

General Rules

- 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.
- Conduct within the facility and on the field should be conducted in the spirit of good sportsmanship.
- No food, drinks, chewing tobacco, chewing gum, metal cleats permitted on playing surface.
- No sunflower seeds or similar type products are permitted in the facility. No outside food or drink of any kind will be permitted in the facility. Any outside food or drink will be confiscated.
- No glass containers on the field or in the player boxes
- 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

Sign Up Fees and Guidelines:

- Teams sign up on a first-come, first-served basis.
- All teams are required to submit a completed, signed One Stop Indoor Soccerplex roster/waiver form and full payment a week before the league starts. Failure to do so will result in a \$50 late fee, forfeiture of games or removal from the league. Waivers can be done online to make it easier. Once you register a team, we can send you a link to manager your rosters online.
- Youth Paperwork Rollovers: If you are a youth team and would like your paperwork (roster/waiver & proof of ages) rolled over from your current session to the next session, we require an email by registration day of the next session. **HOWEVER**, if you are making changes (additions, subtractions, etc.) to your paperwork you must fill it out again.
- If full payment is made after the deadline, up to a \$50 late fee will be charged if management allows your team to play.
- 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, or games will be subject to forfeit.
- 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.

Equipment:

- Turf shoes, and tennis shoes are allowed.
- Teams must be dressed with visible and permanent numbers (no taped on numbers). No player will be allowed to participate without a numbered shirt that matches the number on the roster on file. Visible numbers are at least four inches tall and placed somewhere the referee can see. Taped numbers are not permitted.
- All players must wear shinguards.

Player Card Policy:

- All teams will be required to submit a roster and waiver forms to the One Stop Indoor SoccerPlex prior to their first game. Moreover, teams will be required to have photo identifications with proof of player's ages with them at every game. This proof of age can be sanctioned outdoor player cards or Facility ID. If a player does not have a valid photo identification, they can obtain a player card from our front office for a \$5 fee. The player will have to bring a birth certificate to obtain the identification.
- Proof of age will be randomly checked. If another team protests a player's eligibility, proof of age will be checked. If a team does not have their proof of ages for even one player at the requested time, that team will forfeit the game. Similar to every sanctioned soccer league in the area, it is the responsibility of teams to bring this proof of age without exception.
- Furthermore, proof of age cards have to correspond to the rosters submitted to the One Stop Indoor SoccerPlex. Online rosters can count as a team's roster. If the proof of age cards does not match the online roster, that team will forfeit their game.

Player Rosters:

Player rosters must be turned in prior to the first league game. Added players will be permitted prior to the third game. Failure to comply will result in forfeiture of all games played with illegal player(s). Players may only be added after the 3rd game if a player is injured and removed from the roster for the remainder of the session. Proof of injury must be provided. Acceptable proof shall be a doctor's note. At the discretion of management, a team may claim hardship and add one player after the third game. 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. Teams must show proof of age for all players on the roster. Proof of age includes: drivers license; passports; player cards; or Facility ID.

Roster Cards:

Permanent Rosters must be turned in a week prior to the league start date. Teams can create their roster online by using the registration link that was sent to the manager. Once a player is added to the roster, an automatic email is sent to the parent/guardian to complete the waiver.

All teams must have a permanent roster on file and available to check the names of players prior to the start of any game or after a game.

Roster Size:

The maximum roster size will be 12 players. Teams play 7 v 7 for U10 divisions and below; all other divisions play 6 v 6. Combined divisions, such as U10-U11 will always play 6 v 6. There will be no guest players allowed. If a team has an injury or other "circumstances" whereby they lose a rostered player, that team may request that a new player be added to the roster. If a commissioner has not permitted this addition that player will be considered "illegal" and the game forfeited. Please note that up to 12 awards will be handed out to the winning teams. More awards may be purchased from the Facility at an additional cost.

All youth teams must have an adult representative over the age of 25 on their bench during all games. Any team caught violating this rule will automatically forfeit their game and be subject to banishment

from the facility. No more than 14 people may be in the players box at any given time (14 players, a coach, and an assistant coach).

Online Rosters and Waivers:

Rosters and waivers forms can be completed online. These rosters can be changed by the manager up to the third game. After the third game, all rosters will be permanent and managers will no longer have access.

Numbered Jerseys:

All players are required to have a permanent number on their shirt, at least 4" long. The referee has the right to not start the game until at least 4 players have numbered jerseys. Any player who does not have a numbered jersey will not be allowed to play. Taped numbers are not permitted.

The reason for these strict rules is to keep track of red and yellow cards. Moreover, the Facility is watchful of illegal players.

Division Placement:

Unlike most facilities, the One Stop Indoor SoccerPlex tries to arrange divisions based upon parity rather than simply just age. In order to achieve this, our divisional committee takes into account a team's age, league, division, and record. All of this information provides a glimpse into that caliber of teams, and how to group with other teams of similar skill level.

Division placement is not an exact science. Many factors outside those noted above can affect the quality of a team's play. If there are extraordinary circumstances that are not reflective of the above criteria, it is incumbent upon the team coach or manager to inform us. Please note that this information must be relevant. Our division committee hears teams claiming exceptional talent all the time because coaches are looking to play in higher divisions to challenge their teams. Oftentimes, these claims are erroneous. Our goal is not to provide teams with exceptional challenges to their talent. Our goal is to create parity in our divisions. We try to imagine every game with a score of 5 to 4.

Each year the number and skill level of the teams that register changes. No two youth soccer seasons are alike. Consequently, how your team is placed will change from season to season in order to try and create parity. Combining age groups is often necessary, and below represents the general guidelines used by the committee. Please note that these guidelines are not the final authority, and you may find that your team falls outside of these guidelines.

In order to ensure proper placement of your team, it is critical that you provide accurate information upon registration. If you do not provide accurate information as a result of accident or deliberately trying to place your team in a different division, we will remove your team from the league, and consider banning your team from future leagues.

Finally, teams will not be moved from their divisions once they are placed.

General Division Guidelines:

- Can group Division 1, Division 2, and sometimes strong Division 3 Travel Teams of the same league and age together.
- Can group Division 6, Division 5, Division 4, and sometimes weak Division 3 Travel Teams of the same league and age together.

- Can group Division 1 and Division 2 travel teams of the same age with Division 6, Division 5, Division 4, and sometimes weak Division 3 Travel Teams one year older.
- Can group Division 1 and Division 2 travel teams of the same age with Division 1 level classic teams a year older.
- Recreation teams need to play with other recreational teams of the same age or even a year older or younger. If no divisions of all recreation teams are available, recreation teams will be placed with classic teams a year younger or of the same age—preferably a year younger. If not classic divisions are available, recreation teams will be placed with the lowest level travel teams a year younger.
- Classic teams will generally be grouped together. However, if there are not enough teams of the same age the following rules will apply:
 1. Can group Division 1 and sometimes Division 2 Classic Teams with Division 6, Division 5, Division 4 Travel Teams of the same age.
 2. Can group Division 1 and sometimes Division 2 Classic Teams with Division 1 and Division 2 Travel Teams a year younger.
 3. Can group Division 1 and some Division 2 Classic Teams with Division 2, Division 3, or Division 4 Classic teams a year older.
- No teams will play two years up, except possibly after the U15 age range. Prior to this age range, teams will either play within their own age, a year up, or a year down, depending on the above criteria.

Levels of Competition:

- The facility will offer the following divisional structure for youth teams:

Champions League for division 1 & 2 WAGS and NCSL teams only

Premier division for select teams in WAGS and NCSL and some upper level classic teams

Division 2- Classic division for some lower level WAGS and NCSL team, MSI classic teams, recreational teams, as well as MPSL teams and upper division MSI Classic teams.

- 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.
- The following guidelines represents the parameters for Youth Competition. The age group you play in is determined by the oldest player on your team. Whatever age group your team played during the fall constitutes the age group you will play in the winter. The cutoff date is August 1st, 12am. Any player caught playing in a younger age group will forfeit all the teams' games in that age group. One Stop Indoor SoccerPlex management reserves the right to check player identifications (outdoor registration cards or birth certificates) at any time.
- Players may only be on one roster in a given division and league. Players may participate in more than one division and league. A lower division team may not field any players from an upper division. 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.

Forfeits, Bye Requests & Make Up Games:

Bye Requests: Facility allows teams to request one bye in a given season. We do not guarantee that we can honor that bye, but we will do our best to honor it. If we are unable to honor the bye request, your

team will be expected to play that game and it will count in the schedule. Trying to honor the requests of hundreds of youth teams is sometimes impossible. However, we do a very good job at honoring most requests.

All bye requests must come in writing via email. Phone calls will not be accepted for bye requests. E-mail the One Stop Indoor SoccerPlex using the specific Forfeit/Bye request email listed on the Soccer page of our Website.

The e-mail must include the day of the requested bye, the team requesting the bye, and the team manager's name and phone number. [Click here](#) to send an email to request a bye.

Forfeits:

Team managers must call the One Stop Indoor SoccerPlex to inform them of the forfeit. The Facility will then notify the other team. If a team shows up to play and the opposing team does not show up, then the team present 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.

After the first forfeit, the team that forfeited will receive a warning. The second forfeit, a \$50 fine. If a team forfeits three times in once season, they'll be pulled from the league, with all money paid being lost, and the team will have to pay in full at the time of registration for all future leagues.

A 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. 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.

There will be no rescheduling of games due to weather related events like snow. The facility may, at its own choosing, try and reschedule those games. In the event of a weather related cancellation, all games that were missed shall not count toward the standings and they will be considered "non-games".

Rescheduling Policy:

One Stop Indoor SoccerPlex does not reschedule games. Once a schedule has been published, no games will be moved. The only exception is a scheduling mistake on our part, or a team drops out of the schedule. If your team cannot make a scheduled game, you will forfeit that game. If you forfeit more than one game, your team may be removed from the league and may be subject to banishment from future leagues.

Weather Policy:

Weather closings are based upon the current conditions in the area, not anticipated snow falls. We will not close our doors before a weather event has begun, so please refrain from calling and tying up phone lines. Moreover, closings are not based upon school or government decisions to remain open or closed. A Facility management committee will make the determination of whether to remain open or close. Closings will be announced on the website and on our phone system. The fastest way to check for updates will be on the website.

If games are cancelled due to snow, they will not be rescheduled. Exceptions to this policy are only made when ample time is available in the facility to reschedule all games snowed out. If a game is not

rescheduled, it will not count against the team. Standings will be calculated based upon Winning Percentage and not overall points.

Official Games:

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

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 e-mail. Complaints regarding officials should be submitted in writing (via e-mail), sport, game time and date, and details about the situation, as well as your full name and contact number or e-mail. Teams may not discuss the officiating immediately following their game. The commissioner will take seriously all complaints written 24 hours after a game. The commissioner will not take seriously complaints directed at him 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 commissioner 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 below 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.**

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.

Red Card Policy:

- 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 the player cannot participate at or be on the property of the One Stop Indoor Soccer ever again.
- A player or coach that is red carded during or after a game by a referee will automatically be suspended for a whole week through the next day of the session in which the player was red carded. For example, if a player is red carded on a Saturday, he or she will not be eligible to play until the Sunday of the following week. In addition, the player will be banned from playing on any other team until the suspension has been served. 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.
 - 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 after receiving a caution (yellow card) or a third 2 minute time penalty" 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.
- Any player or coach who accumulates three cautions (yellow cards) during one session will be suspended as outlined above.
- 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.
- If a player receives a second red card in the same season, that player will be suspended for three (3) games.

Protest:

Intention to file a protest must be noted in writing immediately following the game. A formal written protest must be submitted to One Stop Indoor SoccerPlex 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 start of the second half. Referee complaints must be submitted via e-mail.

Awards:

Each first place team will receive up to 12 trophies. If teams want additional prizes or awards, they may purchase them from the Facility.

INDOOR SOCCER RULEBOOK

Note: 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:

- U7-U9 Two 20 minutes periods with two minutes half-time
- U10 and Up 22 minutes periods with two minutes half-time

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 this 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 other activities are 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.

Kick-Off:

The home team (the first team on the schedule) will defend the goal furthest from the scoreboard and will kickoff the first half. The visitors will defend the goal under the scoreboard and will kickoff the second half. A 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 goalkeeper 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:

- **Turf Field Leagues** - The ball is in play throughout the arena, including the walls, 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 directly below or 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 do so or failure to do so after the initial request by the kicker or official is encroachment and the referee may award that player a blue card or 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.

Yellow and Red Cards:

- Please refer to the above general rules for yellow and red card violations.
- 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. Any team that 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.
- Any player that receives a red card shall be sent completely off the playing area and shall not return. The team with the offending player shall play the rest of the game with a player down. If a team receives a red card, the manager shall pull one player off the field and the team shall play the rest of the game with a player down.
- All cards given by referees are final, and are not subject to protest.

Penalty Kicks:

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 (direct) awarded to the opponents at the 30' 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.

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 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
- If teams are still tied after the above tie-breakers have been calculated, the Facility will award co-champions.
 - If the championship game results in a tie, the champion is determined by the winner of regular season play.

FIFA Rules:

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

Please read the [waiver of liability](#).

Contact Information:

Please contact One Stop Indoor SoccerPlex at info@onestopindoorsoccer.com or 301-977-8282

