

Darien Sportsplex Soccer Rules

Updated November 23, 2011

General Rules

Players Equipment:

- Footwear: Turf or Outdoor soccer cleats are recommended, **No Metal Cleats!**
- Shinguards: Are required with appropriate socks covering the shinguards.
- Shorts: Soccer or athletic shorts are permitted. Denim or Khaki/Dress shorts are not permitted.
- Glasses are not permitted; Rec Specs or Sport Goggles are allowed.
- Make sure to bring an alternate jersey in case of color conflict; home team changes during a color conflict.
- Players can not wear anything that would be deemed dangerous to themselves or to others by the referee:
 - o Jewelry of any kind (rings, watches, bracelets, necklaces, earrings, etc...)
 - o Barrettes, hair pins, or hard plastic hair clips are not allowed.
 - o Braces, casts, splints may be worn, but must be covered with at least 6 in. of foam and with no edges or hard surfaces exposed. Final decision lies with the referee.
 - o Bandannas, skull caps, baseball hats, visors, etc... are not permitted on the field. (Religious affiliations are the only exception.)

Coaches:

- Only one coach is allowed on the sidelines, no exceptions.
- Coaches are responsible for the actions of both players and fans of their team. Penalties can be assessed for player(s)/fan(s) actions.
- Rosters are limited to a maximum of 18 players.
- Protests and/or complaints can be addressed to the soccer director **by the coaches only!** Protests must be submitted to the soccer director in writing.
- **Reschedules will only be granted if a mistake was made by DSX on the schedule, no exceptions!**

Referees:

- A referee will be provided by DSX for sanctioned games. Scrimmages and practices are not sanctioned and therefore no referee will be provided unless prior arrangements have been made.
- **All referees' decisions are final!** Any questions or concerns regarding the referee and/or rules can be directed to the soccer director, by coaches only.

Gameplay

Duration:

- Game consists of a 42 minute run time period, with each team allowed 1 one minute timeout (Indoor) or two 35 minute (Outdoor) running time halves with a two minute halftime.
- Time will only be stopped in the event of a serious injury in which a player can not be moved from the field. This stoppage will only occur in the second half of the game (Outdoor).
- Play can be extended after the clock has run out for a penalty shot, after the shot the game is over, no rebounds.

Forfeits:

- Each team must have a minimum of 4 players (indoor) / 6 players (outdoor); Coed games need to have at least 2 women on the field at all times, if they only have 1 female they need to play down 1 man also; a team has 5 minutes after the start of the clock to get the minimum number of players required. During this time, the game clock will be running and will not be reset.

Balls:

- No ball play permitted outside of the field. Non-compliance will result in loss of ball.
- Any outside ball that is brought into the facility is brought in at the patron's own risk and DSX is not responsible for lost or damaged balls.

Players:

- All indoor games are 5 field players and a goalie (6v6); all outdoor games are 8 field players and a goalie (9v9).
- Players are not allowed to play on multiple teams in the same division.

Substitutions:

- Substitutions may be made "on the fly," provided the player being substituted for is within 5 feet of their own sideline area and on their own half of the field before the next player comes onto the field. If a player leaves the sideline early, a "too many players on the field" penalty may result.
- Goalie substitutions can only be made after acknowledgement from the referee whether the sub is being made "on the fly" or on a stoppage of play.

Method of Scoring:

- The whole ball must completely cross the goal line for a goal to be awarded. **The decision of the referee is final!**

Start of Play and Restarts

Kick-Off:

- All players must be on their own half of the field and the defensive team must be outside of the center circle.
- A goal may be scored from the kick-off.
- After a goal, the game will be restarted from the center spot, by the team who has just been scored upon.

Restarts:

- All restarts are direct kicks and a goal can be scored from them.
- A player may only touch the ball once on any restart.

Free Kicks:

- All free kicks will be taken from the point of the foul.
- The defensive team must be at least 5 yards (indoor) / 10 yards (outdoor) away from the point of the kick being taken.
- The offensive team has 10 seconds to get the ball back into play after the allotted 5 yards (indoor) / 10 yards (outdoor) has been granted by the defensive team.

Goal Kicks:

- Can be taken from anywhere inside the penalty area.
- The ball is not in play until it has traveled outside the penalty area.
- Opponents may not enter the penalty area during a goal kick.

Corner Kicks:

- A corner kick will be awarded when the ball goes out of play behind the corner spots after having last been touched by a defensive player.
- The ball will be placed on the white corner spot for the restart.

Ball out of Play:

- The ball is considered out of play when any of the following occur and are acknowledged by the referee: the ball crosses any sideline or endline which results in either a goal kick, corner kick, throw-in (outdoor) or kick-in (indoor); the ball touches the rafters, lights, or HVAC ductwork which results in a kick-in for the opposing team on the nearest sideline designated by the referee (indoor only).
- The ball will be restarted from the area designated by the referee, closest to where the ball went out of play.
- The ball remains "in play" until a stoppage is acknowledged by the referee. **Play until the whistle.**

Rules and Regulations

Goalkeeping:

- The goalkeeper is restricted to "handling" the ball inside the penalty area.
- The goalkeeper can not pick up a ball that is intentionally passed back to the keeper by his own teammates. **It is the referee's decision as to what is intentional or not.**
- Balls passed back from any part of the body besides the foot, are legal to pick up.
- Once the ball is picked up by the keeper, he/she has 6 seconds to get the ball back into play.
- If a ball is thrown into the opposing teams net from the goalkeeper it is a goal.
- Punting or drop kicking the ball is not allowed in indoor games.
- Goalkeepers must wear a color different than both of the teams playing, unless agreed upon by the ref and the opposing team.

- A goalkeeper is allowed to gather a ball from outside the penalty area, dribble it back inside the area, and pick it up as long as the ball was not played back to them by a teammate's feet.
- Goalies are allowed to slide as long as their slide started from inside their own box and even if their momentum carries them outside the box.

Offside:

- There is no offside rule.

6 Second Rule:

- Once the goalkeeper is deemed "in possession" of the ball by the referee, he/she has 6 seconds to put the ball into play. Failure to do so will result in a direct kick from the top of the penalty area.

10 Second Rule:

- A team has 10 seconds to get the ball back into play after the ball is set and the defensive players are at least 5yards (indoor) / 10 yards (outdoor) away. This rule applies to all restarts. If the ball is not put back in play within the 10 seconds a turnover will result.

Penalties and Infractions

All timed penalties pertain to only the indoor league. As far as the outdoor league, a ref can produce both yellow and red cards; yellow cards cover but are not limited to all infractions listed under the Blue and Yellow Card rules for indoor. A red card covers but is not limited to all infractions listed under the Red Card rules for indoor and have all the same suspension amounts that follow.

2 Minute Penalties - Blue Card (indoor only):

- A 2 minute penalty and a blue card will be issued for the following offenses:
 1. Improper Substitution: Too many players on the field or subbing in/out from the wrong area.
 2. Unsportsmanlike conduct, this includes players, coaches, and fans.
 3. Equipment issue after a warning (ex. no shinguards).
 4. Persistent fouling.
 5. Intentional handball (referee's decision).
 6. Any foul deemed "hard" by the referee.
 7. Slide tackling (referee's decision).
- If a goal is scored, the penalty is over.
- If two opponents are both given coinciding 2 minute penalties, a 4v4 will result for the full 2 minutes.
- A team can have no more than a 2 man advantage (5v3); all other penalties will start upon completion of initial penalty.
- 2 Blue Cards = Yellow Card

4 Minutes Penalties (indoor only) - Yellow Card:

- A 4 minute penalty as well as a yellow card will be issued for the following offenses:
 1. Strong or foul language towards the referee.
 2. Persistent fouling after receiving 2 minute penalty.

3. Boarding a player; this is intentionally checking or hitting an opponent into the boards.
 4. Any foul deemed “very hard” by the referee.
- The player receiving the penalty must serve the full 4 minutes even if your team is scored upon. You can bring another player on after being scored on, but not the player in the box.
 - Receiving 2 yellow cards in one game will result in a red card, expulsion from that game plus a 2 game suspension.
 - Receiving 5 yellow cards in a single season will result in a one year suspension.

5 Minute Penalties (indoor only) - Red Card:

- A 5 minute penalty as well as a red card will be issued for the following offenses:
 1. A foul that is reckless and with the intent to injure.
 2. Spitting at or on another player or official.
 3. Consistent abuse of the rules.
 4. Consistent abuse of the officials.
- During a 5 minute penalty, there is unlimited scoring allowed and the full 5 minutes must be served, no players can come back onto the playing field until that 5 minutes has expired.
- A red card given to any player/coach will result in an expulsion from that game, a 2 game suspension, plus the team will have to serve the full 5 minute penalty.
- A second red card given to any player/coach in a single season will result in a one year suspension.
- A red card that reduces a team to less than the minimum number of players will result in a forfeit.

Fighting:

- **Fighting will not be tolerated!**
- Fighting will result in an expulsion from the league with no refund, **No Exceptions.**
- Any player or coach who leaves the sideline area, whether to get involved with the fight or to help break it up, will be thrown out of the league, **No Exceptions.**
- If the benches are cleared during an altercation, those teams will be expelled from the league and after facility review with officials and of video, a possible facility ban.
- **Any player/coach who threatens or strikes an official will be banned from the Darien Sportsplex for life, No Exceptions.**