



# THE OFFICIAL INDOOR SOCCER LEAGUE RULES, INFORMATION AND FACILITY POLICIES

(Revised Sept 2009)

## GENERAL SPECTATOR/PLAYER CONSIDERATION

1. As with all recreational activities, indoor soccer has inherent risks associated with participation. Parents/guardians of youth players, youth & adult players accept such risks as the result of their participation in our facility. All participants must complete a proper Consent Form to participate.
2. Due to the nature of indoor soccer, balls may exit the field of play. Break Away is not responsible for injuries to spectators, coaches and players while attending an activity of/at Break Away Sports Center, Inc.
3. Our locker room changing area is provided for your convenience. We suggest you bring a lock for lockers to secure your personal belongings or leave it with a member associated with your team during your stay. Break Away is not responsible for lost or stolen property and can not supervise any of your personal property. Break Away will not keep your valuables or other materials behind our desk or in our office at any time or for later pick up by others.
4. PLEASE SHOW COURTESY and respect to other spectators, players, and coaches by **ACTING WITH GOOD SPORTSMANSHIP**. This includes refraining from inappropriate or abusive language, dissent (verbally or through action) to spectator, player, coach, official, or employee. Anyone taking such inappropriate action may be required to leave the facility immediately.
5. **PARENTS ARE RESPONSIBLE FOR SUPERVISING THEIR CHILDREN WHILE INSIDE THE FACILITY!**
6. **ABSOLUTELY NO FOOD OR BEVERAGE IS ALLOWED ON THE FIELD. ONLY BEVERAGES COVERED SECURELY ARE ALLOWED IN THE BENCH AREA.**
7. Anyone found willfully damaging Break Away property will be banned from Break Away Sports facilities and legal action will follow.

## TEAM INFORMATION

1. All teams and individual players, as well as associated parents or guardians, are required to play under the rules and policies of Break Away Sports Center, Inc. It is the responsibility of the team manager to inform their players and parents of this policy.
2. **ALL YOUTH PARENTS OR ADULT PLAYERS MUST SIGN & HAVE ON FILE THE REQUIRED PLAYER CONSENT FORM IN ORDER TO PLAY!**
3. Rosters must be completed (see "Number of Players/Roster")
4. A **parent** coach/manager **MUST** be present at ALL youth and high school games.
5. All players **MUST** meet the AGE and/or GENDER criteria for the league/tournament to be eligible for play. All adult players **MUST BE** 18 years of age and out of high school. Proof of age must be available for all youth and adult teams. Proof shall be in the form of a birth certificate, driver's license or other suitable record approved by Break Away management. The team manager/coach is responsible for playing with eligible players only. Teams/ manager/player not complying with this procedure will result in a forfeited game.
6. Established teams may be allowed to play only one age group up with approval of Break Away Sports Center, Inc. management. Independent players **MUST** participate at their age level!
7. **ANY TEAM PLAYING WITH ILLEGAL PLAYERS MAY FACE REMOVAL FROM THE SESSION OR TOURNAMENT WITHOUT REFUND!**
8. **POST GAME TEAM GATHERINGS MUST BE DONE IN THE SPECTATOR AREAS (IE. OFF FIELD AND OUT OF BENCH AREAS).**

## SCHEDULING

1. Teams/players registering for league/tournament play must be prepared to play during any of the days and times indicated in the league/tournament information. Alternate game days may be required and assigned without notice. Break Away Sports is not responsible for team scheduling conflicts or forfeited games. Days & times may vary from session to session. Schedules are subject to change without approval.
2. Many variables go into aligning divisions. Team skill level information, although important, does not guarantee the division that your team is placed into. League alignments may vary from session to session in an attempt to balance leagues. Every effort will be made to equalize competition skill levels. However, Break Away does not guarantee competition level of play!
3. **Games may ONLY be rescheduled with permission of Break Away management. Due to the loss of field time and staffing cost associated with rescheduling games, an associated fee will BE PRE-PAID for any game rescheduled.** It is the responsibility of the teams to get Break Away Manager pre-approval and coordinate a different game time with their opponent. Both team managers/coaches must indicate their approval directly with Break Away manager at least 1 week prior to date of any changes. Break Away Management may decline the consideration of re-scheduling game(s).

## LEAGUE MODIFICATIONS

**KINDERGARTEN/"KINDY":** See separate Kindy Rules

**U7 through U10:** For greater ball contact and scoring opportunity these leagues will be played on a smaller field size. Goal kicks shall be taken anywhere within the penalty box. **U7/U8:** No penalty kicks, all free kicks are indirect. No 2 minute penalties. The time and score is kept by referee but not displayed. 4 x 10 minute quarters switching sides at ½ time (1 minute between quarters, 4 minutes for halftime). Balls that settle in back of goals shall be a goal kick. **U9/U10:** Will play on half a field 4 v 4 plus goalies. 2 x 25minutes.

**WOMEN'S 28ish & OVER:** This is a very recreational league. Hard driven or dangerous balls above the waist shall be enforced (see Coed description below). Players Control and Dangerous Play infringement shall be enforced due to over physical/aggressive/dangerous play.

**OVER 50 LEAGUE:** Open to men and women. Teams register with 5 or 6 player maximum as a "mini-team." No guest players will be allowed. Two mini-teams will be combined and compete with other paired mini-teams. Minimum player age: 2009/10 – ages 48 & over, 2010/2011 – age 49 & over, 2011 – age 50 & over. White colored shirts are required. Break Away will provide pullovers for color difference.

**H.S. & ADULT COED LEAGUES:** All teams must have a minimum of 2 female field players on the field at all times.

**ADULT COED "HARD DRIVEN" OR BALL ABOVE THE WAIST:** a ball kicked (or thrown by the goalie) shall not be "hard" driven above the waist while players from either team are in the "general direction" of the ball. This includes off the wall, unless the ball is above the heads of players in the "general direction" of the ball or only the goalie is in the "general direction" of the ball. An arching or chipped ball will be allowed unless contact is made above the waist during the ascent. These rules will be called very tight near or inside the penalty areas and at the discretion of the official. This infraction shall be an indirect free kick for the opposing team at the spot where the driven ball took place.

# OFFICIAL INDOOR RULES OF BREAK AWAY SPORTS CENTER

## THE REFEREES

1. The referee on the field is responsible for control of the game and has the full authority while on premises at Break Away Sports Center, Inc.
2. The referee's decisions regarding play are final.
3. Break Away Sports Center has the authority at its discretion to add an additional referee on or off the field in order to assist and/or control the game being played. This additional referee may initiate their authority at any time during the course of a game & has full authority of the original referee.
4. Management is very interested in the evaluation of a referee from team manager(s) as long as such discussions are done in a composed & proper manner. The team manager is encouraged to email or call management for game feedback.

## PLAYER EQUIPMENT

1. **All players MUST have the proper color jersey/shirt to participate. Teams must bring an alternate jersey color to every game in case of conflicting colors.** Goalkeepers must be in a distinguishing color shirt from either team. **PULLOVERS WILL NOT BE GIVEN OUT TO INDIVIDUALS. NO EXCEPTIONS!**
2. **FOOTWEAR REQUIREMENTS:** Customer feedback has indicated a strong preference to play with regular indoor shoes. Due to a maintaining turf surface and player safety indoor footwear will be restricted to indoor soccer shoes or gym shoes, traditional turf shoes or ROUND molded cleats with the following restrictions: **FLAT BOTTOM SHOES:** includes most athletic, court, cross training shoes. **TURF SHOES:** must be a minimum of 20 studs with a maximum depth of 5/16" (8mm). **CLEATS:** must be made of continuous molded rubber consistent with the sole of the shoe. **U12 & younger** leagues shall be allowed to wear molded "bladed" (oblong or elongated) cleats. **U13 & above leagues: CLEATS MUST BE ROUND (NOT bladed)** with a maximum cleat depth of 7/16" and minimum diameter of 3/8" at the tip of cleat. Any questions must be directed to Break Away Sports management for approval.
3. All players are required to wear covered shin guards.
4. Due to the close proximity of play, a player shall not participate with the following items: rings with exposed edges, dangling ear rings, necklaces that are not secured inside the shirt, metal/dangerous knee braces, non-padded or inadequately padded casts, or other equipment that may be dangerous to another player.

## BENCH AREA RESTRICTIONS

1. Players from the next game are not allowed in the bench area (between fields) until the completion of the previous game. Players preparing to **enter the field for the next game shall do so through the door on the opposite side of the field from the bench area.**
2. **SPECTATORS NOT ALLOWED IN BENCH AREA:** Only participating players & coaches are allowed on the field or in the bench areas during warm-up or half time. (this includes children during adult games).
3. **ONLY PARTICIPATING PLAYERS & TWO (2) ADULT COACHES ARE ALLOWED IN THE BENCH AREAS DURING GAME.**
4. Designated HOME TEAM shall occupy the home team bench and occupy the end nearest to the concession area for the first half. Home team is the first team listed in game schedule.
5. **Players shall not jump over the boards. If a team is cautioned for such action, a 2 minute penalty will be assessed for additional violations.**
6. **POST GAME TEAM GATHERINGS MUST BE DONE IN THE SPECTATOR AREAS (IE. OFF FIELD AND OUT OF BENCH AREAS).**

## NUMBER OF PLAYERS/ROSTER

1. All Rosters must be completed and kept on file at Break Away Sports prior to first game.
2. The roster size is unlimited unless otherwise indicated, as long as:
  - Player meets the age and gender criteria.
  - Each player has a current signed Consent form on file at Break Away Sports.
  - Is not on a roster or play on another team in the same league/division. Players are bound to play with that team for the duration of the session/tournament
  - Each player and coach must sign the roster in order to play or coach for that team.
3. **Substitute/guest players:** a team will be allowed to have up to 3 guest players from other teams within the league provided it does not exceed the number of bench substitutes of their opponent or change the balance of competition. The Coed Leagues: teams may have up to 2 females and 2 males. Teams should not seek guest players of higher skill or higher divisions. **Guest players are especially required to play with in the spirit of the league and level of play.** Break Away staff has the right to adjust the participation of specific or amount of guest players during the progress of the game, in consideration with the spirit of the competition (e.g. Guest player tips the balance of play, overloads one team with more subs than the opponents, regular team players come late causing subs on sideline to be more than 3). **Guest players that are ejected are suspended from play on original team of play and are no longer allowed to participate as a guest player.** Adding additional players from other teams after the game has started is at the discretion of the referee. (also see "Number of Players")
4. Proper number of players with one designated by color as the team goalie: U8 & U10 (4+goalie), U12 (6+goalie), U14 & older (5+goalie).
5. The minimum number of players allowed to start the game shall be one less than the proper number of players listed above.
6. A team may not fall below the minimum number of players during the game or it shall be determined a forfeit. If a team has only the minimum amount of players any rest or penalty to a player will result in a game forfeit.
7. Any team forfeiting game(s) shall be considered for removal of remaining games scheduled without refund.
8. Break Away has a "5-8" rule for all ages (tournament rules may not include this). If a team is behind by 5 or more goals they may add an additional player onto the surface. An additional player can remain on the surface until the goal differential has been reduced to less than 5. This occurs again at an 8 goal deficit.

# OFFICIAL INDOOR RULES OF BREAK AWAY SPORTS CENTER

## LENGTH OF GAME

1. Time clock will start at designated game time. THERE WILL BE NO GRACE PERIOD! After such time the game will be considered a forfeit. A friendly game may be played. Warm up time may be limited or eliminated if games are running behind schedule. Teams/players are not permitted on the field or in bench area before designated warm-up time.
2. All games are played with running time. U10 & above; 2 x 25min. U8; 4 x 10min. (tournament game length is specific to tournament),
3. Games may be shortened or ended due to injury, unfair play, or other circumstances beyond our control and may not be rescheduled without refund. If a game is ended as a result of unfair play, it will not be rescheduled. Non-offending team shall get the field for the remainder of the game.
4. **All LEAGUE cancellations due to weather/snow may require make up at the end of the winter 3 schedule and may require an alternative day. Weather/Snow make up will not be credited or refunded.**
5. ONLY REFEREES, TIMEKEEPERS or Break Away employees are permitted to operate time clock. ONLY THE REFEREE can request another party to start or stop the time clock. UNAUTHORIZED STOPPAGE of the time clock by coaches or players will result in a two minute bench penalty assessed to the team or a forfeiture of the game at the discretion of the official(s) of the game.
6. At the referee's discretion, the clock may be stopped for injury, lost ball or in the last TWO (2) minutes of a game if he/she feels a team is purposely wasting time. Do not expect the clock to stop every time a ball goes out of bounds.

## OUT OF PLAY & RESTARTS

1. The ball starts at the center spot to start the game, half, or after a goal has been scored. The ball may be put into play in any direction - indirect kick
2. Any restart shall start with a dead-ball and be touched by the foot to be put considered in play:
  - For a side kick-in with in **6 ft. of the wall** nearest to where the ball went out of play when hitting side netting, ceiling or traveling out of the play area at the side. Restart - Indirect kick
  - For a Corner Kick from the corner marking (Corner Kick) whenever the opponent kicks the ball into the end netting between corner kick markings on their defensive end of the field. Restart - Direct kick.
  - For a Goal Kick from with in the goal box (Goal Kick) whenever the opponent kicks the ball into the end netting between corner kick markings on their offensive end of the field. Restart – Indirect kick
  - **With in 6 seconds.** The Official shall have the discretion to start such a count when he/she feels a team has had adequate time to put the ball back into play. Restart – Indirect free kick for opposing team.

## SUBSTITUTIONS

1. Substitutions may occur on an unlimited basis if:
  - The substitution occurs while the ball is in play ("on the fly") at their own team door - **Doors MUST remain closed/latched** until the player(s) leaving the field is within **10 feet of their own bench area.** The player exiting the field shall not attempt to participate in the game while the player entering the field comes onto the field if they are simultaneously on the surface of play.
  - After a goal has been scored by either team.
  - A restart has not been put back into play (team with restart has no obligation to wait for the opposing team to complete their substitution).
2. Any players leaving the field shall do so as quickly as possible and at their assigned bench doors.
3. Goalkeepers may be substituted during the game providing the new goalkeeper abides by the substitution laws and are properly attired. EXCHANGING WITH A FIELD PLAYER IS NOT LEGAL UNLESS DURING STOPPAGE OF PLAY WITH THE REFEREE'S APPROVAL. Infringement; same as illegal substitution.
4. An official may stop a fair substitution if the ball is in the immediate vicinity of the exchange and open door(s) which may causes a danger to players. This shall be restarted by a drop ball.
5. Any infringement shall be an indirect free-kick for the opposing team 6 ft from the bench side wall on their offensive white line.

## THREE LINE VIOLATION

The ball shall not travel forward across three white lines unless it has touched a player, or wall between the three lines & prior to the third white line, or played directly from the goalies hands. Any infringement shall be an indirect free-kick for the opposing team at the center spot on their offensive white line.

## GOALKEEPERS

1. A goalkeeper has possession any time he/she has a part of his/her body covering the ball unless he/she is using his/her feet as a field player.
2. Once in possession of the ball the goalie has 6 seconds to release the ball into play ("spirit of the game").
3. A goalie that intentionally parries the ball has 6 second release time starts when the ball was parried ("spirit of the game").
4. A goalkeeper intentionally handling the ball outside their penalty box may be assessed a 2 minute penalty.
5. A goalkeeper shall not slide tackle or slide into an opponent from outside their penalty box. Indirect free-kick.
6. The goalie is not allowed to punt the ball. Indirect free-kick.
7. Opponents must allow the goalie to distribute the ball without interfering with their motion. A drop kick is defined as dropped down and kicked with in one stride on the first bounce.
8. A goalkeeper can not handle a ball in his/her penalty area that was intentionally played toward the goalie unless; it was played from team-mates non foot or when the ball was last touched by an opposing player. Indirect free kick
9. Goalkeepers shall serve their own penalty and be replaced by another designated goalie (different shirt color). The team of the penalized goalie shall be required to remove a player from the field to play "short handed" during this time (see "Minor Penalty"). The penalized goalie may only return to the field after serving the full penalty (see "Minor Penalty") and may re-enter the game in accordance with proper substitution (See "Substitutions").
10. Goalie may only be substituted for in accordance with substitution rules (see Substitutions").

# OFFICIAL INDOOR RULES OF BREAK AWAY SPORTS CENTER

## FREE-KICK & FREE-KICK RESTARTS

1. The opposing team must **IMMEDIATELY** and automatically be 12 feet (4 yards) from any restart. Any delays or infringements from the defensive team may result in a rest or 2 minute penalty. *A re-kick shall be awarded if the official determines that the opposing team is deliberately encroaching on the free-kick OR reduces the kicking teams opportunity to put the ball into play. This may be enforced REGARDLESS of whether the kicking team chose to start the ball quickly into play.*
2. Free kicks **MUST** be put back into play within 6 seconds. *The Official shall have the discretion to start such a count when he/she feels a team has had adequate time to put the ball back into play. Violation – Indirect free kick for opposing team.*

## FOULS & MISCONDUCTS

Any flagrant or continual infringements of the laws by player or team may result in a 2 MINUTE rest, penalty and/or ejection against the offending player/team.

1. A team shall be awarded a DIRECT free kick when an opponent intentionally jumps at, pushes, strikes, trips, kicks or illegally charges an opponent and/or intentionally handles the ball (excluding the goalie in their penalty box). Any infringement committed in the defending teams penalty box shall result in a penalty kick (except U8)
2. A team shall be awarded an INDIRECT free kick when an opponent obstructs, slide tackles or slides at an opponent, plays in a dangerous manner, illegally substitutes, illegally passes back to goalie, 3-line violation, unsportsmanlike conduct, two hands on the wall in a dangerous manner, playing out of control for the situation, or "posting-up" or setting a screen so tight to the opposing goalie that it obstructs, impedes or infringes on the goalie from positioning him/herself for a play for the ball especially in the goal box.  
\* Contact from behind, hand checking, sliding, and checking someone into wall (even if it is the result of a legal shoulder charge) will be called very closely and result in an indirect or direct free kick depending on the nature of the foul.
3. **DISSENT; Any player or team participating in dissent, verbal or non verbal (ie. through gestures) to an official, opponent or staff (such as, but not limited to; questioning calls, and/or objection to call) most likely will lead to Player Rest, Penalty and/or ejection. TRASH TALKING WILL NOT BE TOLERATED.** *Trash talking shall include, but not limited to intimidating, unwanted and/or aggressive speech, action or gestures toward an opponent, coach, spectator, official or staff member.*
4. **FIGHTING, INSTIGATING, and/or ATTEMPTING TO INSTIGATE A FIGHT WILL NOT BE TOLERATED.** *Players or teams participating in such violence, WHETHER STARTING THE ALTERCATION OR NOT, MAY BE REMOVED FROM ANY FURTHER PARTICIPATION. Failure to move immediately away from an opponent or act in a hostile manner towards or near an opponent, after a play or stoppage of play, may be construed as attempting to instigate a fight or unsporting behavior.*
5. A Coach and/or Player may be ejected before, during, or after a game for behavior inconsistent with our philosophy of sportsmanship & fairplay.

## PROGRESSION OF PUNISHMENT & PENALTIES

*The following progression is a guideline for an official to use. IT IS NOT A REQUIRED ORDER! The official can at any time decide, due to the nature of the foul or conduct of the player/team, to bypass a lesser punishment for one that is more severe.*

1. **Player rest:** This is used to indicate to a player or team that this kind of play is inappropriate. It allows a player the chance to evaluate their play, calm themselves or the coach a chance to discuss the inappropriate play with the player at fault. The official may assign a time duration for the rest.
2. **Minor Penalty;** if issued, shall result in a TWO (2) MINUTE time penalty to be served by the offending player(s). A team shall remain short handed during the remainder of the penalty or until a goal has been scored. The offending player must not return to the field until his full penalty time has been served. More than one penalty can be served at any one time. If an additional penalty is assessed to the team while a previous penalty is being served, the second penalty will not start until the first penalty is completed. The individual with the second penalty will not participate until his/her penalty has been entirely served including sitting out the duration of the first penalty.
3. **Ejection (Red Card) shall be applied** to a player or coach for players who display behavior that are inappropriate such as but not limit to persistence in fouls dissent and/or aggressive behavior (see player/coach suspension). Coach/Player(s) ejected from game must leave the bench area **immediately** before the game will restart. Failure to do so will result in a forfeit of the game! A 2 MINUTE penalty may be assessed to the team of the ejected player(s).

## IMPORTANT! PLAYER/TEAM SUSPENSIONS

1. **BREAK AWAY SPORTS CENTER, INC. HAS A ZERO TOLERANCE FOR FIGHTING, VIOLENT OR OTHER INAPPROPRIATE BEHAVIOR!**
2. **PLAYERS/COACHES & SPECTATOR ARE RESPONSIBLE FOR THEIR ACTION.**
3. **COACHES/MANAGERS ARE RESPONSIBLE FOR THE CONDUCT OF PLAYERS/PARENTS/ SPECTATORS OF THEIR TEAM.**
4. **Players or coaches using profanity, abusive or unacceptable behavior towards officials, employees or management will be suspended from the facility.**
5. **Sportsmanlike behavior is required at all times ON and OFF the soccer field. Break Away Sports Center, Inc. reserves the right to expel any disruptive people from the facility and refuse to allow such person(s) from further entry into our facility.**
6. Players or coaches receiving a red card or ejected before, during or after a game are automatically suspended for at least one league game AND one week of play including any other team that they may be playing with or coaching. These individuals may be suspended for additional games pending a referee report and/or ANY past history of unsportsmanlike behavior at Break Away Sports Center.
7. A players/coach who is serving a suspension is not permitted in bench area or to participate or coach ANY TEAM for the duration of the suspension!
8. Any team playing suspended players will forfeit game, and such players shall be suspended for the REMAINDER of the session with out refund.
9. **Break Away Sports Center, Inc. is NOT RESPONSIBLE for ANY REFUNDS for individuals or team having to miss play as the result of suspension(s), and/or removal from league(s).**

## NOTE :

Soccer is a game of skill, technique, physical endurance, competition, sportsmanship, fun and fair play, but nevertheless, it is a contact sport along with other occurrences (see Consent Form). If for any reason you feel you may get hurt while playing, then it is we recommend that you do not participate.