



Athletico Center's Adult League Rules

Divisions:

Women's Over 30 Ages 30+

Women's Open Ages 18+

Men's Open Ages 18+

Adult Co-ed Ages 18+

Men's Over 30+

Men's Over 40+

Players are permitted to play in multiple leagues during each session, but cannot join more than one team within the same league. If a team has less than 4 players on the field they will be forced to forfeit the match.

All Players are required to provide accurate age information upon registration and must provide proof of age documents if they are requested by the league director.

All team fees need to be paid in full by week 3 of the session. Any team not compliant with this rule is shall forfeit the next game.

Bench Area:

All team bench personnel and players listed on the official lineup are subject to the authority and jurisdiction of the referee. **Only playing personnel are allowed on the team bench.**

Age Group Determination:

Players may join any league they qualify for based on legal age at the last game of the season. Each team is allowed two team members to be within two years of the age requirement. So two 28 year old players are eligible to play over 30.

Co-ed Players:

In the co-ed league, there must be at least two female players on the field at all times. If two females are not available, the team must play with one less player.

Game Length: Games are two 20 minute halves with a two minute half time Goal Size: Mid-size goals will be used for this league.

Team Points: Points are awarded for wins and ties. A win is worth three (3) points. Losses: No points are awarded for a loss. Ties: Both teams are awarded one (1) point.

Rules of Play Rule 1

Number of Players (for Normal teams) Maximum roster size: 18 players. 7 v 7 (Field Size 66 x 40)

The minimum number of players on the field to start a game are 4 players. The clock is started at the scheduled game time regardless of players present. The referee will be adding 1 score each 5 min. If teams doesn't have minimum numbers of players on the field after 15 min of scheduled time - the other team will be awarded a forfeit win with a score of 3-0.

All players must be in the team roster they are playing for. If there is a player in question by the referee, please ask AC staff to see team roster to prove your eligibility. If a player is participating but not on the team roster, the team with the illegal player will be forced to forfeit. Player verification must be protested before the start of the second half ONLY by the team MANAGER of current team playing against the team in question.

Guest Players: Players may be added on team rosters up until the 2nd game of the season. A player on your roster will not be permitted to guest play on another team in the same league. The roster is limited to holding 18 names, once this limit has been met, no other players may participate on the team. Extra Player: If a team is behind by 5 goals or more, they may add an additional player until the goal differential is less than 5. If a team is ahead by 10 or more goals, the referee discontinues keeping score on the scoreboard until the score is once again is 10 goals.

Substitutions:

Substitutions may occur on the fly, including goalkeeper substitutions. All substitutions must occur within 1 yard of the bench area of the team making the substitution. If the player entering the game as a substitute is involved in the play of the game before the player they are substituting for has exited the field a direct free kick will be awarded to the opposing team at the point where the substituting player became involved in the play of the game. In the event that the illegal touch took place in the defensive penalty area the restart takes place at the top of the restraining arc.

Injured Player: In cases where the referee must stop the time clock for an injured player, that player, excluding the goalkeeper, must be removed from the field of play. Under no circumstances can a player be allowed to continue to play while he/she has an open wound and blood is evident.

Injured Goalkeeper: If play is suspended more than one time as a result of a particular injured goalkeeper, that goalkeeper must be removed from the field of play. That goalkeeper shall not be permitted to rejoin the game until the next stoppage of play and after being approved by the Referee.

No punting and drop kicks allowed (With exception of Women's League)

Rule 2

Player Equipment Compulsory equipment consists of shirt, shorts, shin guards (completely covered by socks or stockings), and shoes. Goalkeepers must wear colors which distinguishes them from all other players and referees.

Jerseys must be of same color with numbers assigned to each player.
Goalkeeper is required to wear different color form either teams or referee.

Home Team wears alternate jersey in case of color conflict. Once the game has started and the referee notices a player has come onto the field wearing no shin guards (made of approved materials commercially available designed specifically to protect the shins), the referees must issue the offending player a warning. If the referee finds that this same player has come onto the field a second time with no shin guards, the referee must issue the offending player with a yellow card for unsportsmanlike behavior. The opponent takes possession and the restart takes place at the spot where the ball was when play was stopped. In the event that possession was gained in the defensive penalty area, the restart takes place at the top of the restraining arc.

Dangerous Equipment:

Jewelry/hats may not be worn.

Absolutely no hard casts of any type are allowed. Any soft cast must be approved by the referee. No cleats with metal studs are allowed.

Reading/prescription glasses (with the exception of sports glasses)

Any equipment or item/s perceived to be dangerous by the referee If the referees finds that a player is wearing articles not permitted by the rules and/or which may constitute a danger to him/her or other players, the referees shall order the player to remove the dangerous articles. If the player fails to carry out the referee's instruction, the player shall not be permitted to participate.

Rule 3

Referees

One or two referees (of equal authority) are responsible for control of the game. Referee's decisions on points of fact connected with play shall be final so far as result of the game is concerned.

Rule 4

Duration of Game

Time shall be stopped for serious injury or as otherwise determined necessary by the Referees. Referees are instructed to not stop the clock except when there is a dangerous or serious incident due to the need to keep the intended game schedules. Also the clock can be stopped at the referee's discretion the last 2 minutes of the game. ONLY if one goal difference.

Rule 5

Start of Play

The visiting team has possession in the first half, the home team in the next half. Teams change ends after each half.

Rule 6

Ball In and Out of Play

Out of Bounds Rule

Out of Bounds, players have 5 seconds to restart play With a throw-in. If the throw-in takes more than 5 seconds the ball will be given to the other team for delay of game.

Ceiling: A direct free-kick is awarded against the team that hits a ball that makes contact with the ceiling. This free kick takes place based on where the ball hit the ceiling. If the ball was cleared from the defending team's penalty area or the ball hit the ceiling over the penalty area the restart will be taken at the top of the restraining arc.

Rule 7

Method of Scoring

Fifa Rules apply to determine when a goal is scored.

Rule 8

Fouls and Misconduct Direct Free Kick

All kicks are direct free kicks with no exceptions. If an indirect foul occurs from the defending team in the penalty area, it will result in a direct free kick to be taken from the top of the restraining arc. Opposing teams must yield 15 feet. Teams have 5 seconds to get the ball in play after the referee prompts for the kick. All Fouls are considered direct free kicks. Players have the right to take a quick kick, or they may ask the referee to move the defending team 15 feet away from the location of the foul.

Slide Tackle Rules

There will be no sliding in the facility to an opponent when challenging for the ball. If no other players are present, a slide tackle is allowed to save or reach the ball. If a player slide tackles another player outside of the penalty area, a direct free kick will be awarded to the opposing team. If the slide tackle occurs inside the penalty area, the opposing team will be awarded a direct kick at the top of the penalty box arc. Goalkeepers are allowed a clean slide tackle to save a ball in the penalty box. If a keeper slides into another player or slides outside of the box, a direct kick will be awarded to the other team to be taken at the top of the penalty arc.

Penalty Kick

A penalty kick is awarded if any of the above ten offences is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play. The referee has the right to extend the length of the game to allow for the taking of the kick.

Disciplinary Sanctions

Yellow Card: The yellow card is used to communicate that a player, substitute or substituted player has been cautioned.

Red Card: The red card is used to communicate that a player, substitute or substituted player has been sent off. A player or substituted player may be shown the red or yellow card. The referee has the authority to take disciplinary sanctions from the moment he enters the field of play until he leaves the field of play after the final whistle. A player who commits a cautionable or sending-off offence on or off the field of play, whether directed towards an opponent, a team-mate, the referee, an assistant referee or any other person, is disciplined according to the nature of the offence committed.

Cautionable Offences

A player is cautioned and shown the yellow card if he commits any of the following seven offences:

- Unsportsmanlike behavior
- Dissent by word or action
- Persistent infringement of the Laws of the Game
- Delaying the restart of play
- Failure to respect the required distance when play is restarted with a corner kick, free kick or throw-in
- Entering re-entering, or leaving the field of play without the referee's permission unless during an on the fly substitution.

Soft Red-Card Offenses:

If a player denies an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick and will be shown a "soft" red-card and will result in the player being suspended from the match for 5 minutes. The team will not be permitted to replace that player on the field, and will play short during this 5-minutes unless the other team scores a goal. If a player receives a soft red-card and receives a yellow card later in the game, it will equate to a red card.

Send-Off Offenses A player, substitute or substituted player is sent off if he commits any of the following seven offences:

- Fighting
Serious foul play
- Violent conduct
- Spitting at an opponent or any other person
- Using offensive, insulting or abusive language and/or gestures against players, referees, staff,

or spectators

If a player challenges an opponent and uses excessive force

- Receiving a second caution in the same match

Consequences for send-off offenses:

1. Fighting results in an automatic red card expulsion from the current game.

2. A report is filed and player card given to league director immediately after the game.
3. **No refunds are given if a player is suspended from the indoor soccer leagues.**
4. Any red card offenders are automatically suspended from all teams and leagues for a minimum of one week.
5. The Player must pay a fine of \$50 for the first offense and \$75 for a second offense, to the Director of Leagues for player to be allowed to play back in the league.

3rd Red card within a given year, the player is banned from all leagues for a minimum of 1 year, TO LIFETIME starting on that date.

Management has the right to implement further suspension time up to and including a life time ban in the facility depending on the incident. Any player who is involved in fighting must leave the Athletico Center, possibly for life. This is under the discretion of the referee and Athletico Center management.

Rule 9

Off-sides There will not be offside in this league.

Rule 10

Tie Breaker

If at the end of the season two teams are tied, the first tie breaker is a head to head match up. If head to head games do not resolve the tie breaker, the second criteria is goal differential with a maximum goal differential of 3 goals per game. The third is least goals allowed. The fourth criteria is an official coin flip performed by a referee or Accelerated Staff.

Rule 11

Spectators

Spectators are not allowed on the field at any time. Food and drink (besides water) are also not allowed on the field.

The Accelerated Center has the right to update these facility rules at any time.