their players and fans. Only coaches and players are permitted on the playing floor. Disruptive behavior of coaches, player and/or spectators may result in a team yellow card by the referee or expulsion from the tournament and/or facility at the discretion of the program director for the Next Level Arena (NLA). A team yellow card results in a 2 minute penalty under Rule 18.

28. SPORTSMANSHIP. While it should be self-evident, The NLA makes it clear that Sportsmanship is expected from everyone and at all times. We honor the good values that are inherent in sports. We expect that every team will have a quality, even if not winning, experience every time at NLA.

29. ADDITIONAL POWERS/NO PROTESTS. The NLA reserves the right to establish additional rules, policies and clarifications in the interest of promoting fair play and enjoyment at its facility as well as to interpret the rules in its sole discretion in furtherance of those interests. Protests of referee decisions are not permitted; nevertheless, The NLA reserves the right to decide all matters regarding its tournaments, leagues, and events and its decisions through its tournament and league directors are final.

30. A SIMPLE SUMMARY. Keeping it simple 4 you – • The goalie has 4 seconds to throw the ball into play on a save. • Defenders must stand at least 4 yards away from the ball during a kick-in, free-kick, corner-kick, penalty-kick, kick-off, and goalie throw (all restarts except dropped ball). • The ball must be put into play from a restart within 4 seconds. • Forfeits are recorded as a 4-0 score.

REGISTRATION ON DAY OF GAME(S) TOURNAMENTS. For tournaments, every team must present (a) official team roster; (b) player passes or other proof of age; and (c) referee fee (in cash only – please have exact change) to the tournament director at least 30 minutes before game time. All players must have a waiver completed for them online by a parent or guardian. Tournament staff reserves the right to require a team to produce one or more players along with proof of age and identity at any time to verify eligibility. Age groupings at NLA follow NJYSA rules for permitted birthdates within an age group.

ROSTERS. Only players on a team's roster may play for that team. A player may play for only 1 team in a tournament; the only exception is that a goalkeeper may play for both parts of a split team (single rostered team that splits into 2 teams for indoor play), but only as goalkeeper on both teams.