

## General Rules

- Conduct within the facility and on the field should be within the spirit of good sportsmanship.
- Individuals utilizing this facility do so at their own risk. The property owner(s), league operators, officers and owners and staff of One Stop Indoor SoccerPlex assume no liability for any injuries or accidents, which may occur. Please refer to your Liability and Injury Waiver Release Forms.
- No individual will be allowed to participate in any league games, practice session, tournament, clinic, open pick-up game, or other activities until a release form has been properly completed and signed. The facility waiver can be signed online or in print form.
- Playing sports can be a hazardous activity and unfortunate things can happen. You are contractually agreeing that you have signed our liability release and that you are waiving your rights to file a lawsuit against us. You accept the conditions of the fields, courts, and other surfaces, and also any unforeseen situations that may occur. If you are uncomfortable with any of these conditions, you can choose not to play or participate in our leagues or other activities.
- No food, drink, chewing tobacco, chewing gum, or metal cleats permitted on turf playing surface. No sunflower seeds or similar type products are permitted in the facility. No glass containers on the field or in the player boxes.
- No outside food or drink of any kind will be permitted in the facility. Any outside food or drink will be confiscated.
- Games that are cancelled due to poor weather conditions or conditions not under the control of the One Stop Indoor SoccerPlex are generally not rescheduled or guaranteed to be played.
- One Stop Indoor SoccerPlex reserves the right to refuse play or service to anyone.
- Any fighting will result in permanent banishment from facility.

## Team Registration

A non-refundable deposit is required to register a team. Those teams already participating in leagues receive priority over new teams when registering for the next session. However, teams playing in current sessions must register and submit a non-refundable deposit at least three weeks prior to the next session's starting date in order to guarantee themselves a spot in the next session.

Once the three-week deadline has passed, registration will be open to all teams that wish to play and the league will be filled on a first-come, first-served basis. This policy only applies to teams that wish to continue playing in the same league. Any team not participating in a current league may be placed on a waiting list until 20 days before the next session when registration opens up to all teams that wish to play.

Full payment is required by the start of the first game of a session or the team will be assessed a late fee. If full payment is not made by the start of the second game, the team will not be allowed to play any further games until balance is paid in full. All members of a team are jointly

responsible for the full payment of the team fee, however, it is the team captain who is ultimately held responsible in the case of overdue, unpaid balances.

### **Team Managers**

Team managers are the representative for the team and are responsible for passing on any information that One Stop Indoor SoccerPlex needs to communicate to each team.

The team manager is also responsible for seeing that all team fees are paid on time and ensuring that his or her team is aware of the rules of the game as well as One Stop Indoor Soccer rules and policies.

### **Individuals**

Individuals that sign up will be placed in a One Stop Indoor SoccerPlex database where other teams may contact you to recruit you for their team. If you still are not on a team, the One Stop Indoor SoccerPlex will create a team from all the individuals in the database if enough players are available.

## **LEAGUE RULES**

### **Equipment**

Teams are required to have matching uniforms. If a team does not have uniforms by the second game they will be required to purchase shirts from the SportsPlex. A "uniform" is at least defined by matching shirts. Rubber molded cleats, turf shoes, and tennis shoes are allowed. Shin\guards are required for all leagues.

### **ID Cards**

All players, rostered and guest, are required to have a One Stop Indoor SoccerPlex ID Card in order to play in any adult league. ID Cards can be obtained at the front desk for \$5.00. A valid photo identification with date of birth is required to obtain an ID Card.

Referees will collect the ID Cards at the beginning of each game and hand them back to the team at the end of each game. If a player receives a red card during or after a game, that player's ID card will be confiscated and held in the front office until the player has served their suspension time. The card will then be given back to the player. If you are caught playing in a game after receiving a red card, you will receive an extend suspension

### **Team Rosters**

Initial team rosters must be turned in prior to the first league game. If it is not turned prior to first game then forfeits may be given. Additions and or changes will be permitted prior to the third game. If a final roster is not submitted by before the third game then game will be forfeited until a final roster is submitted. Only rostered players can play in seeded play that could result in a team advancing to the championship game and championship games.

At the discretion of management, a team may claim hardship and add one player after the third game. A player may only be added after the third game if an unforeseen circumstance occurs such as but not limited to injury or relocation and a rostered player is unable to play for the

remainder of the session. Proof of hardship must be provided in writing. Examples include a doctor's note and employment acceptance letter.

Any player on a roster that is found to be illegal will forfeit all the games for the team during that season. It is the responsibility of the manager of the team to know which players are legal or illegal. Management reserves the right to check the identifications of any player on a player roster to check and see if they are legal players under management guidelines.

Roster challenges must be presented to the referee and scorekeeper before halftime. Any roster challenges submitted after halftime will not be considered.

### **Official Games**

A game is considered "official" after one completed half of play. If there is an injury or other unforeseen circumstance such as a power outage, the current score will stand as official once a half has been played.

### **Forfeits & Make-Up Games**

#### **Forfeits:**

Due to the serious repercussions of any game forfeits, we take them very seriously at the SoccerPlex. Any forfeits will result in a team fine and possible suspension from our leagues.

If a team must forfeit, the Team Captain must call in advance to alert SoccerPlex Staff of the situation by no later than 3pm the day of the game. This will enable us to alert the opposing team.

Forfeiture will be incurred if a team has failed to field the minimum number of players (4 player minimum) within ten minutes from the start of the game clock. If at any point during the game, a team can not field 4 players, the team will forfeit. This includes playing down due to yellow cards, red cards, or injuries. A game clock will not stop once it has started, and it will not be reset if a team shows up late. Any team no show will result in a 3-0 victory for opposing team and no rescheduled game will be given.

**RSP New Forfeit Policy** After a forfeit, a team will not be allowed to participate in another game until they fulfill the following conditions:

1. Team must pay a \$50 fine - \$50 will be credited to the team that lost a game due to the missing teams failure to fulfill their responsibilities.
2. Team captain will sign an agreement stating that they will not forfeit a second time in the current or next session and if they do they will pay a fine of \$100.
3. Captain will give their credit card information to be used if another forfeit occurs.

If a team shows up to play and the the opposing team does not show up then the present team will win by forfeit. In the case of a forfeited game, players from the teams are normally allowed to use the field, to practice, scrimmage, etc. However, One Stop Indoor SoccerPlex

reserves the right to use the field, at that time, for other activities at the discretion of management.

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Referees will collect the ID Cards at the beginning of each game and hand them back to the team at the end of each game. If a player receives a red card during or after a game, that player's ID card will be confiscated and held in the front office until the player has served their suspension time. The card will then be given back to the player.

Players under the age of 18 may not participate in any adult leagues. The One Stop Indoor Soccerplex has the right to deny any player an ID Card.

### **Sportsmanship:**

Individuals are expected to play under control and within the rules of the game, and to the best of their ability will avoid causing injury to themselves and other persons using the facility.

### **Referees:**

Referees appointed to officiate each game have complete authority on the field of play, and their decisions on points of fact connected with the game are final. Officiating will be monitored and assessed periodically and management will always try to provide quality officiating at the facility. Constructive comments regarding officiating are welcome and encouraged. Please submit any such comments in writing via email or stop by the front desk and ask for a game evaluation form.

Complaints regarding officials should be submitted in writing via email. Please include the game date, time, and field number, and have your name and the name of your team at the top. Teams are asked not to discuss the officiating in a game immediately following their game. The commissioner will take seriously all complaints written 24 hours after a game. The staff will not take seriously complaints directed at him/her immediately following a game, verbal or written. The commissioner will not overturn any calls made by the referee during the course of a game.

If a team suspects an illegal player or other illegal activity associated with other team, they should inform the staff immediately. If this activity is discovered after the game is completed, the team should file a formal protest to the commissioner. Please read our rules above to understand how to file a formal protest. **Do not discuss officiating or the officials with the facility staff during or immediately after your game.**

## **INDOOR SOCCER RULEBOOK**

The Rules below are either substituted for, or supplemental to FIFA soccer rules. Any situations not covered below fall under the jurisdiction of FIFA.

**Game Length:**

Adult Game Length: Two 25 minute periods with a 2 minute halftime.

**Warm-Up Area:**

One Stop Indoor SoccerPlex does not guarantee any areas for teams to warm-up prior to their games. Teams will have approximately two minutes to warm-up prior to the start of the game. There is no guarantee that these two minutes will be available. If the training area is available, teams may use this to warm up in. The training area is a privilege not a right. If classes or a rental, etc, is being conducted on the training area, teams must stay off. Any team that disrupts these activities may be escorted out of the building and their season forfeited.

**Levels of Competition:**

One Stop Indoor SoccerPlex reserves the right to determine if a player is considered too advanced for a given division and remove the individual from the team roster. This is done in the spirit of maintaining parity in a given division.

Any player 18 years or older is eligible to play in our adult leagues. Players with current or former division 1 college, semi-professional or professional experience must play Division 1. Premier players that want to play in a lower division must get permission from the league commissioner. Any premier player caught playing in a lower division will be removed from that team's roster and that team will forfeit every game in which that player played.

1. Division 1- Premier players: For the most advanced players and teams. Current or former division 1 college, semi-professional and professional players.
2. Division 2- Competitive players: For players with several years of high school and/or college soccer experience. No current or former professional players allowed.
3. Division 3- Recreational players: For the recreational player and beginner. No current or former division 1 college, semi-professional or professional players allowed.

Players may only be on one roster in a given division. Players may participate in more than one division and league.

The One Stop Indoor SoccerPlex reserves the right to make the necessary changes within league divisions to ensure an equal level of ability and competition.

**Coed League Play:**

Coed Leagues must have at least 2 women on the field of play at all times. If a team has only one woman on the field of play, a team must play down a player until another woman fills that spot. If a team has no women, the game is forfeited.

**Roster:**

The maximum roster size will be 12 players. If rostered players are unable to play, they may be substituted by a guest player. A team may only use up to 3 guest players per game. Teams play 6 v 6 in the adult league games. Teams may not have more than 13 players on the bench at any given time (12 players and 1 coach). All players, including guest players, on Over-30 teams must be at least 30 years old at the start of the season in which they wish to play. Rostered players can

enter the game at any time however, a rostered player arriving after the 1st half can not replace a guest player. Guest players must enter the game before the 1st half.

**Guest Players:**

All adult teams are allowed three guest players as outlined in the above rules. Guest players are required to have a One Stop Indoor SoccerPlex ID Card. Guest players may not be rostered on another team in the same division. Guest players can be rostered in other divisions or leagues as long as the player is not a division one player playing down to division three; this is not allowed. It is the responsibility of the team manager to make sure a guest player is eligible to play. Guest players are not allowed for seeded play that could result in a team advancing to the championship game or championship games.

**Kick-Off:**

The home team (the first team on the schedule) will defend the goal furthest from the scoreboard and will kick-off the first half. The visitors will defend the goal under the scoreboard and will kick-off the second half. The kickoff can go backwards. A goal can be scored directly on a kickoff.

**Substitutions:**

Substitutions are free and unlimited as long as such substitutions do not interfere with the flow of the game. Furthermore, each and every substitution must wait until the player they are substituting for is off the field before they can enter. Teams that violate this rule will be given a warning for having too many players on the field by the referee. If a team has been warned but continues to ignore this rule, then the referee will award a direct kick to the opposing team from the 30 foot mark. The referee has the right to award a yellow card if teams continue to ignore this rule. Any team that continues to make illegal substitutions after the opposing team is awarded a free kick will be given a team yellow card.

Teams may substitute for the goal keeper during play. The referee should be notified of a change in goalkeeper. Play will stop for goal keeper substitution at the referee's discretion. Penalty for failure to notify official of keeper substitution will result in a loss of possession.

**Out of Bounds**

The ball is in play throughout the arena, including the side netting and the netting behind the goal. Any ball touching the ceiling netting or entering a team box is considered out of bounds and a kick (indirect) will be awarded to the team that did not last touch the ball. The ball will be placed one yard off the wall from the spot closest to where the ball touched the netting or went out or just outside the goalie box if the ball touches the ceiling net inside the goalie box.

**Free Kicks:**

On all free kicks, the defensive team must remain ten feet from the ball until the ball is kicked. After the ball has been placed, the defensive team must retreat (within three seconds) ten feet from the ball. Repeated failure to retreat or failure to retreat after the initial request by the kicker or official is encroachment, and the referee may award that player a yellow card for more egregious offenses.

Only one whistle will be sounded for free kicks. Failure to take such kick within five seconds results in a turnover of possession where the opposing team will take the free kick from the same spot.

**Slide Tackling:**

Slide tackling is not allowed.

**Center Line Rule:**

The center line rule is in effect whenever the keeper is in possession of the ball with his hands. Prior to crossing the center line, the distributed ball must first touch the floor outside of the box, a side wall, a teammate, or an opposing player. The center line rule will apply to drop-kicks as well throws by the keeper. If the ball crosses the center line without touching one of the above, a violation results in a direct free kick from the center line. If the keeper dribbles the ball outside of the box, the center line rule no longer applies.

**Penalty Kicks:**

All penalty kicks are direct. Penalty kicks shall be taken from the penalty area near the top the keeper box. The keeper must stand with heels on the goal line until the kick is taken. When the whistle is blown, the kicker has 5 seconds to make his/her direct kick. If a player does not kick the ball within 5 seconds, then the penalty kick will be taken away and the defense will obtain possession of the ball. The player taking the penalty kick may take as many steps as desired.

**Goalkeepers:**

After gaining possession of a ball, the goalkeeper must release it within five seconds. The goalkeeper may not pick up a ball that has been intentionally passed to him by a teammate off of that teammate's foot. Any goalkeeper infraction results in a free kick awarded to the opponents at the 30 foot mark. If there is obstruction or inadvertent charging committed against the goalkeeper, the referee will award a free kick. Violent or serious foul play against the goalkeeper may result in a yellow or red card.

**Yellow and Red Cards:**

All cards given by referees are final, and are not subject to protest.

**Yellow Card Policy:**

Any player that receives a yellow card will be sent off for a two minute penalty. The team of that carded player shall play a person down for the duration of those two minutes. If a team receives a team yellow card, the manager shall pull one player off the field to serve the mandatory two minute penalty. The referee shall keep track of the two minute penalty and inform the penalized team when the penalty is completed, at which time the team shall play at full strength.

**Red Card Policy:**

Any player that receives a red card shall be sent completely off the playing area and shall not return. If a player receives a yellow card and receives a second yellow card or a red card while on the bench serving the two minute penalty, the team shall play the rest of the game a player down.

Any player that is red carded for their conduct on the bench shall be sent completely off the playing area and shall not return. The team does not play down a person. If a team receives a team red card, the manager shall pull one player off the field and the team shall play the rest of the game one player down.

A player or coach that is red carded during or after a game by a referee will automatically be suspended for the next game of the league in which they received the red card. For example, if a player is red carded on a Tuesday, he or she will not be eligible to play until the Wednesday of the following week. In addition, the player will be banned from playing on any other team until the suspension has been served. In the case of a double header, if a player is red carded during their first game of the night, they must sit out their next game. The suspension is then considered served. However, if a player is red carded in the second game of the night, they must serve the one week suspension as outlined above. If a player is ejected in the last game of a session (he/she) will be prohibited from playing in the first game after he/she registers for another session.

Any team that causes a game to be called by the referee before time has expired due to unsportsmanlike conduct or extreme unsafe play shall forfeit that game. One Stop Indoor SoccerPlex has a ZERO TOLERANCE POLICY toward fighting. Anyone fighting will be ejected and they will be banned from the facility permanently. This means that said player cannot participate or spectate at the SportsPlex ever again.

A player or coach red carded for the offense of "foul and abusive language" will be suspended as outlined above.

- A player red carded for the offense of "persistent infraction of the rules" or receiving a second yellow card will be suspended as outlined above.
- A player or coach red carded for the offense of "violent conduct" (including, but not limited to: spitting, threatening, continued rough play, etc.) will be suspended as outlined above and, in addition, will be suspended for one additional game and subject to further disciplinary action as decided by the facility management.
- A player or coach red carded for "assaulting an official" will automatically be suspended from any further activities at the One Stop Indoor SoccerPlex.
- Should a coach of a team be unable to control a player's actions after a red card is issued, the coach will also be suspended as outlined above.
- 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 will be subject to the same penalties as outlined above.
- A \$100 bond will be required from any team involved in an altercation where more than one player is involved in a fight. Should a bond be placed against a team, the bond must be paid prior to the team's next game, or that game will be forfeited. The terms of the bond will be given in writing to the team. Should the team fail to adhere to the terms, the bond will be forfeited to the arena and the team's participation will be terminated. If the team adheres to the terms of the bond, then the team will receive the \$100 bond at the end of the session.



- It is the responsibility of each player and the player's team representative to be aware of the total status of their player's infractions. Failure to comply may result in further disciplinary measures which may include suspension of the coach/rep. and forfeiture of games in which that player participated.

Red Cards are a serious offence any player that receives more than one red card a year will be suspended as outlined below.

1. Two red cards in a year = 3 game suspension
2. Three red cards in a year = 8 game suspension
3. Four red cards in a year = 1 year suspension

Standings Teams will receive 3 points for a win, 1 point for a tie, and 0 points for a loss. League champion will be determined by the winner of postseason play or the team with the most points. Any tie breakers shall be determined in the following order:

1. The team with the most points
2. The winner of any head to head league play
3. Least Goals Allowed
4. Most Goals scored

For adult leagues, points are not awarded in postseason play. The winner of playoffs determines championship seeding. If the teams tie in their playoff game, the higher seeded team, going into the game, will advance. If the championship game results in a tie, the champion is determined by the winner of regular season play. If teams are still tied after the above tie-breakers have been calculated, the SportsPlex will award co-champions.

### **Awards:**

Award orders must be emailed to the SportsPlex within two weeks of the end of the session. The One Stop Indoor SoccerPlex will award various prizes to winning teams. Each first place team will receive either twelve trophies, twelve t-shirts, or a 10% discount off the following session. If teams want additional trophies or t-shirts, they may purchase them from the SportsPlex.

### **FIFA Rules**

The One Stop Indoor SoccerPlex will follow FIFA rules for all situations not otherwise covered in these rules.

### **Protest:**

Intention to file a protest must be noted in writing immediately following the game. A formal written protest with a \$20 fee (refundable if upheld), must be submitted to One Stop Indoor Soccer within 48 hours after the end of a game. A league committee will review and have the final authority on all protests. **ALL DECISIONS MADE BY THE COMMITTEE ARE FINAL.** Only violations of the laws of the game, rules or guidelines of the facility as published are matters for protest. Any protests regarding fielding of illegal players must be

brought to the attention of the game officials prior to the suspected player(s) leaving the field of play. Referee complaints must be submitted via email.

**Contact Information:**

Please contact One Stop Indoor SoccerPlex at [info@onestopindoorsoccer.com](mailto:info@onestopindoorsoccer.com) or 301-977-8282