XL SPORTS WORLD HATFIELD

INDOOR SOCCER RULES & REGULATIONS

The rules and regulations at XL Sports World have been devised with simplicity, continuity, and enjoyment in mind:

REGULATIONS:

All players must sign the XL Sports World Waiver Exclusion Clause or the XL Sports World Team Roster Form.

Participation at the XL Sports World facility is entirely at the player's risk, and we accept no responsibility for any direct or consequential loss, damage, or injury.

Teams will consist of five (5) field players plus one (1) goalkeeper - i.e. 6v6. Any youth league that utilizes a different player format will be made evident before the start of the season.

Rosters will consist of a MAXIMUM of 12 players.

Individual players CANNOT be rostered for more than TWO (2) teams.

XL Sports World will not transfer full team rosters into new seasons. It is the Captain's responsibility to manage fresh rosters at the beginning of each season. All players must sign in on the team roster-waiver prior to taking part in any league.

Coed leagues will require two female players to be fielded at all times (Keepers may count towards the females on field count). Teams lacking a second female may play one player down.

Coed league House Teams (Teams formed from individuals by XL Sports World) are an exception to the female rules due to the lack of guarantee that enough female players will sign up per season. If the team has enough rostered female players, they are required to play them by the normal rules.

Coed league House Teams with insufficient female players may trigger the opposing team to mirror the number of female players on the House Team, if they so choose.

The minimum number of players to start a game is four (4). A team with insufficient players after five (5) minutes from the scheduled game time will forfeit the game. The referee, at his discretion, may allow additional time for players to arrive.

(i) Any team with insufficient players may pick up players registered with XL Sports World, only if agreeable with the opposing team's captain and the official PRIOR to the game starting. Applicable only through weeks 1-6 of play.

(ii) Rosters are frozen starting with week 7 of play through playoffs. The last week rosters are able to have additions will be week 6 of play.

(iii) Any team fielding non rostered players without prior permission from XL Sports World will be subject to an automatic forfeit.

Game times will be two (2) twenty-five minute halves. Adult game lengths are subject to modification by XL Sports World, per season, the league will be notified in advance of changes. A two (2) minute break will be allowed at half time, for adult leagues. Youth Leagues will be two (2) 20 minute halves with a 2-5 minute half time. Game times may be modified for playoffs.

All players must wear indoor shoes, sneakers or molded cleats. Metal studded cleats are NOT allowed.

Shin guards are HIGHLY recommended for all ages and skill levels but are MANDATORY for ALL youth players at games and practices.

In case of conflict of uniform color, the HOME team will be responsible for changing.

BOTH teams are responsible for providing a game ball.

Only team players and up to three (3) coaches are allowed on the player's side bench areas during the games.

No spitting or chewing gum on the field of play.

RULES:

End line netting: Defensive player kicks the ball over the tall boards - results in a quarter line kick from the white dot for the opposing team. Offensive player kicks the ball over the tall boards - results in a goal kick.

Side netting: the player who kicks the ball into the net over the short boards. Results in a direct kick for the opposing team to be taken three (3) feet from the boards nearest the point of contact. Top netting: Defender kicks the ball to the top netting in the offensive end - results in a direct free kick for the other team on the quarter line at the white dot (Top Dot). Offender kicks the ball to the top netting in the offensive end - results in a goal kick for the other team. Player kicks the ball to the top netting in the middle of the field - results in a direct free kick below the point of contact for the opposing team.

A goalkeeper may not punt or drop-kick the ball into play. A goalkeeper may only retain possession of the ball with for a period of five (5) seconds. Violation will result in a direct free kick on the final third line, white dot.

Yellow Card/Two (2) minute penalty: A player is cautioned and shown a yellow card and has to leave the field of play for two (2) minutes. The team will play down a player for the entire two (2) minutes. (This also includes players who may be cautioned whilst a substitute) The following offences could incur a yellow card: (i) Unsporting behavior: Multiple slide tackles/slides, boarding, rough play, taunting (by word or action).

(ii) Dissent by word or action. (iii) Persistent Infringements. (iv) Delaying the restart of play / Failing to respect the required distance when restarting.

* Depending on the nature of the foul and the game, the referee can give a player a two (2) minute warning/break allowing the team to substitute.

Red Card/Five (5) minute penalty: A player or substitute who is sent off will leave the field of play and his/her team will play down a man for five (5) minutes, if s/he commits any of the following offences: (1) Serious foul play: Violent boarding, tackles from behind with no intention to play the ball, elbows.

(ii) Violent conduct: Fighting, provoking a fight, striking or hitting an opponent with or without an object, spitting at an opponent.

(iii) Denying the opposing team a goal or clear goal scoring opportunity by deliberately handling the ball.

(iv) Denying the opposing team a goal or clear goal scoring opportunity by committing an offense that would warrant a free kick or penalty kick (1 step penalty kick from the white dot, no defensive walls may be used.)

(v) Receiving two (2) yellow cards.

* Players red-carded will not be allowed to play that night in any other league and players may be suspended for the next game. Players receiving two red cards may be suspended for the next season with the possible expulsion from the facility. This decision is under the jurisdiction of the management at XL Sports World.

(vi) Fouling an opponent outside of your own penalty area, free kick will be awarded, defensive wall *MUST be setup 5 yards away.*

(vii) Fouling an opponent inside of your own penalty box will result in a one step penalty kick from the white dot.

The home team will kick off the game.

On kick-off, the ball may be played forward or backward.

All kicks are direct except the kick-off. Penalty kicks resulting from a foul inside the goalkeeper's box will be a 1-step penalty kick. (1) Goalkeepers have 5 seconds to get the ball back into play, a goal kick can be played from the keeper's hands,

When a free kick or a kick-off is being taken, the defending team must be at least three (3) yards from the ball, more than one warning will result in a two-minute penalty.

The offside rule is NOT in effect.

No slide tackling or slides are allowed. One knee down on the ground is consider a slide/playing on the ground and will result in a free kick awarded to the opposing team. Infringements will result in a direct free kick, a two (2) minute warning and then a yellow card incurring two (2) minute penalty.

Slide tackling is legal by the goalkeeper only and must be initiated from within the penalty area; the keeper may only lead with their hands, feet first will result in a free kick. Outside the penalty box, the goalkeeper may not slide tackle or use his or her body illegally. Violations will result in a direct free kick for the opposing team from the point of the foul.

Free substitution is allowed on the fly as the game is in progress. The player must be off the field before the substitute comes in. Infringements will result in a direct free kick in the middle of the field.

Team standings will be based on the following point system

WIN: 3 points TIE: I point LOSS: 0 point

Ties in standing will be broken by:

I. Head to head results 2. Goal differential 3 Most goals scored 4 Least goals scored against 5. Most wins

(i) Playoff ties are determined, first, by two minutes of sudden death. If the tie remains, PK's come into effect. Hockey Style Pk's will be used, 3 players will be selected from each team, in Coed games one of those 3 has to be a female. The format is sudden death so all 3 players may not be needed to take a kick. During the PK's forward motion is required at all times, you may not stop or move backwards with the ball, players have 30 seconds to take a shot.

(ii) Which ever player finishes the game in goal will remain as the goalkeeper for the penalty shootout.

Forfeit games will be treated as a 10-0 win.

Protests will not be allowed on a referee's decision. NOTE: the referees at XL Sports World do the very best they can. Due to the nature of the game, speed of the game, angles, etc., they will miss some calls. It's inevitable. They do not need any verbal or physical abuse from the players, coaches, or fans. Please do not complain to the concession staff about the referee's decision. Constructive comments will be handled by the management during weekdays at 215-996-1740 or hatfield@xlsportsworld.com.

(i) The referee's will only stop the clock if s/he needs to have dialogue with a player on or off the field to obtain control of the game or in the 2nd half when the game is within 2 goals and the clock has less than a minute to run. The referee will not stop the clock for any injuries, if a serious injury occurs XL Staff will determine the time left to play.

Over 30's and Over 40's teams are only allowed one player under the age bracket and he/she must be within 2 years i.e. 28+ for 30's and 38+ for 40's. All other leagues are 16 and up (Under 18 with parents permission through signed agreement for minor on the Team Waiver form).

If the ball gets jammed or lodged between players against the boards, the referee may award a drop ball at his discretion.

If you cannot follow these rules, you will be asked to leave.