



# INDOOR SOCCER LEAGUE RULES

## TEAM RULES

### Registration

- 1) A \$100 **non-refundable deposit** is required at the time you sign up.
- 2) **Team names** must be decided before the 1<sup>st</sup> game.
- 3) League registration is closed the week before the 1<sup>st</sup> game OR when all spots are full.
- 4) Teams may request to be put on a waitlist if the division is full.
- 5) Teams have 7 games, with potential for 9 should they advance to the finals.

### Check-In

- 1) All players and coaches **MUST** check in at the front desk before each game. **NO PLAYERS OR COACHES** will be allowed onto the field without a wristband.
- 2) Any player caught on the field without a wristband will be immediately ejected.

### Fees

- 1) A team's season fee will be distributed among four payment amounts to be paid on the following schedule:

**BEFORE Game 1:** 1/4 balance paid

**BEFORE Game 2:** 1/2 balance paid

**BEFORE Game 3:** 3/4 balance paid

**BEFORE Game 4:** Balance brought to zero

Team managers are required to have a card on file.

Team managers can check their remaining balances and assign payments to players on their teams by logging into the DASH account, or requesting at the front desk.

Teams that have not brought their balance down to the required amounts before each game will not be allowed to begin until payment is made.

Teams that have a remaining balance after Game 4 will be removed from the schedule until the balance is brought to zero (0).

## **Rosters**

1) Rosters may be adjusted as follows:

**Games 1-3:** Players may be added until roster hits max capacity, NO FEES

**Game 4:** Players may be added until roster hits max capacity, \$25 LATE  
ADD FEE

**ROSTERS ARE CLOSED AT THE END OF THE FOURTH WEEK**

**Managers will sign a copy of their roster on the fourth game**

2) Rosters are required to have minimum of 10 players

3) Rosters **MAY NOT** exceed 20 players, INCLUDING 2 coaches, and suspended players

**A suspended player may be dropped and replaced with an eligible player BEFORE rosters close**

4) Handwritten player names within the first four weeks are considered roster adds.

- If a name is scratched off, the player is not eligible to be added, regardless of who scratched out the name

5) Each team is allowed a maximum of TWO coaches. Coaches may sit on the bench **but are NOT eligible to play** (unless they have a membership). **(NEW RULE)**

6) Each team must have two Team Managers.

**THIS IS REQUIRED** so SportsHouse staff have a secondary contact to reach if the primary manager is unavailable

7) If a team has **18 or fewer** on the roster, managers and coaches can play. If a team has **19 or 20** on the roster, managers and coaches **can't** play. **(NEW RULE)**

- 8) Any player that participates in a game WITHOUT being on the team's roster is subject to being suspended and the team forfeiting the game regardless of the current score.
- 9) Once a game is played (the player is checked off on the roster at the front desk), players CAN NO LONGER switch rosters within the division.
  - o Players that are on a roster but have not yet played can still switch
- 10) PROOF OF AGE is required for all players (See General under Player Rules)

## **Conduct**

- 1) All guests inside SportsHouse must follow ALL facility rules at all times.
- 2) NO SPECTATORS are allowed on the field during games. **ANY SPECTATORS IN VIOLATION OF THIS RULE ARE SUBJECT TO IMMEDIATE SUSPENSION.**  
**(NEW RULE)**
- 3) Team managers will accept full responsibility for any of their team's actions.
- 4) Two red card violations per team of any nature during a game result in a forfeit.

Teams that receive three red cards or more, of any nature, in a season are subject to being suspended from the current league and dropped from future ones.

**MISCONDUCT WILL NOT BE TOLERATED!**

## **Dropped Teams**

- 1) All players on a team that has dropped out on their own, or ejected/dropped from the league by staff, will be **SUSPENDED** until further notice.

To lift a suspension: each player must pay a fine of \$50 to compensate for any unpaid league fees

**THIS APPLIES EVEN IF PLAYERS ALSO PLAY ON A DIFFERENT TEAM IN ANOTHER DIVISION**

## **Forfeits/No Shows**

- 1) Teams MUST provide a 24-hr notice if they are forfeiting

**Please notify the SportsHouse front desk (650) 362-4100**  
**Failure to notify before the 24-hr mark will result in a \$100 fee that must be paid before the team's next game (NEW AMOUNT)**

**A no-show also incurs the \$100 penalty fee (NEW AMOUNT)**

- 2) If a team has two or more forfeits in a season, they are subject to being dropped from the current and future seasons. All players on a dropped team are **SUSPENDED** until further notice\*.

\*See **Dropped Teams** above for instructions on how to lift a dropped player suspension

- 3) If a player plays on a team without being on the roster, the team is subject to forfeiting the game regardless of the current score.

## **Schedules**

- 1) Reminders for the first game are sent out one week in advance.
- 2) Schedules are finalized at the end of the season's second week.

**SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME IF NECESSARY DUE TO EMERGENCIES OR UNEXPECTED CIRCUMSTANCES; TEAMS WILL BE NOTIFIED IMMEDIATELY IN THESE CASES**

- 3) Any requests to reschedule must be submitted **1 week in advance minimum** before the scheduled game's date

The opposing team may choose to agree to the reschedule or win by forfeit

## **PLAYER RULES**

### **General**

- 1) ALL league participants must be 17 years or older to play. Players may verify age using the following:

**Driver's License, D.M.V. Identification, Passport, or Birth Certificate**

- 2) A player may only play with one team per division.

**Any player found in violation of this rule is subject to review and potential suspension.**

- 3) All players must have a SportsHouse waiver and membership to play in the league.

**All expired memberships and waivers must be renewed before the player can join the game.**

## **Guest Players**

- 1) Each team may have **ONE guest player PER GAME (unless it is Week 8; please see Rule #7)**
- 2) Teams may have the same guest player more than once. **(NEW RULE)**
- 3) Guest players may play for multiple different teams in a season.
- 4) All guest players must sign a SportsHouse waiver and pay a fee of \$10 prior to their game to participate.
- 5) Guest players that are on a SportsHouse team **MAY NOT** guest play for another team that is in the same division as theirs (i.e. a Friday player may not guest play for another Friday team). **This does not apply to playoff week UNLESS the player's team is participating in a playoff or championship game.**
- 6) **NO GUEST PLAYERS** for playoffs or championship games.
- 7) Teams may bring multiple guest players on Week 8 for non-playoffs or non-championship games.
- 8) Any teams caught with a guest player in a semi final or championship match will be subject to a forfeit or potential suspension.

## **Suspected OR Confirmed Concussion**

- 1) A participant who is suspected or confirmed of having sustained a concussion shall be removed from the field at that time.

**If a qualified medical professional is available on-site to render an evaluation, said professional shall have final authority as to whether or not a concussion is suspected. If applicable\*, the participant's parent or guardian should be made aware that the participant is suspected of sustaining a concussion.**

**If parent/guardian not applicable, an emergency contact shall be notified.**

## **Suspensions**

- 1) Any suspended individual is **NOT ALLOWED anywhere on SportsHouse property (within the fenced boundaries)**

## **Any individual found in violation of this rule will have their suspension increased**

- 2) All players suspended for a period of 3 months or more will be required to sign a contract on their return to SportsHouse. Refusing to do so means the player will NOT be allowed to return to play.
- 3) Players are subject to suspension **regardless** of a red card being shown, pending review by management.

## **GENERAL GAME RULES**

### **Equipment**

- 1) Official uniforms are not required, **but all team members must wear a shirt that corresponds to their team's color.**

Any players in violation of this rule will NOT be allowed to play. Players may rent a single penny (\$1). If two or more players do not match, teams will be required to rent a bag of pennies (\$5). **(NEW RULE)**

- 2) Footwear can be any of the following:  
Indoor Turf Shoes (tiny spikes), Tennis Shoes, Flat Soled Shoes  
**UNDER NO CIRCUMSTANCES ARE CLEATS ALLOWED**  
(any player caught wearing cleats will be ejected from the field)
- 3) Shin guards are **MANDATORY** for all players.
- 4) Players MAY NOT wear rings, jewelry, watches, or anything around the wrist.  
**If players wear a fitness band (Apple Watch, Fitbit, etc), it must be covered by a wristband or removed immediately (NEW RULE)**
- 5) Hats and headbands are allowed.
- 6) Referees have the final decision regarding anything worn by players.

### **Field Rules**

- 1) Visiting team has the start of game kick-off on the referee's whistle.
- 2) A goal can be scored on a kickoff.  
If a player shoots the ball at kickoff instead of passing it to a teammate, the player that took the shot MAY NOT go for a rebound.  
**The ball must touch another player before the shooter can touch the ball again.**

- 3) The ball can be played off the wall.
- 4) The ball is out of bounds soon as it hits any portion of the net, or goes over the player bench wall.

**A kick-in will take place after the ball goes out of bounds. The ball can be placed up to one step away from the sideline for the kick-in.**

### **5) 3-Line Rule Violation**

**The field is divided into four sections by three white lines. Anytime the ball is kicked OR thrown completely over the three lines, toward the opponent's goal by the attacking team, a line violation is called. The opponents are given a "Restart" with a free kick at the center of the first line closest to the opponent's goal.**

- 6) Free substitutions are allowed through the game.

**The player leaving the field must have at least one foot within 3 feet of the player's box door before the next player can enter the field.**

- 7) **NO SPITTING**. Anyone caught spitting on the field or another player will face suspension.
- 8) Players **MAY NOT** obstruct the keeper when distributing the ball.
- 9) **If a player is asking for distance, the player must wait for the whistle from the office. At that point, the 5 second rule does not apply unless the player has been given adequate distance.**

## **Fouls**

- 1) All fouls will be determined by referees to their best ability.
- 2) A free kick will be awarded to the team that was fouled.
- 3) Defending team walls for free kicks.
- 4) A foul committed along the field wall or glass:
  - **The attacking team may move the ball 1 yard away from the dashed line to take the free kick**
- 5) If a referee interferes with an attacking play, the attacking team is given a drop ball that may not be contested.
- 6) A player that jumps over the wall from the player's box during a substitution will be given a **blue card**.

## **CARDS**

**ALL CARDS CARRY INTO THE SECOND HALF!**

## BLUE CARD

- 2 minutes in penalty box, no sub
- If the opposing team scores within the two minutes, the carded player may return to the field
- If given to a keeper, another teammate may serve the penalty

## YELLOW CARD (Direct, or player's second Blue Card)

- 4 minutes in penalty box, no sub
- If the opposing team scores, the penalty is reduced by two minutes
  - If the time remaining for the penalty is two minutes or less, the carded player may return to the field
- If given to a keeper, the keeper must serve the penalty

## RED CARD (Direct, or player's third Blue Card)

- Player is immediately ejected from the premises, and the team plays with one less player for the rest of the game; results in a minimum 1-week suspension
  - Fouls include a verbal altercation with a ref or flagrant fouls
- If given to a player on the bench, the team may continue to play with 7 players
- Bodying players into the wall, self defense acts, or foul-mouthing\* to ANY SportsHouse staff will result in a 1-month minimum suspension  
**\*Foul mouthing = use of swear words, vulgar/offensive terms, or aggressive/threatening language or actions**
- **NO SPITTING**; doing so to another player will result in a minimum 6-month suspension
- Under NO CIRCUMSTANCES may a player lay a hand on a referee in an aggressive manner. This will result in a **automatic 1-year suspension**
- Any type of fight or intent to hurt another player, or violent conduct to SportsHouse staff will be an automatic **1-year suspension**
- If a team receives three or more red cards in a season, **the whole team will be ejected from the league** \*SEE DROPPED TEAMS under Team Rules
- **While every suspension has a minimum, they are subject to review**

## **Goal Keepers**



- 1) Keepers are allowed ONLY 5 seconds to release the ball once they're in a position to do so

**After 5 seconds, the keeper is allowed to dribble the ball outside their penalty area (White arc) to be considered a field player**

- 2) Keepers may not dribble the ball into their penalty area to pick it up
- 3) Keepers may not pick up the ball after an intentional wall pass by a teammate

**The referee will use their best judgment to determine if the pass was intentional**

- 4) Keepers may slide inside the box
- 5) Any foul by a keeper inside the penalty area is an automatic penalty shot
- 6) After making a save or receiving the ball off the net, the keeper must play the ball outside the keeper area within 5 seconds
- 7) Keepers given a blue card may have a teammate serve the penalty for them. Keepers given a yellow card must serve the penalty themselves.

## **Game Time**

- 1) Games will start on time as scheduled
- 2) Each game will consist of two 22-minute halves W/ RUNNING CLOCK, and a 1 minute halftime
  - Clock will stop only due to serious injuries at referee's discretion
  - Clock will NOT stop due to late arrivals, altercations, or disputed calls
- 3) Referees will start the clock and blow the whistle at the game's scheduled time
- 4) A team must have 5 players ready on the field to begin the game
  - A team that is ready to begin while their opponent is not will be awarded goals as follows:
    - Minute 17:00: 1 Goal
    - Minute 16:00: 1 Goal (2 total)
    - Minute 15:00 1 Goal (3 total)
  - A forfeit win will be awarded to the team that is ready if their opponent is not by minutes 14:00

## **Playoffs**

- 1) Playoffs are the 8<sup>th</sup> game of the season.

2) Qualified teams are determined by number of points after the 7<sup>th</sup> game (please see Standings). Tiebreakers may occur that will affect standings (please see Tiebreakers).

3) Leagues with:

**6 Teams or Less: Top 2 teams advance**

**7 or More: Top 4 teams advance**

**4) Tiebreakers**

**1<sup>st</sup> tiebreaker: Head-To-Head**

**2<sup>nd</sup> tiebreaker: Fewest goals against (NOT goals for)**

**3<sup>rd</sup> tiebreaker: Most goals for**

5) Semifinals and championships take place the same night.

6) Playoff Tiebreakers

**During a semifinal game:** 3 players from each team will be chosen to participate in a penalty shootout (**COED: kickers must alternate gender with each kick**)

If the game is tied following the first 3 kickers, teams will continue to choose 1 player from each team for head-to-head

No player may go twice until each player from that team has taken a penalty kick

**During the championship:** Teams will play one golden goal 4-minute overtime period with 5 players (including the keeper); the first team to score wins the game

**In penalty shootouts, the keeper is allowed to be changed BEFORE the shootout begins; keepers MAY NOT change during the shootout**

## **Referees**

1) Each game will have at least one referee.

**Playoff games, when necessary, will have two referees. ALL championship games WILL have two referees.**

2) All referees will use their best judgment to make sure games are played smoothly and on time.

3) **ALL REFEREES** have authority to compensate time and stop the clock during play for injuries and red cards when necessary.

## **Standings**

1) Standings are based on the following point system:

Win: 3 points

Tie: 1 point

Lose: 0 points

## LEAGUE SPECIFIC RULES

### Women's

1) Mercy Rule

**If teams have a five-goal difference, the losing team adds an additional player onto the field**

**The winning team must shoot towards the goal from outside the penalty area (white arc)**

**When the goal difference is within five, the extra player must exit the field**

### Coed

1) 3 Women are required on the field at all times

**A team may play with only 2 female players; the opposing team can choose to play with 2 or 3 female players**

2) A male player **MAY NOT** take the place of a missing female player

3) If a team has only 1 female player, the opposing team can decide to win by forfeit or proceed with the game

**The team with only 1 female player MAY NOT replace the missing females with male players**

## MISCELLANEOUS RULES

### Additional Awarded Goals

- 1) If a team is down to less than 5 players (including the keeper) due to penalty cards, the player who received the card stays on the field, and the opposing team will be awarded a goal.

**Goals will be awarded to the opposing team until the penalized team has enough players on the field in order to continue the game**

## **Alcohol Products**

- 1) A player **MAY NOT** consume alcohol or related products before their game
- 2) Any team found in violation of this rule, including having alcohol on their team bench, will be subject to review and the following escalation of discipline:
  - a) First time player, coach, or manager is caught: Warning
  - b) Second time: Team forfeits the game, loses their next game, and offender(s) are suspended no less than one month
  - c) Third time: Offender(s) receive six month suspension

## **Communication**

- 1) Healthy communication IS good communication!
  - 1<sup>st</sup> Hostile, aggressive, or confrontational communication against ANY staff member (unless suspension deemed necessary): **Warning**
  - 2<sup>nd</sup> Offense: **Suspended for the season**

**These rules apply to players, coaches, AND spectators**

## **Gambling/Paid Players**

- 1) Gambling is NOT tolerated at SportsHouse. Any teams OR fans found in violation of this rule will result in the team being IMMEDIATELY ejected from the league, all players suspended, and will not receive any refunds.

\*See **Dropped Teams** above for instructions on how to lift a dropped player suspension

- 2) Teams are NOT ALLOWED to pay players to come and compete for their team. Any teams found in violation of this rule will be IMMEDIATELY ejected from the league, all players suspended (including the paid player), and will not receive any refunds.

## **League Contacts**

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