

Expolndoor House Rules

Our philosophy is to provide participants with an opportunity to play soccer in an organized and safe environment. One of the goals of Expolndoor is to promote the ideals of sportsmanship and physical fitness to all participants, regardless of gender, race, creed or color. Expolndoor strives to bring area residents closer together through common interests in sportsmanship, cooperation and appreciation of the game. Sportsmanship: A good portion of our House Rules is devoted to this topic. The desire to win often produces a style of play contrary to the principles of sportsmanship and fair play. Expolndoor will not tolerate such a style that ignores good sportsmanship and clean play. Excessive complaining and verbal abuse towards a referee will result in a yellow card or ejection from the game. The referee or supervisor can eject a player if they are abusive towards the supervisor, officials, other players or spectators. If a player is ejected, then he/she will not be allowed to play in the next scheduled game. Remember - It's only a game. Number of Players are 7 v 7 for U12 and below, and 6 v 6 for all Middle School ages through Adult. Coed must always have a minimum of 3 women on the field. The goalkeeper may be either male or female. A minimum of 5 players must be present to play or the game will be declared a forfeit. The game will also be declared a forfeit if any team falls below the minimum players allowed after the game has started (i.e. red cards, injuries).

Player Eligibility

- All players in the adult programs must be at least 16 years old to participate. Young men and women under 18 will be required to have their parents or legal guardian complete and sign a Minor Consent Form, available from the supervisor.
- Valid photo ID must be shown to the supervisor in order to add a name to the roster.
- It is the player's responsibility to produce photo ID to the supervisor, if requested, on the day of the game or the player will not be eligible to play. If a team thinks an ineligible player is playing, then they may ask for a roster check from the supervisor. Roster checks must be made during the game in question. Ineligible players will result in a forfeit. Both teams will be checked. A player may play for, or be on the roster of, more than one team within a division.
- For a player to be eligible for tournament play, they must play within the first 4 weeks of league play. Rosters are locked after the 4th league game.

Equipment & Uniform

- A molded cleat or athletic shoe must be worn to play, no metal cleats allowed.
- Shin guards are required.
- All players must wear their team color. Goalkeepers must wear a different color.

- Jewelry is not allowed. Gauged ears must be protected if unable to remove (i.e. covered with tape).
- A player will be penalized if found in violation of equipment or uniform rules: Minimum Penalty: Verbal Warning or Maximum Penalty: Yellow Card

Game Time

A regulation game consists of two 18-minute halves, with a 4 minute halftime.

- Running Clock: Except in the case of an unusual delay, determined by the Referee, the Game Clock counts down continuously through each half.
- If a team has less than the required amount of players 10 minutes after game time, then the game is a forfeit and will not be played.
- Any team forfeiting more than three times in a season may be dropped from the league without refund.
- Out of common courtesy, a team who knows they are going to forfeit is urged to contact Expolndoor via email eisoccer@att.net (so that their opponent can be notified.)

Overtime

- Regular league games that end in a tie will result in a tie. No shootout.
- League Final games that end in a tie will have a Shootout.

Rosters

- All rosters must be completed and signed by the team manager and turned into the supervisor prior to the start of the first game. No players can be added to the roster after the 4th week of play.
- A un-rostered player may not play under the name of a rostered player.
- Before a new player is eligible to play, his/her name must be added to the roster before the start of that game. ID is required to add a name to the roster.
- It is the responsibility of the team manager to keep his/her roster current.

Substitutions

Unlimited substitutions are allowed. Substitutions may occur during play as long as the player exchange happens within the substitution area (in front of player bench door). Substituting the goalkeeper is only allowed after a scored goal or dead ball and players must inform the referee.

The Start and Restart of Play

- A Kickoff from the Center Mark starts play at the beginning of each Half and after every goal. A player who starts play may not again play the ball until it touches another player.
- The Home Team takes the Kickoff for the First Half Kickoff and the Visiting Team takes the Kickoff for the Second Half.

- Restarts take place by either a Kickoff, Free Kick, Goalkeeper Distribution, or Dropped Ball. Other than for Kickoffs or as provided below, Restarts occur within three feet (3') from the spot of the ball at the moment of stoppage.
- A team receives a Free Kick after stoppages other than when a Dropped Ball or Goalkeeper Distribution is required. Before the team takes the Free Kick, the ball must be stationary. All opposing players are at least 15 feet (5 yards) from the spot of the Free Kick (or, if within 15 feet of the opponent's Goal, along the Goal Line). The spot of the Free Kick is that provided above, except:
 - Within Own Penalty Arch: from any spot therein.
- Within Opponent's Penalty Arch: at the Free Kick Mark ("Top of the Arch").
- Delayed Penalty: (i) according to the ensuing stoppage, as normally administered, or (ii) in case the defending team obtains possession of the ball during play, at the spot of the original offense.
- Kick-In: from the point on the Touch Line nearest where the ball crossed over the Perimeter Wall.
- Three-Line Violation: from the offending team's Restart Mark.
- Superstructure Violation: from the Restart Mark nearer to where the ball was last played.
- If neither team has clear possession of the ball at a stoppage, the Referee restarts play with a Dropped Ball. A Dropped Ball caused while the ball is inside a Penalty Arch takes place at the Free Kick Mark.
- Play restarts with a Goalkeeper distribution anywhere within the Penalty Arch after an attacking player has last touched the ball before crossing an end perimeter wall.
- A Three-Line Violation occurs when a player propels the ball in the air across the two Red Lines and the Halfway Line toward the opponent's Goal without touching the Perimeter Wall, another player or a Referee on the field of play.
- A Superstructure Violation occurs when the ball contacts any part of the building, or netting above the wall or field of play. The ball will be declared "out-of-bounds" and the opposing team will gain possession of the ball at the point of contact. Off-sides There is no off-sides in indoor soccer.

10 Point Rule

If a team is ahead by 10 points the game continues however the referee will not record goals by the team in the lead until the other team scores. The final score of the game may not result in more than a 10 point differential.

Fouls

- A Foul occurs when a player commits the following in a manner that the Referee considers careless, serious, reckless, or involving excessive force:
 - Kicks or attempts to kick an opponent
 - Trips or attempts to trip an opponent

- Jumps at an opponent
- Charges or obstructs an opponent
- Strikes, elbows or attempts to strike or elbow an opponent
- Pushes an opponent
- Plays in a dangerous manner (e.g., boarding, slide-tackling)
- Holds an opponent
- Handles the ball (except by the Goalkeeper within his Penalty Arch)
- For U11 and younger, has contact with the ball with any part of the head, whether intentional or unintentional.

Unsporting Behavior

A Free Kick results for the following offenses

- Leverage: Using the body of a teammate, wall or goal to gain an advantage
- Encroachment: Entering the protected area of an opposing player taking a Free Kick (after initial Warning)
- Dissent: (i) Referee Abuse; (ii) Breach of Penalty Area Decorum
- Other: Behavior which, in the Referee's discretion, does not warrant another category of penalty (e.g., delay of game, taunting, foul language.)

Goalkeeper Violations

The opposing team receives a Free Kick for the following violations by a Goalkeeper

- Illegal Handling: Bringing the ball from outside of the Penalty Arch to his hand within it, or receiving the ball again after a Goalkeeper Distribution without the ball's having first touched another player (e.g., no drop-kicking or bouncing the ball)
- Pass Back: Handling the ball, having been passed deliberately and directly to him by a teammate; except that he may handle a ball which a teammate passes to him by the head, chest, or knee and without "trickery" (the use of a wall or foot to flick the ball to a head, chest, or knee before making the pass)
- 5-Seconds: Controlling the ball with either his hand or foot inside of his Penalty Arch for over five (5) seconds.

Team Violations

The Referee issues a Team Penalty for the following violations by a team or unidentified person

- Leaving Team Bench: Players leave a Team Bench to join a fracas or confrontation with the opposition or a Game Official
- Bench Dissent: After an initial "Warning," one or more unidentifiable players verbally abuse the Referee.
- Other: Unsporting Behavior, which, in the Referee's discretion, does not warrant another category of penalty (e.g., too many players on the field.)

- Advantage Rule: The Referee allows play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from an existing offensive advantage.

Flagrant Fouls

A Penalty Kick is awarded for the following Fouls committed by a defender in his or her defensive half of the field

- A Foul within the Penalty Arch or Goal for which he receives a Time Penalty
- A Foul from behind against an attacking player, having control of the ball and one or no defensive players between himself and the Goal
- Any Foul where he or she is the last player on the team between the attacking player with the ball and the Goal.

Yellow Card

The Referee issues a Yellow Card for

- Deliberate Handball or Handball by a Goalkeeper
- Goalkeeper Endangerment
- Boarding
- Any Foul by the Goalkeeper during a Shootout.
- Unsporting Behavior by any non-player personnel.

Red Card

A person receives a Red Card for Fouls, which the Referee considers violent or committed with excessive force, and for

- Receiving two (2) yellow cards during a single game.
 - Third-Time Penalty
 - Elbowing: Intentionally elbowing an opponent above the shoulder
 - Vicious Slide-Tackling: A tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him
 - Fighting
 - Leaving Team Bench or Penalty Area to confront the opposition or a Game Official
 - Extreme Unsporting Behavior: Committing particularly despicable behavior, including: (i) Spitting at an opponent or any other person; (ii) Extremely abusive language or behavior toward a Game Official; (iii) Bodily contact with a Game Official in dissent. Time Penalties
- The following penalties apply to offenses for which a Card is issued (subject to further action by the Administrative Authority):
- Yellow Card: 2-minute Time Penalty in the Penalty Area
 - Red Card: Ejection from current game and the next scheduled game. If a player is ejected from play on the last game of league play they are suspended and ineligible to play in the league final. Players are designated by their teams to serve Time Penalties of their team,

their Goalkeeper, non-player personnel, and of teammates who receive Red Cards. Otherwise, the person who commits a carded offense serves the penalty. Players serving Time Penalties serve their Time Penalties, seated, until their expiration and the Referee permits their release. Short-Handed Play For each Time Penalty being served by a player, his or her team plays with one fewer field player until its expiration; provided that, a team may not have fewer than the minimum required, regardless of the number serving Time Penalties. Should a player receive a Time Penalty, while two or more teammates are already in the Penalty Area, his or her team continues to play with the minimum while he or she joins his teammates in the Area. Exceptions Under the following circumstances, Time Penalties either expire prior to their completed countdown, or have the beginning of their countdowns delayed:

- Powerplay Goal: If a team is scored upon having fewer players on the field of play, due to one or more players serving Time Penalties, a player from the team is released from the Penalty Area into the field of play, unless otherwise prohibited, and the player's Penalty or Penalties are wiped out. If the team has two players in the Penalty Area, only the player whose Time Penalty or Penalties are recorded earlier is affected.
- Multiple Penalties: If two teammates are serving Time Penalties when another teammate is penalized, his Time Penalty does not begin to count down until at least one of the teammates' Time Penalties has expired and his or her Time Penalty is next to begin.
- Simultaneous Ejections: When two simultaneous Red Cards carrying the same Time Penalties are assessed to opposing players, their Time Penalties are not served.
- Maximum Time Penalty: No player may receive more than 5 minutes for penalties arising at the same time on the Game Clock, irrespective of the number or nature of accumulated offenses or the fact that one or more teammates may be designated to serve such time.
- End of Game: All Time Penalties carry over between periods and expire at the end of the game.

Delayed Penalty

- In instances where the Referee would issue a Yellow Card, but for the Advantage Rule, the referee acknowledges the offense by holding the Card above his head until the earlier to occur of the following
- Opponent's Possession: The team of the offending player gains control of the ball
- Stoppage: The Referee stops play for any reason.
- Once play is stopped, the offense is recorded and assessed, as customary. In the event of a powerplay goal, the Time Penalty is not served and the provisions above regarding early release from the Penalty Area remain applicable. Shootouts and Penalty Kicks

Penalty Kicks (PK)

- Any player may take the PK
- All players serving Time Penalties are seated in their appropriate Penalty Area.
- All players of the attacking team stand on or behind the Halfway Line and outside of the Center Circle.

- Players of the defending team stand behind the Halfway Line and inside of the Center Circle.
- Penalty Kick (PK) Rules are:
 - The ball is placed at the Restart Mark nearer the attacking goal.
 - The goalkeeper has at least one foot on his Goal Line and may not move off of it until after the Referee whistles to shoot out to begin.
 - Once the referee whistles the shoot out to begin, the ball is “in play” and the player taking the PK plays the ball.
 - The attacking player has 5 seconds to score after the referee’s whistle.
 - Referee has discretion of re-playing the shot.
 - A foul by either player results in the loss of that shoot out kick.

Finals Rules

- At the completion of league play the top 2 teams in the standings will play a final for the league championship.
- All soccer rules will apply for finals with the exception of the following:
- A player’s name may appear on only one roster per league during finals.
- Rosters are frozen after the 4th league game. No players may be added to the roster during the tournament. Maximum team roster will include 16 active players. For a player to be eligible for tournament play, they must play within the first 4 games of league play. If a player is ejected from play on the last game of league play they are suspended and ineligible to play in the final. Length of game time may be adjusted to ensure that the tournament finishes within the scheduled time.
- Championship Games ending in a tie will have a Penalty Kick (PK) Shootout.
- Penalty Kick (PK) Rules apply: with the exception:
 - The Referee designates the Goal at which both teams shoot and the team which shoots first.
 - Both teams have up to 3 shots, with players from each team kicking alternately.
 - If at any time, a team obtains a 2-goal advantage, the shoot out ceases and the winner is declared.
 - If, after both teams have taken 3 shots, neither has an advantage, the Shootout continues, alternating one player at a time, until both teams have taken an equal number of shots and one team has scored when the other has not.
 - The team that wins the shoot out will win the game.

Blood Rule

A player who is bleeding or has an open wound must leave the game until the bleeding is stopped, the wound is completely covered and if necessary, the bloody clothing has been replaced. No penalty will be assessed if a replacement jersey does not exactly match the team color, as long as it is similar.

Unsportsmanlike Conduct

ExpoIndoor Supervisors or the referee has the authority to disqualify, suspend or remove any manager, coach, player, spectator or team that behaves in an unsportsmanlike manner before, during or after a game. The following are included (but not limited) in defining unsportsmanlike conduct:

- Spitting: No player, manager, team or spectator may spit within the Turf area or on the turf itself
 - Minimum Penalty: Yellow card.
 - Maximum Penalty: Suspension for the remainder of the current season.
- Verbal Abuse: No player, manager, team or spectator shall verbally abuse, taunt, provoke or disrespectfully address an official, supervisor, other player or spectator before, during or after a game.
 - Minimum Penalty: Unsportsmanlike yellow card on the player or manager. Referee will decide how the ball will be put back into play.
 - Maximum Penalty: Unsportsmanlike red card on the player or manager and ejection from current game. Referee will decide how the ball will be put back into play.
- “F-Word Rule”: Any player, coach or bench personnel that say the four letter “F-word” loud enough for the referee(s) and/or game personnel to hear.
 - Minimum Penalty: Ejection from the current game and the next scheduled game.
 - Maximum Penalty: Suspension for the remainder of the season.
- “Racial Slurs” or “Sexual Harassment”: From any player WILL NOT be tolerated.
 - Minimum Penalty: Ejected from the current game and the next TWO scheduled games.
 - Maximum Penalty: Suspension from ExpoIndoor for one year or a lifetime ban could be imposed depending on seriousness of offense.
- “Taunting & Trash Talking”: have no place whatsoever in ExpoIndoor. Any player, coach or bench personnel participating in such behavior will be penalized. Any referee(s) or game personnel hearing or seeing said behavior will enforce the penalty.
 - Minimum Penalty: Ejection from the current game and the next two scheduled games
 - Maximum Penalty: Suspension for the remainder of the season.
- No Fighting Policy: ExpoIndoor strictly prohibits fighting before, during or after a game. The definition of a fight includes, but is not limited to, punching, slapping or swinging a fist or open palmed hand at another person. A punch does not have to land to be considered a fight. The definition may, at the Supervisors discretion, also include, kicking, shoving, and throwing objects at another person or any other violent act. Any fight that occurs outside of the field (parking lot or street) and is witnessed by an ExpoIndoor employee shall carry the same consequences as if it occurred on the field.
 - Minimum Penalty: Suspension from ExpoIndoor for one year from the date of the offense.
 - Maximum Penalty: Lifetime suspension from ExpoIndoor.
- Threatening: No player, manager or team shall threaten any player, referee, supervisor or spectator before, during or after a game.
 - Minimum Penalty: Suspension from remainder of the current season.

- Maximum Penalty: Lifetime suspension from ExpoIndoor.
- Alcohol/Drunkenness: No player shall consume alcohol in the facility or on the grounds (i.e. parking lot) of ExpoIndoor. A player who, in the opinion of the officials, appears to be intoxicated and displays behavior of someone under the influence of alcohol will be ejected from the game. a. Minimum Penalty: One game suspension and probation for the remainder of the season. b. Maximum Penalty: Suspension from ExpoIndoor for one year from the date of offense. c. Once a player has been suspended from play for one year, a second year long suspension may result in a lifetime ban from ExpoIndoor.
- Ejections: a. If a player is ejected from a game for any reason, they are suspended for the next scheduled game. b. If a player is ejected and suspended two times in one season he/she will be suspended from ExpoIndoor for one year.
- If a player refuses to leave the facility after being ejected, the referee will set and start the clock for two minutes. If the ejected player is still in the facility at the end of the two minutes his/her team will forfeit the game, and the player will be suspended from ExpoIndoor for one year.

Referees

His/her authority begins as soon as she/he arrives at the facility. For any rules not specifically addressed for this league, US Indoor rules of the game will be used. Rule interpretation will be determined by the referee and is final.

Protests

- A team has the right to protest a game on the following grounds:
 - Player eligibility status
 - Illegal player issues
 - Interpretation of rules and regulations listed in this manual
- A team does NOT have the right to protest a game on the following grounds:
 - Official's judgment calls
- Any suspended player has the right to protest suspension, but ignorance of rules is not a legitimate defense to overturn a suspension or ban.
- Protest Procedure
- A team wishing to protest a game must notify the referee of their intent to do so before the end of the game. No protests will be accepted if the referee is not notified before the end of the game.
- A player wishing to protest a suspension or ban must do so within 30 days of the date of the suspension notice.
- A protesting team or player must file a protest form with ExpoIndoor in person. A \$20 Protest Fee must be submitted before the protest will be considered. A hearing will be scheduled with a panel of three to five persons, and the Board will decide the case within 24 hours after the hearing. The \$20 Protest Fee will only be refunded if the protest is upheld; otherwise, it will be retained by the ExpoIndoor.

Awards

Each team member on the winning teams during Finals will receive a League Champion T-Shirt

Alcohol/Smoking

No player shall consume alcohol in the facility or on grounds. A player, who, in the opinion of the referee(s) or ExpoIndoor Staff, appears to be intoxicated and displays behavior of someone under the influence of alcohol, will be ejected from the game.

Spectators/Guests

- Spectators are not allowed on the field or bench area at any time during league play and must remain in spectator seating.
- Soccer balls are only allowed on the field of play. **Kicking soccer balls outside of the field of play will not be permitted.**