

# SportsPleX

## Policies

**SportsPleX** welcomes you to Dayton's Best Indoor Soccer. Our indoor soccer programs are designed for participants for all ages and skill levels. The sport of soccer is meant to be fun. Coaches, players, and spectators are expected to keep a reasonable and positive attitude in all circumstances. **PLEASE MAKE THE EXPERIENCE ENJOYABLE FOR ALL INVOLVED.** Please call our office during business hours if you have any questions or concerns (878-7270).

**TEAM AND INDIVIDUAL REGISTRATION:** Please make sure your team registration is completed correctly. A "Release of Liability" waiver, which is attached to the team roster form, *and must be signed by that player or by a parent/legal guardian if under the age of 18.* The form is available on the Web Page ([www.splex.com](http://www.splex.com)) or in the **SportsPleX** office. No participation is allowed without a proper signature. Any additions to the team roster after the first games must also follow this policy. Deletions to team rosters will be taken out of team files by the **SportsPleX** office. A maximum of 18 players are allowed per team. Teams may, however, make necessary additions/deletions to team rosters up to the fourth game of the season. Teams must make additions/deletions to their team roster at the **SportsPleX** office. It is suggested that you roster only 10-15 players depending on the amount of players required in your age group; (e.g., 8-a-side—1 keeper and 7 on field, plus 7 subs=15). This helps with balanced substituting. Playing non-registered players with your team will result in a forfeit. Roster challenge must be done prior to leaving field. If you need extra players, our office usually has individuals who are looking for places to play. A player may be multi-team rostered in the same league.

**PAYMENTS:** Registrations will be accepted with full payment or a **\$200 non-refundable deposit.** Full payment must be made before the second game. If SportsPleX has not received full payment by close of business on the "full payment due date", my Visa/MasterCard will be charged the outstanding league fee plus an additional \$30.00 late fee charge. One check payable to **SportsPleX** or cash is preferred. If you pay by personal check for the team and your team members reimburse you by checks, please make sure their checks have cleared before submitting team payment. Returned checks are subject to a \$25.00 charge.

**SCHEDULES:** You will be informed by E-mail of your first game. The full schedule will be available on the web page. Have your team report 30 minutes before the first game so that all paperwork can be completed.

**SOCCER BALLS:** SportsPleX provides soccer balls for games, warm-up, and practices. Please do not bring soccer balls into the complex!

## Rules

**COACHES ARE MANDATORY:** For U-8 through U-18. An adult coach or other responsible adult (21 or older) must be on the team bench at all times. If there is none present, the referee will not start the game until there is. If none is available, the game will be considered a forfeit. Coaches are responsible for their players behavior! Coaches are responsible for confirming the score with the referee at the conclusion of the match!

**BENCH ASSIGNMENTS:** Always check the notice board for game times and bench assignments. The first team named on the schedule is the home team. The second team named is the visiting team. (You must go to the assigned bench.) The referee's game card will have your team assigned to the home or away bench as shown on the schedule. If you are not on the proper bench, the score may be incorrectly recorded. A maximum of three (3) non-playing personnel is allowed in the bench area (Coaches/Trainers). Late arrivals must wait for the referee's signal on a dead ball before crossing the field to their assigned bench. Please be early.

**PRE-GAME PROCEDURES:** Please "stretch" your team before they enter the field. When the previous game ends, enter the field and go to the assigned bench. Teams should warm-up quickly. However, in an effort to keep games on time, please be aware the referee may ask your team to start immediately. Please be prepared to play as soon as the referee requests.

**NUMBER OF PLAYERS:** U-8 through U-12 – 7-a-side U-13 and up – 6-a-side  
CO-ED A / COED B: --6-a-side. A minimum of 2 females must be on the field. A female goalkeeper does not count toward the minimum. If a female receives a time penalty, she is part of the game and need not be replaced by another female during the duration of the penalty. **No sliding is permitted.** COED SOCIAL OPEN / COED SOCIAL 25+ / COED SOCIAL 30+: --7-a-side. A minimum of 3 females must be on the field. A female goalkeeper does not count toward the minimum. If a female receives a time penalty, she is part of the game and need not be replaced by another female during the duration of the penalty. **No sliding is permitted.** *Special rules* for CO-ED SOCIAL OPEN / 25+ / 30+: All free kicks in the offensive half of the field must be taken by a female team member. Age restricted ADULT TEAMS: COED SOCIAL 25+ teams may roster 2 female players 23-24 years old. COED SOCIAL 30+ teams may roster 2 female players 28-29 years old.

**PROOF OF AGE:** The SportsPleX office for all adult 25+, 30+, and 35+ teams may request a proof of age (copy of driver's license). Games played by ineligible players will be forfeited by offending team; the age requirement is to be followed in all our leagues.

**BALL SIZE:** Youth Rec. – Size 3 / U-8 through U-12 – Size 4 / U-13 and up -- Size 5

**UNIFORMS:** Teams must wear identically colored shirts (preferably numbered). T-shirts are allowed. The goalkeeper must wear a jersey that does not conflict with his/her opponent's colors and is distinct from his/her own team colors. The home team (first listed on schedule) is responsible for supplying an alternate jersey in the event of a color conflict. Bringing a contrasting jersey for all games is mandatory. **SHIN GUARDS ARE MANDATORY** for U-6 through U-18. This includes players under the age of 18 playing in Adult leagues. SportsPleX strongly recommends shin guards in all divisions. Shinguard must be commercially manufactured and of appropriate size and, may not be worn higher than two inches above the ankle. Shinguards may not be altered. **NO JEWELRY** is to be worn for U-6 through U-18. SportsPleX strongly discourages wearing jewelry in ALL leagues.

**SHOES:** Molded shoes are recommended however, turf, flats, or gym shoes are acceptable. No steel cleats are permitted. *The referee has the right to refuse entry into the game any player who, in the referee's opinion, is wearing dangerous or illegal equipment. Properly padded casts are legal unless the referee judges the player is using the cast in a dangerous manner. The cast should be checked by management before playing. Player must be released by a Doctor to play.*

**GAMES:** Regular season games shall consist of two 22-minute halves (44-minute games). There will be a two-minute half time.

**FORFEITS:** Forfeited games will have a 4-0 result. However if the game has begun and the forfeiting team is losing, the score at the time of Forfeit stands. No team may forfeit a game and win the league.

**A game shall be a forfeit if:**

\*\*The clock starts at scheduled game time. If a team is unable to start after 2 minutes has expired; their opponent is awarded a goal. At 4 minutes another goal is awarded. If not prepared by 5 minutes; game is forfeited

\*\*Refusing to take the field to play.

\*\*A team does not have enough players (two less than allocated amount of players required for specific age group) to begin or continue a game.

\*\*A youth team (U-18 and under) does not have an adult coach or other responsible adult, 21 or older, present on their bench.

\*\*Using illegal players. If you suspect the opponent is using an illegal player, inform the referee which player you believe is illegal, before the game has started or at half time. The referee will inform the opposing coach. The player in question will produce valid identification immediately. If not, the game shall be played, the referee will inform the office, and the office will request valid identification. If not, the game will be forfeited.

**CLOCK:** The clock is continuous. The referee may, however, stop the clock if, in his opinion, there is a possible extended delay in the game. However, SPX reserves the right to shorten the game due to an injury. Tampering with the operation of the clock will result in a blue card or ejection from the game.

**SCORING:** A goal is awarded when the soccer ball COMPLETELY breaks the plane of the dasher boards (goalposts) surrounding the goal.

*ONE POINT* will be awarded for a goal scored directly by the attacking team from inside the opposition's defensive zone.

*TWO POINTS* will be awarded for a goal scored directly by the attacking team from outside the opposition's defensive zone. This includes the ball deflecting off a defender or goalkeeper. However if the ball deflects off an attacking player within the defensive zone, only one point will be awarded. The white line is considered part of the defensive zone. If a defender plays the ball back from outside the defensive zone and a goal is scored directly, two points will be awarded.

**SUBSTITUTION:** Teams may substitute at any time. There are no guaranteed substitutions. It is always at the team's own risk. This includes when the ball is "live", at free kicks and kick-ins, goal kicks, corner kicks, for or against. If the kick is in your favor, please remember a 5-second replay rule applies from when the ball is deemed ready to play, even if you are substituting. Players must leave the field of play before being replaced. Being within the touchline by the team bench is permitted unless either player becomes involved in play while both are simultaneously on the field. A two-minute time penalty may be assessed for such a violation. Two minute time penalties will be assessed when a team has too many players on the field Jumping/climbing over the wall will result in a two-minute penalty. The goalkeeper may be substituted at any time. However, he or she must wear a jersey that distinguishes him from other players on the field. An injured player must leave the field if the coach/trainer is requested onto the field by the referee. As there are no guaranteed substitution, that player may return, subject to the substitution rules, after the games has restarted. Goalkeeper must be replaced if coach/trainer is called on the field a 2nd time for that goalkeeper.

**NETTING:** The field is enclosed not only to increase safety, but also to keep the game continuously active. If the ball hits the netting on the side of the field, a kick-in shall be awarded. A kick-in must be placed no more than 3' from the wall. If the ball hits the netting behind the goals (between corner lines) a goal kick or corner kick shall be awarded. If the ball hits the netting above the field of play, a free kick against the offending team from the point on the field directly below the point of contact with the net. If the offense takes place within the penalty area, the free kick shall be taken from the DOT.

**THREE LINE VIOLATION:** If a player plays the ball over three lines in the air towards his opponent's goal line without it touching another player, the wall, or referee on the field of play between the lines, the referee shall award a free kick to the opposing team at the center of the first line that the ball crossed. EXCEPTION: A goalkeeper, while standing in his team's penalty area, may legally **throw** the ball over all three lines. This may result in a goal.

**BACK PASS INTO DEFENSIVE ZONE:** Players are allowed to play the ball back into the defensive zone from any part of the field beyond the line nearest his/her team's defensive zone. However, the goalkeeper may not use his/her hands to control the ball that is played from beyond the line by any team members. This includes a series of passes by the defending players. He/she may only use hands if a member of the opposing team passes the ball into Defensive Zone or touches the ball in to Defensive Zone or there is a stoppage of play. Free kick will be awarded, at the DOT, if penalty is assessed.

**SPITTING:** Blue card (2-minute penalty). Restart free kick at the spot of the infraction. 2nd offense –red card resulting in automatic ejection.

**LANGUAGE:** A Blue card (2-minute penalty) will be issued for foul language!

**SHIELDING:** A player using 2 hands against the wall to shield an opposing player from the ball will result in a free-kick to the opposing team from the spot of the infraction.

**SLIDE TACKLING:** Slide tackling only permitted in U-8 thru U-12. *U-13 age group and older including all adult co-ed, Women's, and Men's leagues are not permitted.* Exception: Goalkeepers are allowed to slide, as long as they are in the penalty area and are attempting to play the ball. Note: It is up to the referee's discretion as to whether it is a sliding kick or tackle.

## **GOALKEEPER RESTRICTIONS**

**HAND TO HAND:** A goalkeeper, having had control of the ball in his/her hands and having released it from his/her hands to be played by self or a teammate shall not handle the ball again until the opposition has touched or played the ball or there is a stoppage in play. A free kick is awarded at the DOT, above the penalty box.

**5 SECOND DISTRIBUTION:** A goalkeeper, in possession of the ball within the penalty area, must distribute the ball outside the area or to another player within 5 seconds of having received the ball within the penalty area. Possession is defined as with the hand or the foot. A free kick is awarded at the DOT. Bouncing the ball within the penalty area is allowed.

**ILLEGAL PROCEDURE:** A goalkeeper who receives the ball outside the penalty area shall not handle the ball inside the penalty area prior to the ball being touched by another player. This means the keeper can not bring the ball from outside the box back into the box and pick it up. A free kick is awarded at the DOT.

**HANDLING OUTSIDE THE PENALTY AREA:** Intentional handling, "severe in nature", by the goalkeeper outside the penalty area to stop a shot or advancement of the ball will result in a free kick and a 2 minute time penalty. Intentional handling not deemed as "severe in nature", (E.g. goalkeeper handling the ball inside the area and momentum carries him outside the area) should only result in a free kick at the spot of the infraction.

## **KICKS**

**FREE KICKS:** All free kicks are direct. This includes the kick-off and kick-in. The defending team must be at least 10 feet from the ball until it is in play. A time penalty may be assessed for encroachment. The free kick must be taken within 5 seconds after the referee had deemed the ball ready to play. Failure to do so will result in opponent's free kick at the spot of the infraction. A player may not touch the ball twice before it is touched by another player.

**PENALTY KICK:** The referee shall award a penalty kick for fouls deemed severe, tactical, or blatant in nature, committed by the defending team within its own penalty area. A 2-minute penalty may be given. If a goal is scored from the penalty kick, the offending player is released regardless of how many other penalties are being served. Players are not allowed to stand 10 feet from the DOT nor in the penalty area, or interfere with the kickers approach to the ball.

**KICK-OFF:** At SportsPleX we allow the ball to be played forward or backwards.

## PENALTIES

**TIME PENALTIES:** Time penalties will be assessed for fouls deemed as severe, tactical, or blatant in nature. In particular, boarding must be assessed a 2 minute penalty. The offending player will serve time penalties, unless it is the goalkeeper. The goalkeeper may serve time penalties at the discretion of the Referee. Another player designated by the coach will serve the penalty. A player will be released from time penalties when penalty time has elapsed or the opposing team scores a goal; or if there are an equal number of players from each team serving penalties and a goal is scored, no player is released and no penalty is voided. Time penalties will be carried into the second half. *Unsportsmanlike conduct time penalties* may be assessed at the discretion of the referee (e.g. encroachment, illegal substitution, dissent, etc.) All persons, including coaches, on the team are considered part of the game. Time penalties can be given against offending team benches. The coach may choose any of his or her players on the field to serve the penalty. If a team scored against has a lesser number of players on the field when the goal is scored, the player with the least amount of time left to serve is released from the penalty box.

**RED CARD (EJECTIONS):** If a player receives a third time penalty, he will be given a red card. Violent conduct, serious foul play, or foul/abusive language will result in a red card being issued to the offending player. The ejected player must leave the field / bench area. The offending player will serve a minimum one game suspension for serious foul play. **A minimum three game suspension for fighting, violent conduct or foul/abusive language directed toward an official will be served by offending players or coaches.** SportsPleX reserves the right to increase the length of suspension if the offense warrants such increase. The Coach of the suspended player is required to meet with management following the match to determine the length of the suspension and is expected to enforce the suspension. A red card will result in a full 5-minute penalty against the offending team, regardless of the number of goals scored by the opposing team. The team will play shorthanded throughout the duration of the penalty. SportsPleX reserves the right to suspend indefinitely any player, coach, or spectator who strikes, threatens physically or verbally, any participant or spectator at the SportsPleX facility. The SportsPleX facility is for the enjoyment of recreational sport.

## **LEAGUE STANDINGS:**

League standings will be decided as follows:

2 points for a win

1 point for a tie

0 points for a loss

*Standings are updated each week and will be posted on the website.*

**If teams are tied on points, the advantage goes to the team who:**

1. Won the head-to-head game.
2. Has conceded the least amount of goals (it is unnecessary to run up a score.)
3. Most goals scored