



Soccer Rules

GENERAL INFORMATION

Field of Play

Small Field (Field 3)

1. No (3) three line violation.
 - i. Goalie is not allowed to punt or drop-kick the ball.
 - ii. Keepers cannot score a goal by throwing the ball directly in the air into the opposing team's goal.
 - iii. The keeper cannot throw the ball directly in the air from their penalty area to the opposing team's penalty area. Violation-restart is indirect at mid-field.

2. Ball in and out of play

- i. The ball is always considered in play with the exception of the following;
 - Ball hits the netting above the glass or boarded walls. Restart indirect for the other team at the point where the ball hit the net, 1 yard from wall structure.
 - Ball leaves the field of play for any reason.
 - If the ball hits any part of the ceiling. Restart indirect for the other team at mid-field.

Large Field (Field 1 & 2)

Field Specific Rules

1. Three Line Violations

2. Judging Three Line Violation

- i. Any ball played from behind the defensive red line must hit the field, another player or the wall before it crosses the offensive red line. Defensive passes will not be penalized for a three-line violation. The ball must start completely behind the Defensive Red Line and land completely over the Offensive Red Line. If any part of the ball's circumference is touching the line at the kicking or landing point, then it is not considered three lines.
- ii. Violations result in an "Indirect Free Kick" to the opposing team on their Offensive Red Line.

The Ball

1. Ball must be properly inflated and have a smooth surface.

- i. Size 3 for U6 and below
- ii. Size 4 for U7 through U11
- iii. Size 5 for U12 and above

Coaches, Players, and Spectator Conduct Policy

All players not on the field of play, coaches, and family & friends spectating at games are to remain off of the field at all times. At no time should anyone use curse words, threatening gestures, or threatening comments or threatening actions towards a referee, field marshal, or other team's players. Failure to do so will result in automatic suspension for two games. If a player receives a red flag in a game, they will be suspended for the remainder of that game and the next game. We have a zero tolerance policy at the Field House. Repeat violators will be removed from the league for the remainder of the season with no refund and with the possibility of not being able to participate in any of the following seasons during the calendar year at the Directors discretion.

In game Substitutions

1. Unlimited Substitutions

During dynamic play, substitutions may be made at any time on an unlimited basis. Teams can substitute freely, however the oncoming player cannot touch the ball or interfere with dynamic play until the off-going player clears the field.

The exchange of players involved in the substitution process shall occur within 1-yard of the team bench (*This distance requirement is loosely enforced*). Violation will result in an "Indirect Free Kick" from the location of the illegal touch.

- i. Players and coaches must be listed on the Field House roster in the Day smart system in order to be present in the player's box on the sidelines. Players and coaches are subject to the authority and jurisdiction of the Sports Director, Referees, and Field Marshals. All non-listed players, friends, and family shall be on the spectator side of the field at all times. Failure to comply will result in automatic forfeit of the game and a one game suspension. Disrespect from Coaches, players, and spectators towards the Referees and Field Marshals will not be tolerated before, during, or after games. Violation of this rule will result in a forfeit for violating team(s) and one game suspension. If severity of the violation that has occurred warrants a season ban, one will be issued by the Sports Director effective immediately. During games when the score has become lopsided, the

Field Marshal must stop adding points to the scoreboard at the 8-0 mark and notify the team winning to play down one player. This is to encourage good sportsmanship amongst the coaches and players. Failure to comply with this rule will result in automatic forfeit and a one game suspension.

- ii. A team playing with a player who has not paid their league registration fees prior to week one of the season and/or a guest player (drop-in) fee, shall forfeit that game if it is discovered at any point once the match starts unless prior arrangements are made with the Fredericksburg FieldHouse Sports Director, and/or Soccer Coordinator.

Guest Players

- i. A Guest Player(drop in) is only authorized to play on a roster on a per game basis as a short term substitute player solution. In addition, a guest player is only authorized to Guest Play on a team in a division that is between the range of one division below or up to two divisions above the guest player's original division level. Example given. A division 4A player can guest play on a division 4B team(one div. below) or a division 3B or 3A division team. This is to prevent competitive disadvantages from destroying the integrity and fairness of our leagues and promotes a higher level of sportsmanship.

Waivers / Registration Fees

- i. All rosters have to have signed waivers on file with the field house and be paid in full with the correct amount of players that are required to field a team prior to their roster being placed on the season schedule. Failure to comply with this rule will result in the teams' roster being dropped from the league.
- ii. A guest player (drop-in) is not permitted to join a roster at or after halftime of a game. Guest players are not permitted to join a roster in the playoffs. A guest player (drop in) will not be permitted to play on any roster for any game if said players' age is not within the limits of that division's age group.
- iii. Players will not be permitted to be added to rosters after week one of any season unless it is due to a season ending injury to a rostered player or some unforeseen circumstance. The procedure for this process will be on a case by case basis and will only take place with

the Sports directors approval. Protocol for injured players roster substitutions is explained in the next section.

- iv. Refunds will only be issued based on a field house game or season cancellation or other cause by fault of the field house.

2. Roster Substitutions Due To Injury Policy

- ii. In the event a player needs to be replaced due to injury or moving out of reasonable distance to the Fredericksburg Field House, the policy update is as follows:
 - Documented proof for the reason a registrant requests a refund must be verified before refund; ie... moving to another state, serious prolonged injury preventing registrants from participating in leagues, camps, or clinics they registered for.
 - Refunds will only be issued based on a field house game or season cancellation or other cause by fault of the field house.
 - Credits to accounts will be issued on a case-by-case basis.

Transferring roster spots from a player who is/was not injured or moved out of state or decides not to finish a season, to another player not on the roster, is prohibited and is a direct violation of the new Fredericksburg field house league policy.

Players

Youth Soccer

1. U6 and Younger (Small Field)
 - 5v5 not including designated keeper
2. Youth Coed Recreational Leagues (Large Field)
 - 6v6 not including designated keeper
3. Minimum of 4 players who are registered and paid in full can play a game if other registered players on roster are unable to attend the game.e.g.(sick, out of town, injured)
 - Keeper must be identified
This league can play with mixed teams, all boy teams, or all girl teams. It is not mandatory for teams to have both boys and girls on a team.

- Keepers cannot score a goal by directly throwing the ball into the opposing team's goal.
4. U13 through U17 Competitive and High School
- 6v6 including keeper (Large Field)
 - Keeper must be identified
 - Minimum of 4 players who are registered and paid in full can play a game if other registered players on roster are unable to attend the game.e.g.(sick, out of town, injured)

Adult Soccer

Coed Adult Leagues

***There will be a 100% Identification card check prior to the start of every game for rostered players and guest players by the Field Marshals. Failure to comply with this rule will result in a player being excused from the game and they will not play.

- 6v6 including keeper (Large Field)
- Keeper must be identified
- (2) Two players on the roster MUST be female
- The Minimum number of players a team is allowed to start a match due to the absence of rostered players/Guest players that are not present is (4) with at least (1) one of the (4) four being female.
- If a team can only field (1) one female. Then the opposing team shall play down a player.
- A male over (50) fifty may be used to substitute as a female while one of the (5) five remaining position field players must still be female. In this situation, the female may be used as the keeper. A female may be substituted for either a male 50yrs or a female. There must always be at least (2) females and or a female and a 50yrs male on the field of play at the same time at all times whether either of those two players are playing keeper or as a position field player and vice versa.

Game Scheduling / Playoff Formating

- The max capacity for Adult Coed Soccer is 40 teams per season.
- There will be 10 games on Tuesdays and 10 games on Thursdays.

- Game times during the playoffs will not be rescheduled.
- The top half of each division will be in the playoff tournament. This will be subject to change depending on the number of teams that are in each division. The decision for this scenario will be made at the Sports Directors' discretion.
- The game times scheduled by the Sports Director are firm and will only be adjusted on a case by case basis. It is the responsibility of every Adult player playing in this Adult coed league to make themselves available for their scheduled games they paid and registered for.
- Players that register for more than one team may only do so if registering for a team in one division above or one division below. (Example: If a player is in Div.B, they can go up to Div.A and no lower than Div. C.) *Violation of this policy will result in that player being dropped from the roster with no refund.*
- Players are not allowed to register for more than one team in the same division.
- The MAX number of teams a player can register for is three.
- Teams that show up late for games and or have to wait for players to show up in order to field a team, will have a 5 minute grace period, but the game clock will start on schedule. Once 5 minutes has passed and the team short of players still has not shown up with the required number of players to start a game, a forfeit will be imposed to the tardy team.

Men's League

- 6v6 including keeper (Large Field)
- Keeper must be identified
- The Minimum number of players a team is allowed to start a match with due to the absence of rostered players/Guest players that are not present is (4)
- There will be a 100% Identification card check prior to the start of every game for rostered players and guest players. Failure to comply with this rule will result in a player being excused from the game and they will not play.
- The max capacity for Men's Soccer is 40 teams per season. There will be 10 games on Mondays and 10 games on Wednesdays.
- The game times scheduled by the Sports Director are firm and will only be adjusted on a case by case basis. It is the responsibility of every Adult player playing in this Adult league to make themselves available for their scheduled games they paid and registered for.

- Players that register for more than one team may only do so if registering for a team in one division above or one division below. (Example: If a player is in Div.B, they can go up to Div.A and no lower than Div. C.) *Violation of this policy will result in that player being dropped from the roster with no refund.*
- Players are not allowed to register for more than one team in the same division. The MAX number of teams a player can register for is 3.
- Teams that show up late for games and or have to wait for players to show up in order to field a team, will have a 5 minute grace period, but the game clock will start on schedule. Once 5 minutes has passed and the team short of players still has not shown up with the required number of players to start a game, a forfeit will be imposed to the tardy team.
- A team playing with a player who has not paid their league fees shall forfeit that game if it is discovered at any point once the match starts.

Note: Teams are required to have a person over (18) eighteen years of age that is not a player, on the sideline that is acting as the team coach and will be held responsible for the actions of the team while on the field or in the team area. All adult leagues will require a 100% ID check by the Field marshal before the start of each game.

Players Equipment

- i. Shin Guards (age/size appropriate) are REQUIRED
 - If a player is discovered to be playing without, they shall be directed to leave the field immediately and not participate in play until shin guards are properly worn. If a player plays the ball, the referee shall halt play and award possession to the opposing team in an indirect free kick.
- ii. Flats, turf shoes, or molded cleats are allowed.
- iii. No metal or screw in cleats are permitted.
- iv. Keepers must be well identified.

- v. No jewelry is allowed other than for medical alert or religious requirements.
- vi. Players are required to wear the same color jerseys.
- vii. If both teams have similar color jerseys, the Home Team is required to change to non-similar color jerseys before the start of the match.

The Referee

- All decisions made by the referee will be in reference to the interpretation and implementation of FIFA (IFAB) Laws of the game and FFH Site Specific.
- Rules and all referee decisions are considered final.
- It is the referee's responsibility to keep the games on schedule. Shortened halves or reduced intermissions can be utilized at the discretion of the referee, FFH Field Marshal, or Sports Director in order to maintain the game schedules.
- ***To maintain schedule: Teams that show up late for games and or have to wait for players to show up in order to field a team, will have a 5 minute grace period, but the game clock will start on schedule. Once 5 minutes has passed and the team short of players still has not shown up with the required number of players to start a game, a forfeit will be imposed to the tardy team.***
- Out of Play Restarts: It is best practice to avoid blowing the whistle when the ball goes out of touch. It is preferred to use the proper arm signal and a loud voice to indicate restart direction. If play doesn't stop when the ball is out of play then the referee shall blow the whistle to execute the proper restart, This practice is to help avoid excessions whistles with close field proximity.
- All restarts do not require a whistle, only at a ceremonial restart, penalty kicks, when a player is carded, or at a referee's discretion.

Duration of Match

- i. All games will have running clock unless:
 - A serious injury occurs or there is a major delay of the game.
 - Bodily fluids (blood, vomit, etc.) that require bio disinfectant to occur during the game.

- ii. U8 and Below:
 - (4) Four (8) Eight minute quarters (Small Field Only)
 - (1) One Minute break between quarters
- iii. U9 through High School:
 - (2) Two-Twenty Minute Halves
 - (2) Two minute break between halves
- iv. Adult Leagues:
 - (2) Two (25) Twenty-five minute halves.
 - (2) Two minute break between halves.
- v. Playoff Games:
 - Playoff games tied at the end of regulation will play (1) One (5) Five-minute sudden death overtime period.
 - If still tied after the overtime, the game will proceed with a shootout to determine a winner.
- vi. Warm-ups:
 - No warm-up time is allotted to teams.
 - Warm-ups for on-coming teams are to be done prior to the game and off of the field.

Starts and Restarts

- i. All Restarts:
 - The ball must be stationary before a restart can take place.
 - Defensive players are required to give the restart free kick (3) three yards of free space.
 - Restarts along the walls are to be within (1) one yard off the wall.

- Kicking team has (5) five seconds to restart play or the ball is awarded to the opposing team and results in an “Indirect Free Kick.” Unless, the restart has been delayed by an opposing team which may result in a cardable offense.
- ii. Start of the Match:
- At the start of the match, the scheduled home team has the first kick-off. The visiting team will get the second half kick-off.
- iii. Kick-Off
- A kick-off is taken from the center mark at the beginning of each half and after each goal is scored.
 - Kick-offs can be played in any direction.
 - The player who initiated the kick-off may not play the ball again until the ball touches another player.
 - Kick-offs do not require a whistle- ref’s may allow a kick-off through verbal acknowledgement.
- iv. Out of Touch Restarts
- Out of touch restarts are to be played within 1 yard from the point where the ball went out of play.
- v. Goal-kicks
- Youth Leagues: Goalies are allowed to drop kick the ball. The ball must bounce twice before being kicked.
 - Adult leagues: Goalies are only allowed to throw the ball. (Goal-throw rather than goal-kick)
- vi. Corner Kicks
- Corner kicks are considered “In-Direct Free Kicks.” and are taken on the attacking teams corners from the spot designated by the field markings or by the referee.

vii. Referee Stoppage restart

- If no clear possession is observed upon a referee stoppage of play, the restart will be a drop ball at the point of play prior to the stoppage. If clear possession was observed at the stoppage of play by the referee, an “Indirect Free Kick” will be awarded to the team in possession at the time of the whistle.

Ball In and Out of Play

i. The Ball is always considered to be in play with the exception of the following:

- Ball leaves the field of play for any reason.
 - If the ball hits any part of the building ceiling or building superstructure the restart will be as follows:
 - Between the goal line and the first red line- restart will be on the red line.
 - Between red lines- restart is on the mid field line.
- All structured walls, glass, or borders are considered in play.

Scoring

- i. A goal is scored only if the entire ball legally crosses over the goal lines.
- ii. To be officially scored a goal, the ball must cross the goal line before the buzzer sounds ending a period of play.

Fouls and Other Violations

- i. Fouls occur if a player:
 - Handles the ball (except the goalkeeper within the penalty area)

- ii. Commits a dangerous play
 - Playing the ball on the ground opponent engaged in play on the ball
 - Pinning the ball against the boards and using two arms against the wall to create a cover shield
 - iii. Attempting or committing the following are considered fouls: Holding, Obstructing, Slide tackling, kicking, tripping, jumping at, charging, striking, or pushing an opponent.
 - iv. Sliding a defender inside the defensive penalty area which impedes an attack will result in a PK for the attacking team.
 - Sliding is defined as a deliberate action in which at least one leg is extended and any other part of the body other than the second foot touches the playing surface at the same time.
 - v. Preventing or interfering with a goalkeeper distributing the ball
 - vi. Forcing an opponent into a wall in a dangerous fashion
 - vii. Play will restart as “Indirect Free Kick” if the attacking player commits a foul inside the attacking penalty area. The ball shall be placed at the top of the penalty arch.
- ii. Goalkeeper violations
- i. Punting the ball (or drop kicking in the adult leagues)
 - ii. Illegal handling outside the penalty area
 - iii. Handling the ball after having distributed the ball to a field player without first touching another opposing player.
 - iv. Pass back deliberately by foot from a teammate and handle the ball illegally.
 - v. Handling too controlling the ball for more than 5 seconds in the penalty area.

- iii. Cautionable Offenses: A referee may issue a yellow card resulting in a two minute power play for the other team for the following offenses.
 - i. Aggressive Boarding
 - ii. Unsportsmanlike behavior
 - iii. Dissent by word or action
 - iv. Aggressive deliberate rough play
 - v. Delaying the restart of play
 - vi. Failure to respect the required distance for a free kick
- iv. Caution and 5 minute penalty
 - i. Denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (not including goalkeeper in own penalty area)
 - ii. Denying an obvious goal-scoring opportunity to an opponent moving towards the players goal by an offense punishable by a free kick or penalty kick.
 - iii. If the referee feels a player is playing with an excessive amount of aggression and he sees a potential problem developing, the referee may issue a 5 minute yellow to have the player sit out, cool down while the offenders team will remain at full strength.
- v. Ejection Offenses
 - i. If a player receives a red card for any reason, the team must play down a player for five minutes. These offenses include:
 - Serious foul play
 - Violent conduct
 - Spitting on the field, at an opponent, or any other person
 - Using offensive, insulting or abusive language or gestures.
 - Receiving second caution in the same match.

Time Penalties

a. Cautions- Yellow Cards

- i. All cautionable offenses result in the offending player receiving a two minute penalty, The offending player's team plays a player down for the duration of the penalty.
- ii. Exception: if the goalkeeper commits the yellow card offense a team may select another player currently on the field to serve as the cautioned player.

b. Power Play

- i. If a goal is scored by the team with the additional player during the power play, the short handed team may add a player to the field to equal the team numbers, however the added player cannot be the carded player, until the entire time penalty is served.
- ii. Exception: if a goal is scored during a 5 minute penalty for denying an obvious goal scoring opportunity, the team will continue to play short for the entire five minute penalty.

c. All Red Card Ejections

- i. Field House Policy: Any player who receives a RED Card must leave the facility IMMEDIATELY and serve a 1 to 2 game suspension depending on the offense committed. The max penalty of a one year ban will be imposed at the Sports Directors discretion if deemed necessary. The ejected red card player will not be able to return to the facility during the suspension or ban period even if they are registered and play on multiple rosters in different divisions and leagues.
- ii. A red carded youth player under (18) eighteen years old must be IMMEDIATELY escorted from the facility by a parent or guardian. All red carded players will be suspended for AT LEAST (1) one game. The red card offense will be reviewed by the FFH Sports Director to determine if the carded player will serve a longer suspension. Any player who receives an additional Red Card within the same season will be suspended from the facility for one season to one year

depending on the severity of the violation with no refund. NO EXCEPTIONS.

- iii. The referee must report the players name to facility management, fill out an Ejection report/ incident report and notify the Sports Director and Referee Commissioner at the end of the game. If the players name cannot be immediately obtained, the Field House management can suspend the entire team until the players name is obtained.

Penalty Kicks and Shootouts

- a. Penalty kicks are to be taken by placing the ball on top of the penalty area. Kicker is allowed a running or stationary approach to the ball. All players on the field with the exception of the defensive keeper must be behind the ball prior to the free kick.
- b. Shootout/Tiebreaker Rules:
 - i. Only playoff games require a final winner.
 - ii. Overtime is a golden goal situation. First goal scored wins the match. If ties after the first 5 min period, the teams will go into a shootout.
 - iii. Any player who was on the field of play at that conclusion of the last overtime period may participate in the penalty kick shootout. Except a penalized player currently serving a time penalty. In that case the other team shall select a player to reduce to equate the number of players taking kicks from the penalty marks.
 - iv. The ref selects which goal is used for the shootout.
 - v. The players participating in the kicks shall wait their turn behind the midfield line. The teams need to remain separated to show which players are participating.
 - vi. Each team selects (3) Three players to participate in the first round of the shootout.
 - vii. The shooter has (5) five seconds to play the ball after the referee whistle is sounded.
 - viii. Goalkeeper must have at least (1) one foot on the goal line.

- ix. If tied after the first (3) three shooters, a second round of shootouts will be taken by any other (3) three players with sudden death rules applying.
- x. If still tied, any player may now shoot the ball again, and sudden death rules still apply.

Standings

- a. Standings are determined by the head to head win/loss record only.
- b. If multiple teams have the same record then total goals scored by each team will be used to determine how teams are positioned in the standings. All forfeited games will be scored as an 8 -0.
- c. Scores and standings will be posted on the website within 48 hrs following the matches.

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