

House Soccer Rules

Revised November 2020

Total Sports Experience thanks the coaches, families, players, referees and spectators for their commitment and positive attitudes, to provide the best quality sports program for today's youth.

Our league philosophy is to provide teams an opportunity to develop and improve individual skills, fitness and to improve as an overall unit. It is in the best interest of all, to minimize potential injury so teams may enter the outdoor seasons in top form.

The house rules pertain to all teams playing at Total Sports Experience.

Please note **highlighted** areas that point out rule differences between the boarded and boardless fields.

1. Coach/Manager Responsibilities:

- a. The Coach/Captain must submit a Team Roster Form, signed Code of Conduct, and ensure all players have registered for the team online prior to the first game of the scheduled season.
- b. Coach/Captain is responsible for full team payment prior to **Week 2** of the league schedule. Teams not paid in full by this date may be removed from the league.

2. Roster:

Adult Leagues:

- a. **All players must be at least 18 years old. ID's will be checked.**
- b. Maximum roster of 22 players
- c. A copy of the roster must be on file by the first game. Additions can be made up to and including the 3rd game of the season. Rosters are finalized after the 3rd game is completed.
- d. **All players must have a valid Players Membership with TSE.**
- e. Players are only permitted to play for one team in any given division.
- f. Players must check-in at the front desk prior to each game for roster verification. Teams who use ineligible players (see above roster guidelines) will forfeit games where an ineligible player was used.

Youth Leagues:

- a. A copy of the roster must be on file by the first game. Additions can be made up to and including the 3rd game of the season. Rosters are finalized after the 3rd game is completed.
- b. NYSWYSA roster guidelines for age levels are followed.
- c. All players must register themselves on their team's roster online.
- d. Players are only permitted to play for one team in any given division.
- e. Teams who use ineligible players (see above roster guidelines) will forfeit games where an ineligible player was used.

3. Cancellations and Rescheduling Requests:

Indoor activities are extremely busy at Total Sports Experience. Therefore, the rescheduling of games will only be considered in extremely exceptional circumstances. To be fair to all teams, it is our intention to stick to the league schedule throughout the season. Unavailability of certain players within teams will not be an acceptable reason to reschedule games.

4. Equipment:

- a. Player equipment includes a jersey (numbers optional, but preferred), shorts, shin guards, socks that cover the shin guard, and appropriate indoor shoes.
- b. Player jerseys of opposing teams should be of contrasting color. The referee will assign bibs to the visiting team if there is not sufficient contrast.
- c. Goalkeeper's jerseys should be different from that of the referees, teammates and opposing field players.
- d. Players may not wear jewelry or other equipment that may be deemed inappropriate, dangerous or confusing by the referee. Hard casts are permitted with a minimum of 1" padding and permission from the referee.

5. Playing Time:

- a. League matches consist of two 25-minute halves of running time.
- b. There is a **two-minute** rest period between halves.
- c. The referees have been instructed to begin the games according to the posted schedules. Coaches are responsible to watch the clock and have their team ready to start on time. Referees will announce a 30-second warning with a buzzer or whistle.
- d. Time may be stopped at the referee's discretion for situations that are beyond the control of the referee and/or either team.
- e. There is no overtime in the event of a tie.
- f. The clock will start at the scheduled game time, even if teams are short players (Minimum 5 players Boardless; 4 players Boarded). The referee keeps the official time.
- g. The referee will declare a forfeit ten minutes after the scheduled start of play in the event a team fails to field a team of at least four field players and a keeper.

6. Substitutions:

- a. During the game, substitutions for field players may be made at any time on an unlimited basis (goalkeepers must notify the referee), provided the player being substituted for is within three yards of his or her own bench area. Substitutions must be made at mid-field.
- b. Goalkeeper substitutions may occur on play stoppages only. Referees must be notified when a goalkeeper change is made.

7. Ball In and Out of Play:

- a. Boardless field
 - i. The ball is out of play when it completely crosses the sideline, end line or touches the ceiling structure or any fixtures attached to the ceiling.
 - ii. Play is restarted with a throw in, corner kick or goal kick, accordingly. The ball is placed beneath the place where it touched the ceiling or its attachments (even in the Penalty Area) and play is restarted with an Indirect Free kick. No whistle is required to restart play.
- b. Boarded fields
 - i. The ball will remain in play except when it comes in contact with the netting, or leaves the confines of the field. A free kick will be awarded to the opponent at a spot nearest to where the contact occurred. The ball will be placed on the dotted line that runs around the boarded field. No whistle is required to restart play.
 - ii. Restart must begin within 5 seconds of ball placement for any free kick.
 - iii. **All restarts, on the boarded fields, are direct.**

8. Goalkeeper Rules:

- a. Goalkeepers (**ages U12 and up**) may not punt the ball. Drop kicks are allowed. Goalkeepers for ages U11 and down may punt or drop kick the ball. A drop kick is defined as kicking the ball on the first bounce after the keeper releases the ball from his/her hands. On a drop kick, the goalkeeper has possession of the ball until the ball hits the ground the second time.
- b. The goalkeeper has a total of 6 seconds to play the ball from their hands. The goalkeeper may release the ball to the floor and play it with the feet. Once released, the ball may not be touched by the goalkeeper with the hands until an opposing player has played the ball. The penalty for this infraction is an indirect free kick from where the goalie touches the ball.
- c. There is no restriction of how far the goalie may throw or drop kick the ball.

9. Rules of the Match:

a. COVID-19 Rule Changes and Additions

- i. **PRIOR to the start of the game, the Official will remind both teams that face coverings must be worn at all times during the game. Exceptions are made for drink breaks.**
- ii. **In the event a player is not wearing a face covering properly (not covering mouth and nose), the official will:**
 1. **STOP play, warn both teams, and have all players fix face coverings as needed**
 2. **If the offending player's team is in possession of the ball a direct free kick restart will be awarded to the other team.**
 3. **If the offending player's team does not have possession of the ball, play will continue until possession changes. A direct free kick will then be awarded to the non-offending team.**
 4. **After the first warning a player not wearing a mask properly will receive a yellow card and a two-minute Non-Releasable penalty.**
- iii. **Only seven people total (players and coaches) are allowed to be in the bench area for games on the boarded fields. This is to ensure social distancing. Teams with more players than can be accommodated on the field and bench can station players in the concourse. These players can be brought in and exchanged with other players at half-time as well as other approved stoppages. A short game stoppage can be arranged, when needed, with the game official, before the game starts.**

b. Players:

- i. Full Boardless field
 1. Ages U13 and above - 8 vs. 8 (7 field players plus 1 goalkeeper)
 2. Ages U12 and below – 9 vs. 9 (8 field players plus 1 goalkeeper)
 3. Teams must have a minimum of 5 players on the field to legally start a game.
- ii. Split (1/2) Boardless Field
 1. Ages U14 and above - 6 vs. 6 (5 field players plus 1 goalkeeper)
 2. Ages U13 and below - 7 vs. 7 (6 field players plus 1 goalkeeper)
 3. Teams must have a minimum of 4 players on the field to legally start a game.
- iii. Boarded fields
 1. Ages U12 and above - 6 vs. 6 (5 field players plus 1 goalkeeper)
 2. Ages U11 and below - 7 vs. 7 (6 field players plus 1 goalkeeper)
 3. Teams must have a minimum of 4 players on the field to legally start a game.
- iv. On the boarded fields only, a team has the option to add a player when they are down by five goals or more. Teams must return to equal numbers when the score differential is brought down to four goals.
- v. For coed leagues playing 6 vs. 6 on the boarded field (5 field players plus a goalkeeper), a maximum of four males can be on the playing field at any time. For coed leagues playing 8v8 on the boardless field (7 field players plus a goalkeeper) a maximum of 6 males can be on the playing field at any time.

1. If a team does not have two females, they must play short accordingly (i.e. one female present creates a one person down scenario, no females present creates a two person down scenario).

b) Benches:

- i. The home team is listed first on the schedule.

c) Start of Play:

- i. Visitor kicks off in period one. Home team kicks off in period two. **The ball can be kicked in any direction to start play.**
- ii. **A goal may be scored directly from the kick off.**

d) Corner Kicks:

- i. Boardless Field: Corner kicks are taken from the arcs at the corners of the field.
- ii. **Boarded Fields: Corner kicks are taken at the spot at the corners of the fields.**
- iii. No whistle is required for the restart.

e) Goal Kicks:

- i. Boardless Field: Goal kicks may be taken from anywhere in the Goal Area and must clear the Penalty Area to be in play.
- ii. **Boarded Field: Goal kicks may be taken anywhere in the Goal Area and must clear the Penalty Area to be in play.**

f) Goal Box Encroachment (boarded fields only)

- i. No player from the attacking team shall be allowed in the defending goal box, unless the ball is in the goal box. This includes free kicks as well as the normal flow of the game.
- ii. **If goal box encroachment is declared, the referee will award a goal kick to the defending team.**

g) Free Kicks:

- i. Opposing players must be at least **8 yards** from the ball on all free kicks on the boardless field.
- ii. **Opposing players must be at least 10 feet from the ball on all free kicks on the boarded fields.**
- iii. **No whistle is required to restart play.**
- iv. Direct and Indirect kicks are restarts for fouls and infractions on the boardless field.
- v. **All free kicks are direct on the boarded fields.**
- vi. Indirect free kick against the defending team inside the defending team's penalty area shall be placed at the spot of the foul.
- vii. **On the boarded fields, an indirect free kick against the defending team inside the defending team's penalty area will be placed at the top of the penalty box.**
- viii. Penalty shots shall be taken from the penalty spot.

h) Fouls:

If any offenses are deemed by the referee to be of serious nature or involve excessive force, recklessness or violence, the referee may caution or send the player off.

For the following offenses a direct free kick is awarded:

- i. Kicking or attempting to kick an opponent
- ii. Tripping or attempting to trip an opponent
- iii. Jumping at an opponent
- iv. Charging an opponent
- v. Striking or attempting to strike an opponent
- vi. Pushing an opponent
- vii. Tackling and making contact with the opponent before touching the ball
- viii. Holding an opponent
- ix. Spitting at an opponent
- x. Handling the ball deliberately
- xi. **SLIDING**

- a. On the Boardless field, players may slide to play the ball provided there are no opponents within playing distance. This may be an offensive or defensive situation.
- b. If a defensive player slides in his/her own Penalty Area and an opponent is within playing distance, the opponents are awarded a PENALTY KICK. A two (2) minute time penalty may be issued at the Referee's discretion.
- c. **There is no sliding on the Boarded fields.**

For the following offenses, on the boardless field, an indirect free kick is awarded:

- i. Goalkeeper releases the ball and touches it with his/her hands before an opponent has touched the ball.
- ii. Goalkeeper touches the ball with his/her hands when the ball is deliberately kicked to him by a teammate.
- iii. Wasting time
- iv. Dangerous play – NO BICYCLE KICKS ALLOWED
- v. Obstruction (impeding the progress of an opponent while not within playing distance of the ball)
- vi. Preventing the keeper from releasing the ball from his/her hands.
- vii. Any other offenses for which play is stopped to caution or dismiss a player.
- viii. **All kicks are direct on the boarded fields.**
- ix. **There is NO OFFSIDE on any fields at TSE!**

10. Cautions and Send Offs:

- a. There are colored cards that the referee will display if misconduct is deemed serious.
 - i. **Yellow card** is a penalty or unsportsmanlike decision regarding a player.
 - ii. **Red card** is a penalty resulting in ejection.
 - iii. A carded penalty shall result in a penalty divided into the following categories:
 1. **Yellow Card** → 2 minutes – non releasable
 2. **Red Card** → Ejection
- b. **Caution - Yellow Card:**
 - i. Yellow cards are a two-minute penalty and the player **is not released** if a “power play” goal is scored. **In tournament and playoff games only**, penalties carry over in overtime until the time is served. If a Goalkeeper is issued a Yellow Card, a teammate may serve the time penalty.
 - ii. Cautionable Offenses include:
 1. Unsportsmanlike behavior
 2. Dissent by word or action
 3. Persistent infringement
 4. Delaying the restart of play
 5. Failing to respect the required distance when play is restarted
 6. Illegal substitutions
 7. Too many players on the field
- c. **Send Off – Red Card:**
 - i. A red card results in the offending player being sent off the field. He/she (including the Goalkeeper) may not return to that game. The player may not remain on the bench and may be asked to leave the facility depending on the referee's discretion. His or her team must play short for the remainder of the game.
 - ii. ****Referees must inform the staff at TSE if a player or coach has been ejected.**
 - iii. **Send Offs (red cards) include:**
 1. Serious foul play
 2. Violent conduct

3. Spitting at an opponent or any other person
4. Denying a goal scoring opportunity by deliberately handling the ball or by the commission of an offense punishable by a free kick/penalty kick Use of offensive, insulting or abusive language
5. Receiving two yellow cards
6. Leaving the bench during an altercation

11. Participant Misconduct and Discipline

Total Sports Experience has a Zero Tolerance Policy towards fighting, taunting, trash-talking and general unsportsmanlike behavior. The referee has the responsibility and the right to eject players, terminate games and use any other measures they deem necessary to maintain a safe environment.

Any player who is ejected will incur a minimum one-week/one-game suspension from all league play at TSE. For Adult Leagues, the individual may also be assessed a \$50 dollar fine. The individual may not participate in any game until the fine has been paid and the suspension served. A second ejection may result in the individuals' suspension from playing for the remainder of the season.

Any player who uses a striking motion (punch, slap or swinging of the arm) will be banned from the facility for a minimum of four months!

Any player who is ejected for fighting or other violent actions may also be banned from the facility.

Any player who leaves the bench during an altercation, for any reason, may also be ejected.

Any player, who is ejected from the game, may be asked to leave the facility depending on the referee and management's discretion.

The review of an incident and the resulting disciplinary actions are at the sole discretion of TSE management.

12. Coaches and Bench Personnel

Coaches and bench personnel are expected to demonstrate good sportsmanship in all their dealings with players, parents, officials, other coaches and management. Comments about officials should be addressed in writing to the Total Sports Experience staff. No spectators are allowed in the bench area.

Coaches and bench personnel may be penalized for actions inconsistent with those actions. Time penalties will not be enforced against bench personnel or coaches. Cautions and ejections given to bench personnel will be charged to the coach. In the case of two cautions, the coach will be ejected from the game.

13. Standings

- a. Point system for ranking teams
 - i. 3 points for a win
 - ii. 1 point for a tie
 - iii. 0 points for a loss
- b. Tie-breaker procedures (for playoff seeding)
 - i. Head-to-head record
 - ii. Goal differential for season (max of +/- 3 goals per game)
 - iii. Most points scored
 - iv. Least points conceded
- c. Tie-breaker procedures (for play-off & tournament games only)
 - i. One 5-minute Sudden Victory period.

- ii. Penalty Kicks-Any five players.
- iii. Sudden Victory Penalty Kicks-Any player

14. Management Authority:

Unsportsmanlike and inappropriate language or conduct directed at the referees, coaches, players, fans or employees of Total Sports Experience is not acceptable. Repeated violations will result in removal of a participant or a team for an entire season. Total Sports Experience is promoting an attitude and atmosphere of fair play, respect for others and first-class behavior. We hold ourselves as well as our guests, to those standards.

Total Sports Experience reserves the right to add, modify or change the rules of play at any time to ensure fair play and the safety of all teams and players.

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