



Today's Athlete and Tomorrow's Champion



2018 - 2019 Season

Soccer Rule Book

## **Coaches : Welcome to Danvers Indoor Sports!**

### **What Is At The Top Of Our Priorities?**

Welcome to Danvers Indoor Sports. Safety and Sportsmanship are at the top of our priorities. Supporting that priority is to hold each and every visitor accountable for their individual behavior at DIS. Any aggressive play, fighting, or verbal abuse by any coach, player or guest will result in an immediate dismissal and will be subject to further review by Danvers Indoor Sports. Contact Persons must set a good example by abiding by all rules and regulations set by Danvers Indoor Sports. Contact Persons are expected to reiterate our Zero Tolerance Policy among their respective group(s). Danvers Indoor Sports expects that all of its participants conduct themselves in a positive manner which includes: treating others with the highest respect and only expecting that respect is reciprocated, positively reinforcing and supporting those around you, avoiding negative or detrimental situations, respecting house rules and policies as you would expect in your own home, be patient and understanding when communicating with Children, respect official's duty; respect officials without necessarily agreeing with them at all times. Any behavior that falls short of these expectations are quickly assessed and reviewed. Actions are taken swiftly. If negative situations require further inquiries, that action is taken.

### **Can Equipment Be Brought Inside Danvers Indoor Sports?**

**No balls are to be brought unto the building** for the safety of all of our players and spectators. DIS will provide three practice balls for each team and will also provide the game ball. Balls are restricted to playing fields only. Special arrangements for private rentals or clinics can be made so that personal equipment, approved by DIS staff, such as additional practice balls may be used provided they are kept in equipment bags until you are on the playing fields. Please communicate your needs to us in advance so that we can accommodate you.

### **Supervision**

For the safety of all our guests, we must insist that all juveniles be supervised while they are on the property – there are no exceptions. Please be sure to pass along our serious feelings towards this matter to all parents and friends that visit with us.

## **Who Is Allowed in the Bench Areas and on the Playing Fields?**

Only coaches (a maximum of two per team), players on the coach's current roster, designated instructors, assigned referees, or DIS Staff are allowed in the bench areas or on the playing fields. This applies before, during, or after any game. Please instruct parents and friends who visit with us to abide by this and all of our rules and regulations. In the absence of coaches, parents may be asked to act as coaches and are required to abide by DIS rules and regulations.

## **What is NOT Allowed in the Bench Areas or on the Playing Fields?**

To keep the playing surfaces in top condition, it is necessary to restrict all **Candy, Food, Gum, Coffee, Soda Cans**, etc. from entering designated warm up areas, benches, or the playing fields. All fruits are not allowed inside DIS playing fields or bench areas. Water bottles with covers or lids may be brought into the bench warm up, or playing areas. No **Casts**, watches, bracelets, **earrings**, or other pieces of jewelry that may be hazardous to self or others may be worn while on playing surfaces. Coaches, please advise your players that new piercings that have non-removable studs are not allowed. Players must remove all jewelry before entering the playing surfaces, benches, or warm up areas.

## **"No Show" Situations or Postponements**

If coaches cannot field a properly rostered team on game day, they are responsible to notify the opposing coach immediately, followed by notifying DIS. The opposing team has the option to: 1.) Come in to practice and waive makeup game 2.) Find another opponent approved by DIS 3.) Take the day off, waiving makeup game. In the event of a team's forfeiture, the opposing team is awarded a one goal win in the regular season and tournament games.

## **Referees**

DIS will provide the best available referees. USSF certified referees will be assigned whenever possible. If you have a dispute with a referee's call or performance, discuss it with DIS staff and not on the field with the referee. Remember that it serves no purpose to argue with the person who felt justified in making the call in the first place. Any attempt to intimidate the referee or any public criticism of the referee will be considered unacceptable behavior on your part. We will deal with these problems in a mature, civilized manner.

## **Protests**

In the event that you wish to file a protest, please do so ONLY to DIS staff, and on the day of the game. A \$100.00 protest fee shall be paid to DIS prior to the protest meeting, which will be arranged at a mutually acceptable time. If your protest is upheld, your protest fee will be returned.

## **Game Clock Procedures**

We are frequently asked why we do not stop the clock when there is a player injured. The reason of course is that teams coming in to play want to start their game on time. If we did stop the clock each time a player remained on the floor for any period of time, we would virtually have no games starting on time and this would disrupt the lives and schedule of all of our customers and guests – with games starting at midnight. The first consideration in the facility is for the safety of the players, and when a player is injured, we will suspend play until such time that we feel that the player is not seriously injured and has received proper treatment.. If the injury occurs within the last two minutes of the game, and the score is within one goal NOT tie, at the discretion of the referee, he or she may add necessary time back on the clock up to two minutes. The game will then be completed by diminishing half time and warm up time and/or the half time from subsequent games to make up for lost time.

## **Deposit Procedures**

We often receive requests and deposits for the following season. In order to maintain our policy of renewal, these deposits are taken for wait list teams only. We ask all coaches who wish to renew for the coming Fall to do so by April and therefore you will automatically be guaranteed renewal in the league you are presently in. Teams in good status, that desire a league change are subject to availability. If you are vacating your position in a league for any reason, we would like you to inform us if there is a team from your town or club that wishes to replace that team. It is our hopes that we can provide continuity for the towns and clubs coming up through the leagues. We will be able to organize those leagues and fill empty slots properly with your cooperation in these matters. Deposits remain at \$100.00.

## **Club Team Policy**

Our policy for club teams is identified as: “teams with three or more player from different towns” and these “Club” teams are required to play in a league higher than their age classification. Teams from regional schools are not considered “Club” teams. With careful consideration, a club team can be considered for appropriate “age eligible” play.

## **Video Recording Policy**

Recording video on your cellphone or other devices within our coaching areas on all playing surfaces is strictly prohibited. We ask that if you wish to record a match that is to be done from our designated spectator areas.

## **Please Drive Safely**

DIS insists that all vehicular traffic adhere to cautious awareness and follow all traffic rules and patterns. There is a 25 MPH speed limit on all DIS access roads. Please be reminded that we share these roads with other local businesses.

## **Tobacco**

Smoking and tobacco use is not allowed in the building, including the entryways and the restrooms. There is absolutely no alcohol permitted at DIS or on the premises. We ask that you cooperate with us in the matter.

## **Holiday Closures**

DIS will be closed on Thanksgiving, Christmas Eve, Christmas Day, New Year’s Eve, New Years Day, Easter Sunday, and July 4<sup>th</sup>. Special conditions apply.

### **2018-19 Age/ Grade Requirements**

<b>PROGRAM</b>	<b>GRADE REQUIREMENT</b>		<b>BORN ON OR AFTER</b>
U-8	2 <sup>nd</sup> Grade or Lower	AND	1/1/2010
U-10	4 <sup>th</sup> Grade or Lower	AND	1/1/2008
U-12	6 <sup>th</sup> Grade or Lower	AND	1/1/2006
U-14	8 <sup>th</sup> Grade or Lower	AND	1/1/2004
U-16	10 <sup>th</sup> Grade or Lower	AND	1/1/2002
U-19	12 Grade + 1 year or Lower	AND	1/1/1999

### **Rule 1** **The Number of Players**

The match is played by two teams. It is mandatory for both teams to have a designated goalie on the field during playing periods. On the large and small sized field of play, a team consists of not more than 7 players. A match may not start if either team consists of fewer than 5 players. A Player must play in at least three regular season matches or approved by DIS to be allowed to play in end of season playoffs.

### **Rule 2** **Benches**

Benches are restricted to a maximum of two coaches during games. All coaches must be properly registered.

### **Rule 3** **Equipment**

The home team must supply its **own** alternate jersey when a shirt color conflict exists. All players must wear shin guards, covered with socks, at all times. Teams must wear coordinating shirts with numbers. Goalies must wear contrasting colors to both teams. All players must wear approved turf or flat-soled shoes - cleats are NOT allowed.

### **Rule 4** **Match Play**

Each league game will consist of two 25-minute halves, running time with a 3 minute warm up and a 2 minute half time. No overtimes are played during regular season. On all kickoffs the ball must travel 30 inches before being played by any player. On all kickoffs, the ball need not travel forward. The home team will kick off first half, the visiting team kicks off in the second half. The Home team is designated as the team listed on the left of the house schedule.

### **Rule 5** **Forfeitures**

Games must start on time. Any team without the minimum players ready to play within 10 minutes of the start of the match will forfeit the match. Their opponent shall be awarded one goal to designate the win.

### **Rule 6** **Game Balls**

Size four balls will be used in all U6, U8, U10, and U12 games, all other age groups will use a size five ball.

### **Rule 7** **Offside**

There is no offside.

### **Rule 8** **Substitutions**

Substitutions may occur on an unlimited "On the fly" basis, provided the player leaving the field is on the bench before the replacement enters the field. Failure to do so results in a 2 minute penalty. Jumping over the bench boards, before, during or after the game results in a 2

minute penalty. When a team has more than 7 players on the field, results in a 2-minute penalty.

**Free substitutions** occur when the ball goes over the walls\* into the side or end nets. Free substitutions are made by sending your subs on the floor immediately. Only the offensive team (with possession) has the initiative to make a free substitution. The defensive team may then make a free substitution. The referee will restart the game with a whistle as soon as they consider the placement of players is fair, even if the departing players have not left the field.

Coaches **MAY NOT** have a free substitution when the ball hits the ceiling or during two line violations.

\*On the un-boarded fields, free substitutions may be made any time the offensive team has possession when the ball is put out of play, or during a kickoff.

### **Rule 9** **Ball Out of Bounds**

Balls out of play over the walls are restarted from the spot where the ball went out of bounds.\* Balls out of play over the end walls restart with either an indirect corner kick (offensive possession) or a free kick (defensive possession).

Balls that hit the ceiling or pass out of the playing area are out of bounds. This will result in an indirect free kick under the spot where the ball hit the ceiling or went out of bounds. If the ball hits the ceiling in either penalty area the ball shall be placed on the middle of the penalty area line at the top of the penalty area (“top of the box”). The free kick is indirect.

\*Balls put out of play over the sidelines result in a stationary “kick-in” on the sideline at the point where the ball was out of play. Defensive players must be AT LEAST five yards away from where the kick-in is being taken “Kick-in” restarts are indirect.

### **Rule 10** **Free Kicks**

On all free kicks the ball must travel 30 inches before being played by another player. On all free kicks, 5 seconds will be allowed to put the ball back into play. If the offensive team fails to put the ball back into play within five seconds from the time the referee indicates start of play they lose possession.

On all free kicks, only the player taking the kick may be next to the ball - on the big field all other players must be at least 5 yards away from the ball, on the small field all other players must be at least 3 yards away from the ball (encroachment area).\* The offensive team does not have to ask for room.

Defensive encroachment of the required yardage will result in a 2

minute penalty. A second offensive player within the encroachment area results in loss of possession.

All free kicks are indirect **unless** resulting from a **slide** which results in a direct free kick. The direct free kick is taken from point of infraction unless inside the penalty area when it would result in a penalty shot.

\*On all free kicks on the un-boarded field, the encroachment area is 5 yards.

### **Rule 11 "Two-line" violations**

The "two-line violation" will apply.\* It occurs when the ball travels in the air over any two designated lines without being touched by a player. Violations will result with the ball being awarded to the opposition. The ball is placed on the first "cross field line" it crosses. **The free kick is indirect.**

Exceptions to the "two line" violation : 1). Uncontrolled balls played out of the penalty area on goalie saves, 2). Shots taken from outside the offensive "cross field line".

There is no "two line" violation on the un-boarded fields. However, if a player plays the ball from penalty area, to the opposing penalty area in the air without the ball being touched by another player, play will restart with an indirect free kick from the half way line for the opposing team.

### **Rule 12 Goalie Restrictions**

All violations of the goalie restrictions rule will result in change of possession, indirect free kick from the top of the penalty area.

- a) After controlling the ball with their hands, the goalie has five seconds to release the ball back into play.
- b) The goalie cannot handle the ball with their hands after releasing it until the ball changes possession.
- c) The goalie cannot pick up a ball that is played back to them intentionally by a field player on their team.
- d) The goalie is not allowed to punt or drop kick the ball into play.
- e) The goalie cannot play the ball back into the penalty area and then pick it up.

Note : Once the ball is released from the goalie's hands, the ball is in play, including "dribbling".

### **Rule 13 The Goalie's Box**

All offensive players are restricted from entering the goalie's box until the ball enters the goalie's box (also known as the goal kick area). Players cannot intentionally obstruct the opposing goalie. Violation results in indirect free kick for the goalie's team.

### **Rule 14 Handballs**

An intentional handball results in a two-minute penalty. An intentional handball by the defensive team within the box will result in a penalty shot. A two-minute penalty is assessed and the penalized player is sent to the bench. If the penalty shot results in a goal the player is released, no penalty is served. If the penalty shot does not result in a goal the player serves the two minute penalty from that point forward.



### **Rule 15** **Heading**

All players in age groups U8, U10, and U12, shall not engage in heading the ball during league play. An indirect free kick at the location of the infringement is awarded to the opposing team if a player, in the opinion of the referee, deliberately heads or attempts to head the ball.

If, in the opinion of the referee, a deliberate header or attempt to head occurs within the goal area, the indirect free kick will be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If, in the opinion of the referee, a player does not deliberately head or attempt to head the ball, then play shall continue.

### **Rule 16** **Definition of Penalties**

- a) A two minute penalty, as defined, requires a team to play shorthanded for two minutes. The penalized player will be released if the opposing team scores a goal.
- b) A five minute or hard penalty is either a yellow or red card. A hard penalty, as defined, requires a team to play short-handed for the five minutes, even if the opposing team scores ten goals. Two minute penalties and yellow cards do not carry over to another game in tournament play.

### **Rule 17 - Definitions of Slides and Slide tackles (“Sliding”)**

DIS considers any sliding as dangerous and unsanitary. Four types of “sliding” are recognized.

**16a)** A slide is an uncontested slide towards the ball.

Loss of possession, direct free kick.

**16b)** A reaching shot (dropping to one or both knees) is considered “sliding” indoors.

Loss of possession, direct free kick.

**16c)** A slide tackle is a contested slide toward an opponent and the ball.

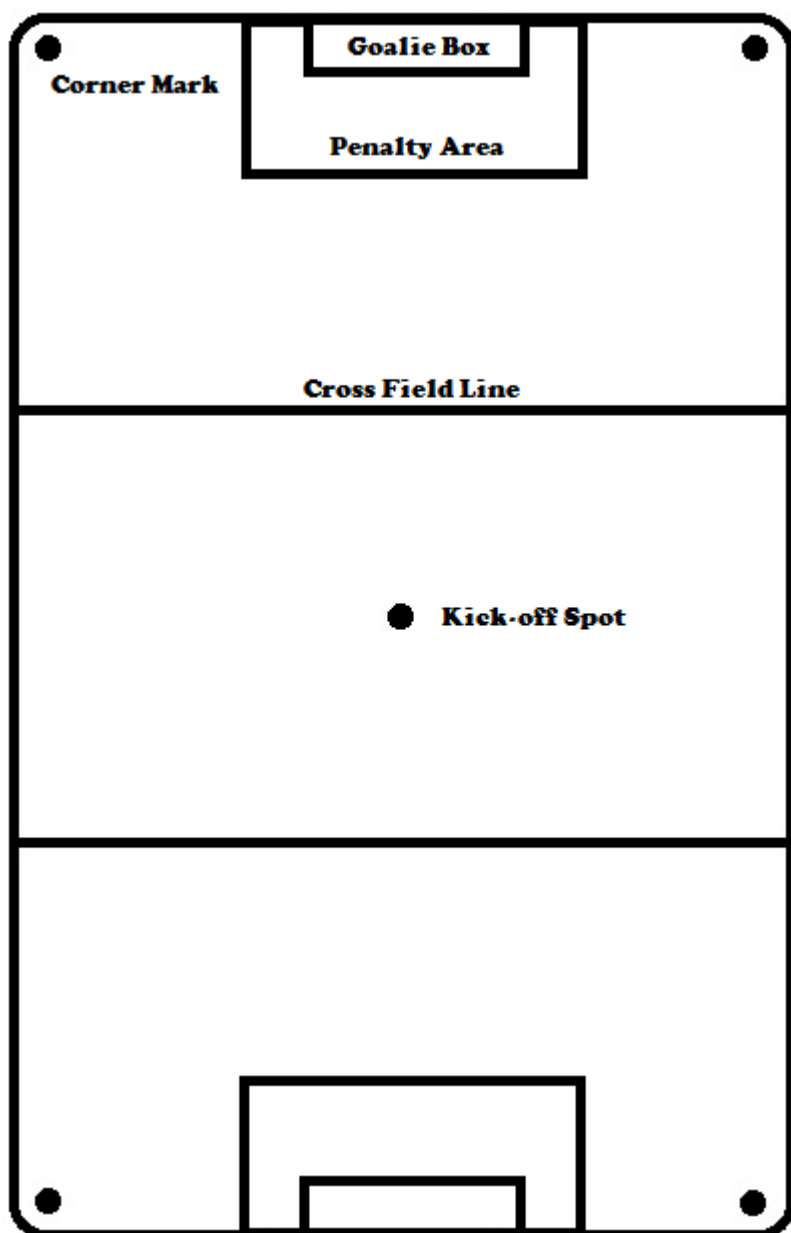
Loss of possession, two minute penalty, direct free kick.

**16d)** A slide tackle is also considered when a player slides within playing distance of an opponent.

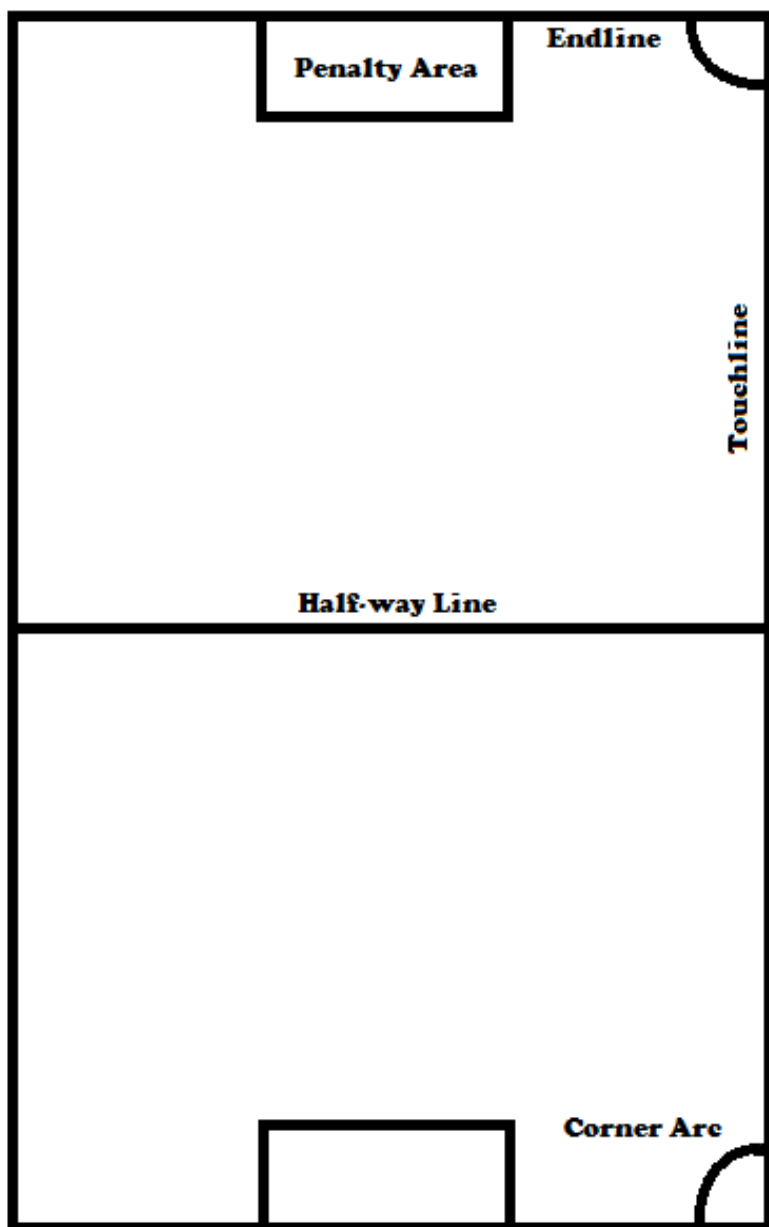
Loss of possession, two minute penalty, direct free kick.

Any “sliding” in the penalty area, by a defensive player, results in a two minute penalty. The penalized player is sent to the bench. A penalty shot is given. If the penalty shot results in a goal the player is released. If the shot misses, the penalized player serves the penalty time from that time forward.

## Fields 1-4



## Fields 5&6



## **Rule 18** **Play along the boards**

Players can place their hands on the walls to protect themselves or to "feel" the walls when they turn. However, a player possessing the ball can not touch the boards while playing the ball. This results in loss of possession.

\*Play along the boards rules do not apply on the un-boarded fields.

## **Rule 19** **Last Defender**

If the "last defender" makes a deliberate or dangerous foul from behind, after the offensive player crosses into the offensive third, the "break-away rule" will apply. A foul results in a yellow card, five minutes hard time, and a penalty kick.

Penalized player will not be released if penalty shot results in goal. If the foul is flagrant or dangerous, the penalty is then a red card, resulting in ejection, five minute hard penalty, and penalty shot.

## **Rule 20** **Penalty Kick Procedure**

The penalty kick location is directly in the middle, at the top of the penalty area six inches away from the edge of the penalty area. On field 5 or 6, the penalty kick spot is located 10 yards from the goal line. On the full field 5 AND 6, the penalty kick spot is located 12 yards from the goal line. The referee will identify the shooter and tell that player to wait for the whistle. All other field players must remain outside the "cross field line" until the ball is struck.

The referee will then check with the goalie to see that both of the goalie's feet are touching the goal line and that the goalie is ready. Prior to the kick, the goalie is only allowed to move side to side. The referee will then signal the shooter to shoot.

Play is live if no goal is scored. The shooter cannot touch the ball again until it has been touched by another player.

There are no penalty shots for games that take place on a small field (U8 and U10)\*. However, denial of an OBVIOUS goal scoring opportunity on a small field will result in a yellow card being shown to the offending player.

As stated in rule 20b, that player must sit out for 5 minutes and his or her team must play with one less player for five minutes regardless of if a goal has been scored. U10 games that are played on a big field will follow the regular penalty shot procedure.

\*We discourage the awarding of penalty shots for games on the small-boarded fields. However, if a referee believes that an obvious goal scoring opportunity has been denied and the play would have resulted in a goal, the referee may award a penalty shot.

## **Rule 21** **Fouls and Misconduct**

**20a)** When a team accumulates five fouls that do not require a penalty, a two minute penalty will be assessed. After a two-minute penalty is assessed, a team's penalty count is reset to zero. The penalty count does not carry over from first half to second half. When a team's foul count is, for example, two and they are given an unrelated two-minute penalty, the foul count remains at two.

**20b)** Boarding\*, unsportsmanlike conduct, and other violent and/or intentional fouls will result in a 5 minute hard time penalty and a yellow card or red card

**20c)** Major misconduct, such as attempting to injure, will result in an immediate red card ejection and the team will receive a 5-minute hard penalty. Ejected players will receive a minimum one game suspension. Recurrence results in a full year suspension.

**20d)** Players receiving red cards are listed with DIS. That player must leave the field immediately and serve an additional one game suspension. Once a player has been issued a second red card during the year, he/she is suspended indefinitely and return is subject to review at a later time, no sooner than 7 weeks.

\*There is no boarding on the un-boarded fields

## **Rule 22** **Penalties Regarding Goalies**

If a goalie receives a yellow card, he/she will serve the penalty time. If a goalie receives a two-minute penalty, the referee will determine if he/she is required to serve the penalty time.

## **Rule 23** **Penalty Forfeiture**

A team cannot play with more than two players in the penalty box. If a third player receives a penalty while 2 players are serving time the referee has the option to put the third player in when the first penalty time is served or terminate the game. The team with the three penalties loses by forfeiture. If the game is tied at this point the opposing team is awarded one goal to designate the winner.

## **Rule 24** **Injuries and Stoppage of Play**

When play is stopped for an injured player, that player must leave the field for a substitute. The player can return on a normal substitution thereafter. If the injury occurs within the last two minutes of the game, and the score is within one goal and it is NOT tied, under the discretion of the referee, he or she may add up to two minutes to the game clock if time runs out prior to completion of the game. The game will be completed and diminishing the warm up time and/or the half time from the next game will make up the lost time.

## **Danvers Indoor Sports - Tournament Details**

### **Eligibility**

All participating teams must be properly registered and rostered with DIS. Teams that are not properly registered will forfeit (0-1) any games until properly registered.

### **Clock Procedures**

In order for Tournaments to be successful, games must start on time. Please help us by being on time and having yourself and your team prepared to play. During a game there are no time outs. The clock will not be stopped for any reason other than an injury and then only if there is less than two minutes left in the game, and the score is within one goal. All coaches must understand that the clock will remain on time, always. At the discretion of the referee, he or she may add up to two minutes onto the clock of any game that was stalled due to injury or other circumstances.

### **Tournament Structure**

Prior to your tournament, please understand the tournament structure and realize that different groups can have different tournament structures. Please note that crossovers exist with teams from other brackets in some groups. In crossover situations, it is necessary to wait until all preliminary games have been completed to understand quarter final or semi final pairings. It is our policy to avoid any team playing “back to back” games whenever possible, but it may be unavoidable. Coaches, if for any reason you feel it necessary to protest a tournament game you must file the protest immediately following your game.

### **Awards**

For those **players in attendance** on tournament day, DIS will provide up to 14 trophies for first place and up to 14 medals for second place. Please note that players in Under 8 leagues do not play for trophies, every U-8 player present that day will receive a medal. Additional trophies and medals will be billed to the team at \$7.00 per trophy and \$3.00 per medal.

### **Point System**

This tournament is based on a point system. A team will receive two points for a win, one point for a tie, and no points for a loss. Points are only given for preliminary games and are used for seeding in the next phase. Only quarter finals, semifinals, and finals are required to have a determined winner, preliminary games may end in a tie (each team will receive one point).

Tie breakers are used in situations when necessary. Teams will advance beyond the preliminary round based on : 1) Most Points; 2) Head to Head; 3) Least Goals Against; 4) Most Goals For; 5) Most Wins; and 6) A 3 player Shoot Out. Under 8 leagues do not use the “Most Goals For” tie breaker. In instances where three or more teams are tied in points, tie breakers will be used to determine winners. After one team has been eliminated, the remaining teams reset their tie breakers from the beginning.

### **When Is An Overtime Period Played ?**

No overtime period will be played when a game ends in a tie for:  
1) Preliminary games; 2) Consolation games; 3) Under 8 league Finals.

### **Overtime Period Procedure**

When an overtime period is required, the referee or DIS Staff will put three\* minutes on the clock and the overtime period will start immediately. The referee will start the overtime period with a drop ball at the kick off spot. Only one overtime period will be played. Coaches will be given 10 seconds to remove two players currently on the field. In overtime teams will play with 4 field players and a goalkeeper, provided that all penalties have been served. No substitutions are allowed between regulation and overtime play but are allowed once play has been started (please see "On The Fly Substitutions"). A two minute penalty will be assessed if a coach attempts to substitute.

\*\*\*Adult formats allow for a 5 minute overtime

### **Determining a Winner During Overtime**

The first goal scored in overtime determines the winner (i.e. sudden victory). If no goals are scored during the overtime period, a 3 player Shoot Out will be required to determine the winner.

### **Shoot Out Procedure**

The Shoot Out will consist of players on the field at the end of the overtime period : 3 shooters and a goalie from each team (a goalie can be a shooter). Prior to the overtime period, DIS Staff will do a coin toss to see who will shoot first, the higher seeded team will call the coin toss. The winner of the coin toss will pick to shoot first or second. At the end of regulation, coaches will reduce the number of players on the field to meet the Shoot Out requirements. All remaining players and coaches will remain in the bench - there are no exceptions. Goalies may NOT be substituted for the Shoot Out unless they are injured at the end of the overtime period or during the Shoot Out. One goal will be awarded for each penalty shot made. If, after all shooters have shot, the score is tied, a Sudden Victory Shoot Out will be necessary to determine a winner.

### **Sudden Victory Shoot Out Procedure.**

Players who took a penalty shot during the Shoot Out are not eligible to participate in the Sudden Victory Shoot Out until all of the rostered players on the bench from their team have taken a penalty shot. This will be a "one for one" Shoot Out. Each team will send one player from the bench for a penalty shot. If, after both penalty shots have been taken, the score is still tied, the "one for one" process will be repeated until there is a winner.

### **Players Red Carded During A Tournament.**

Any player that receives a red card during tournament play will sit out the rest of the tournament.

**All coaches are to respect these rules without exception.**

**Coaches are expected to advise players and parents about these rules.**

**DISCOVER**



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