

Indoor Rules

1. LEAGUE PARTICIPATION:

Refunds will not be approved after games have started. Prior to the beginning of the season games, refunds will be made less a \$10.00 service fee. A \$25.00 service fee will be imposed on all returned checks.

2. TEAMS

- A. Team size and the number of teams will be determined at the conclusion of registration by the Board of Directors.
- B. Teams will be assembled by division coordinators and TRs.
- C. The minimum age for players will be 18 years old by the first game of the season for the open division and a minimum age of 30 years old by the first game for the O-30 division. Any exceptions will be considered on a case by case basis by the Board. *New players must have their age verified by a member of the Board before they can play.
- D. The Board reserves the right to alter team rosters if necessary.
- E. Late registered players will be added to teams at the Board's discretion.

TEAMS WILL GENERALLY PLAY 5 v 5 unless otherwise specified by the Board.

3. SCHEDULE

Games shall be played in accordance with the schedule set up by the league officials with each team playing as close to at least eight games as possible. There will be no postponements except in the case of extreme emergency and/or weather conditions. At the discretion of the Board of Directors, games may be canceled and rescheduled.

4. LENGTH OF GAMES

Games will consist of two 30-minute halves and with a 5-minute halftime. The referee will maintain the official game time and which will not be stopped except for injury or other lengthy delay. Games ending in a tie will remain a tied contest.

For a Round Robin format, games will consist of two 20-minute halves. Each team will play two games per evening. Players must bring both white and blue jerseys each evening. The referee will maintain the official game time and which will not be stopped except for injury or other lengthy delay. Games ending in a tie will remain a tied contest.

5. FAILURE TO FIELD A TEAM

(a) If a team cannot field 4 players, a forfeit will occur. If the two teams are interested in a scrimmage game, the forfeiting team **MUST** obtain players for the game by asking the opposing team to provide players from its team. If the opposing team declines to provide players, any other **REGISTERED** player may be used.

(b) To avoid a forfeit a 10 minute grace period is given to the team with less than 4 players. The grace period time will be deducted from playing time.

6. OFFICIALS

A. There will be at least one U.S.S.F. certified referee per game. If certified referees are not available, uncertified referees will be used.

B. No game will be repeated because of dispute of an official's call.

C. The league shall pay officials at the end of each game, or as decided between the league and the official.

D. Referees will be provided a copy of these rules before the game

E. Referees will be provided a score card at the beginning of each game.

They need to fill out the score card at the end of each match and give it back to the board member present at the match.

7. LEAGUE PLAY

League play will be governed by the current U.S. Soccer Federation Rules (FIFA) rules as amended by these by-laws or by agreement in meeting by league officials.

1. Substitutions: Substitutions can be made on the fly at any time; player must be off the floor before substitute may enter.

2. Equipment:

A. Footwear: Players may wear indoor shoes or tennis shoes. **NO BLACK SOLED SHOES!**

B. Shinguards: use of shinguards is mandatory.

C. Soccer balls: Limited bounce balls to be used.

D. Teams will wear blue (away) and white (home) jerseys for games.

3. Out of Bounds: Balls landing and staying behind the net are out of play. A corner kick is awarded if last touched by keeper or defensive player, a goal kick if touched last by an offensive player. All corner kicks are played as indirect kicks. Goal kicks must be kicked and not thrown and may cross the mid-court line without touching the floor or another player. When the ball is kicked out-of-bounds along the sides the other team is awarded an in-bounds kick.

4. Free Kicks: On free kicks, inbound kicks, and corner kicks, opponents must be at least 2 yards from the ball. All free kicks are indirect at the point of the penalty. Fouls that occur within the goal box that normally result in a direct kick will be rewarded with a penalty kick at the top of the goalie box.

5. Cherry-picking: Cherry –picking will be called and will result in an indirect kick. Cherry-picking is considered a position in the **penalty box** unless a defender is within the designated area. In other words, NO CHERRY-PICKING.

6. Restarts: After a goal is scored, the game will restart with the ball at center court. This is a direct kick.

7. Goalkeeper Rules: Goalkeepers may handle the ball only in the designated goal area. The keeper's body may be out of the box as long as the ball stays in the box. Goalkeepers can roll, throw, or kick the ball off the floor. The keeper may place the ball on the floor and kick it across mid-court line, however once the ball touches the court it is considered in play(live ball). If the ball is thrown it must touch a player or floor prior to crossing mid-court. **NO PUNTING ALLOWED.**

8. **Misconduct**: A player, spectator, or bench personnel shall be cautioned (YELLOW CARD) for:

- A. entering or leaving the field without permission of the official (unless making a substitution).
- B. PERSISTENT INFRINGEMENT of any rules of the game.
- C. Objecting to, - by words or action to any decision by an official.
- D. Unsportsmanlike conduct including use of vulgar or profane language toward another player or the official.
- E. Sliding or slide tackling (after a verbal warning - see '11' below).

G. Misconduct: A player, spectator, or bench personnel shall be disqualified (RED CARD) for:

- (a) exhibiting violent conduct or serious foul play;
- (b) using abusive language;
- (c) any subsequent act of misconduct after having been cautioned (CAUTION MAY BE VERBAL OR YELLOW CARD).
- (d) An intentional handball in the penalty box that prevents a goal scoring opportunity

Anyone who is disqualified must leave the vicinity of the playing area for the remainder of the game. There will be no replacement of the disqualified player. The referee may stop the game until the disqualified person leaves and may end a game if the disqualified person refuses, with the offending team forfeiting.

Referees will "officially" yellow card players who continue to commit fouls after being verbally cautioned. Upon receiving a second yellow card, the player will be "officially" red carded, suspended for the remainder of the current game, and the next game.

Players, coaches, and spectators who disrupt play or create an incident before, during, or after a game may receive a personal/team game suspension, followed by a suspension of the next scheduled game. This suspension will be at the discretion of the Board of Directors.

The Tidewater Women's Soccer League will not tolerate abusive behavior towards players, coaches, staff, or referees under ANY circumstances. ANYONE who acts in a violent physical manner or threatens ANYONE will forfeit the refund of all registration fees paid, and will be disqualified from participation in the Tidewater Women's Soccer League for a period of not less than 6 months. Disqualification decisions shall be made by the Board and any Board Member involved in any such incident shall be prohibited from voting on such decision.

9. Penalties: The following infractions will (at the referee's discretion) result in a 2 minute penalty for the player responsible:

- A. Ball intentionally hitting the ceiling, lights, and/or clock.

B. Sliding or Slide tackles.

C. Continual rough play and persistent infringement of rules.

D. The team may substitute a player onto the field for the penalized player unless a red card was given. If the player receives a red card they will not be replaced. (See #8 Misconduct, Section G)

E. Yellow carded players will automatically receive a two minute penalty and must leave the match. The team may substitute a player on to the field for the yellow carded player.

10. Slaughter Rule - when the winning team (fully fielded) gets ahead by five goals, one of its players must come off the field. If the losing team scores, a player from the winning team may return to the field. As the winning team continues to score, for every two goals scored in excess of the 5 goal lead will have to take another player off the field of play, until the losing teams scores.

11. NO sliding or slide tackling is allowed. Any field player who slide tackles will be warned verbally by the referee the first time that it occurs. A yellow card will be issued the second time. This does not pertain to the goalkeeper making low slides to the ball.

8. PLAYER RESPONSIBILITIES

Player participation in Tidewater Women's Soccer League sponsored matches may be disallowed if a player's actions result in an accumulation of excess cards. Absolutely no fighting will be tolerated. Any fight, serious foul play or violent conduct may result in an immediate one year suspension from TWSL dated from time of incident. Participation within the TWSL is dependent upon the number of cards one receives:

2 Yellow Cards (1 match) = RED CARD = 1 game suspension*

4 Yellow Cards in a season = 1 year suspension

2 Red Cards in a season = 1 year suspension

Any combination of 2 red cards or equivalent of 2 red cards = 1 year suspension

*Minimum

APPEAL POLICY: any appeal made will be made in writing to the TWSL Board within 3 days of the action under protest. The Board will review the relevant facts and render a determination to the protestor within 7 days receipt of written protest.

Revised December 2013

Approved January 2014

Revised/Approved January 2018