**The Fieldhouse Soccer General & Game Rules**

**Updated: 9/14/2018**

The Fieldhouse rules for soccer are based on FIFA Laws of the Game. Individuals utilizing this facility do so at their own risk. The property owner(s), league operators, officers, owners and staff of The Fieldhouse assume no liability for any injuries or accidents, which may occur. 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.

1. **Number of Players**

* Indoor – Teams will play 6 a side plus goalies (7v7)
* Outdoor – Teams will play 7 a side plus goalies (8v8)
* At the beginning of a game a team must have 4 field players!

1. **Substitutions**
   * Indoor – Unlimited “on the fly.” You do not need the referee’s permission, but the ref should be notified. Goalkeeper change should transition as fast as possible.
   * Outdoor – Standard substitutions apply. You must be waved on by the referee.
2. **Rosters**
   * A minimum of 8 players and a maximum of 13 players. All players need to be on the roster!!
   * Substitutes on the roster may be made if a player drops off.
   * Guest players are allowed for regular season game. They must fill out a waiver before participating.
   * A guest player may compete in playoffs if they have played in **2** regular season games**.**
   * All players will need to fill out a Fieldhouse liability waiver to participate at the facility.
3. **Guest Players**
   * If players on the roster are unable to play, they may be substituted by a guest player. You may only have 3 guest players per session. The guest play will need to be added to the roster as a “guest player.” Any team playing in a playoff game will not be allowed to use any guest players for those games unless they have completed **2** games or more.
4. **Equipment**
   * Indoor athletic shoes are required.
   * **CLEATS ARE NOT PERMITTED INDOORS!!**
   * **ALL PLAYERS MUST WEAR ADULT SHINGUARDS!!**
   * Teams must provide their own soccer balls and the home team may provide a game ball or ball agreed upon by both teams.
5. **Duration of Play**
   * The games will be 50 minutes divided into two 25-minute halves with a two-minute halftime.
   * It will be a running clock with no stoppages.
   * For the first scheduled game of the night, teams will be given a 10-minute grace period to field a team. Each game after that will start after a 5-minute warmup time.
   * If a team is under the minimum number of players or there is a no show, the score will be 3-0.
6. **Kick Off**
   * The ball may be played in any direction into either half of the field.
   * A goal may be scored directly from the kick off.
   * The game clock starts at the scheduled kick off time.
7. **Five Second Restart Rule**
   * All restarts must be played within 5 seconds of the ball being placed on the surface. This included a free kick, goal kick, corner kick, or kick off.
   * Violations of this result in a direct free kick awarded to the non-offending team.
8. **Ball Out of Play**
   * **Indoor** – There are no throw-ins. The game is restarted with a kick-in by indirect free kick. If the ball strikes the building, an indirect free kick is awarded from beneath the point of contact. The ball will be moved outside of the penalty area if it hits the building above the goal area. A corner kick will be taken if the defensive team plays the ball off the net or out of bounds above the goal area.
   * **Outdoor** – FIFA Laws of the Game apply
9. **Scoring** 
   * A goal is scored when the ball completely crosses the plane of the goal line before the whistle is blown for infringement or the end of a half.
   * A goal keeper can score from a goal kick (indoor).
   * You can score from your own half of the field (indoor).
10. **Injuries**
    * Any player who is bleeding MUST leave the field, be substituted, and may not return until the bleeding has been completely stopped.
    * Shirts and shorts will blood on them must be replaced before you may return to the field. The referee will inspect the player.
    * Time will not be stopped for injuries. The half may expire if it is close to the end of the game or half.
    * All injuries must be reported in the injury log book.
11. **Goalkeeper Play**
    * Only the goalkeeper can handle the ball with their hands inside the goal area.
    * The ball must be distributed by a throw, roll, or kick from the ground.
    * Goalkeepers must release the ball from their hands 5 seconds after gaining possession or 5 seconds after regaining their feet from saving the ball on the ground.
    * Goalkeepers may use unlimited number of steps within their penalty area.
    * Any violation will result in an indirect free kick outside of the penalty area.
    * Goal keepers may release the ball past half field by kick only, not by a throw!
12. **Goal Kick**
    * The kick can be taken from anywhere inside the goal area
13. **Misconduct**
    * Yellow Card – A player will leave the field for a minimum of 2 minutes. The team may not substitute regardless if a goal is scored.
    * Red Card (2nd Yellow) – Any player or coach awarded a red car will leave the field and cannot be replaced. The team will play down a player. The offending player will be suspended for the next game or as long as management deems necessary.
    * Bench – Any player or coach in the team area has the same restrictions for yellow and red cards.
    * Time Penalties – These penalties are not reduced by scoring a goal and goalkeepers must serve their own penalties.
    * Offenses – Dissent or taunting is an automatic yellow card. Striking or fighting, spitting on another player, and assaulting the referee are all grounds for an automatic league suspension. NO REFUNDS ARE GIVEN TO PLAYERS WHO RECEIVE ONE OR MORE MATCH SUSPENSIONS!
14. **Offside**
    * There is no offside
15. **Slide Tackling**
    * Slide tackling is not allowed!
16. **No Spitting on Field**
    * If the referee has previously warned a player not to spit and they continue, the referee may give a yellow card.
17. **Team Box is for Players ONLY**
    * Due to safety concerns, only players are allowed in the substitute area. Spectators should be outside the playing area.
18. **Free Kicks**
    * All free kicks whether indirect or direct, the ball must be stationary and there can be no opposing team members within 5 walking steps of the ball. Indirect free kicks in the goal area will be taken from outside the goal area.
19. **Penalty Kick**
    * Any major fouls that occur in the “goal area” committed by a defender, will result in a penalty kick taken from the penalty mark on the field.
    * 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 ball is placed on the penalty spot and then the referee will mark off the kicker’s start point from 2 walking steps away.
20. **Overtime**
    * If a regular season game ends in a tie, the game will stay a tie.
    * If a playoff game ends in a tie, there will be a 5-minute extra period. The extra period will end once a team scores or the 5 minutes is complete.
    * If the game is still tied after the 5-minute extra period, the game will go to penalty kicks.
21. **COED Leagues**
    * Coed leagues must always have at least 2 women on the field of play.
    * 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.
22. **League Points and Tiebreakers**
    * Regular season games may end in a tie
    * The following point system will be used to determine league standings
      1. Head to head
      2. Points: Win 3 points, Tie 1 point, Loss 0 points
      3. Goal differential
      4. Goals for
      5. Goals against
    * Forfeit score 3-0
    * Playoff Tiebreaker – In the playoffs, there will be a 5-minute gold goal overtime followed by penalty kicks.
    * Color clashes – The visiting team will change shirts!

**Any questions regarding these rules can be brought to The Fieldhouse Director of Operation, Zack Welch at** [**zwelch@chantillyyouth.org**](mailto:zwelch@chantillyyouth.org)