



# Barcroft Sports & Fitness Center Gunston Bubble / Barcroft SFC



## Indoor Soccer Rules

- I. **Liability/Injury Waiver and Release Form:** No individual will be allowed to participate in any league game without the completion and signing of the release form. All youth participants must submit a signed parental release form.
- II. **League Registration and Fees:** Teams are registered on a first-come, first-serve basis; 100% Arlington teams getting priority. A team fee will be refunded **only** if they are not offered a position in the league. **To reserve the team's position in the league, registration fees must be paid in full when submitting registration form.** Teams dropping out of the league will forfeit their registration fees. All adult non-residents of Arlington County will be subject to a fee of \$23 (proof of residency must be provided for Arlington residents).
- III. **Equipment:** Teams are required to dress in matching colored jerseys, with the goalkeeper's jersey being of a different color. **Shin guards are required for participation in any league. Socks must cover shin guards.** At the Gunston Bubble synthetic turf, footwear is restricted to molded cleats (maximum ½ inch), turf shoes, or other soled athletic shoes. No metal cleats or spikes are permitted. No cleats of any kind are permitted in the Barcroft gym.
- IV. **Player Rosters:** Player rosters must be turned in prior to the first league game. Changes will be permitted up to the start of the third game and rosters signed by all players must be submitted by then. Failure to comply will result in forfeiture of all games played with illegal player(s). Players may be added after the third game in case of injury or dropped players (must have advance approval of league manager).
- V. **Player Eligibility:** All players must be listed on the official team roster. Roster challenges may be made prior to the start of the game or during halftime. Youth teams must provide proof-of-age in cases of challenge. All players must meet the age requirements by the first day of the session.
- VI. **League Point System:**
  - Win = 3 points
  - Tie = 1 point
  - Loss = 0 points

League games that end in a tie after regulation play will be counted as a tie. Playoff games ending in a tie will be followed by a five (5) minute sudden-death overtime period. If at the end of the overtime period the game is still tied, penalty kicks will be used to break the tie.
- VI. **League Division Tie:** Any league that ends the regular season in a tie will be subject to the following tie-breaking system:
  - Step 1: Comparison of head-to-head record.
  - Step 2: Comparison of goal differential.
  - Step 3: Comparison of "goals for" during the season.
  - Step 4: Comparison of "goals against" during the season.
- VII. **Individual Player Participation:** Players may only be on one roster in a given division **and** league. Players may compete in more than one division or league (i.e. coed and men's). Players must be able to provide proof of identification upon request.

- VIII. **Game Schedule and Make-up Games:** If a team is unable to play a scheduled game, the opposing team is granted a 3-0 victory. If both teams agree to make-up the game, they will be offered possible times by league management, if makeup times are available. It will be the responsibility of the team managers to coordinate and select one of the available times. The team requesting the rescheduled match must request a reschedule in writing, in person, or on the phone one week prior to the subject game. Failure to do so will result in the game being forfeited. **There will be no rescheduling of an already rescheduled game.**
- IX. **Yellow/Red Card Policy: Yellow Card:** A player receiving a yellow card must leave the field for two minutes; they can be substituted for. **Red Card. Any player or coach who receives a red card must leave the playing surface and will automatically be suspended from the next game.** Players and coaches receiving a red card may be asked to leave the facility by the referee and/or staff. They may watch the game only at the discretion of the referee/staff. In addition, that player will be banned from participating in any other division until the suspension is served. If the player receives a red card during the last game of the season, the suspension will be served during the first game of the next season. Any player receiving three (3) yellow cards during a season will receive a one game suspension, but will not have to miss the current game unless the player receives a red card during the current game.  
**\*\*Red Cards will result in the team playing shorthanded for five (5) minutes. After the 5-minute penalty has been served, the team may return to full strength.**
- X. **No Shows/Forfeitures:** If a team cannot play a scheduled game the opposing team will be awarded a 3-0 victory. **No reschedule will be given.** A forfeit will occur if a team does not have the minimum number of players to play within 10 minutes after the scheduled start of the game (10-minute Rule). This time will be subtracted from the first half. The 10-minute Rule states that for every three minutes off the clock, one (1) goal will be awarded to the completed team.

## **RULES OF THE GAME**

1. **Team Size:** An adult men's or coed team consists of five players, one of whom is the goalkeeper. All coed teams will consist of 3 men and 2 women, including the goalkeeper (who can be male or female). Women's and youth teams will consist of 6 players, one of whom is the goalkeeper. A minimum of 4 players is needed to start and continue a game (coed teams will need a minimum of 1 woman to have a valid team, but must play down a player).
2. **Substitutions:** unlimited substitutions are allowed during a game. Substitutions may be made "on-the-fly" (during play) as long as the exiting player is within the "touchline" by the team bench before a substitute player can come into the game. Goalkeepers can be substituted only during a stoppage of play and must notify the official that a goalkeeper change has been made.
3. **Game Length.** A game consists of two (2) 20-minute halves and a 3-minute half time. The official time is a running clock; the clock will stop during a serious injury.
4. **Kick-off** in the first half will be given to the **home team**. The visitors will have the kick-off in the second half. A goal can not be scored directly from a kick off. Back passing is allowed during the kick-off.
5. **Three-line/Midline Violation:** A goalkeeper can not throw the ball in the air over the midline unless the ball touches a player or a wall.
6. **Goalkeeper Restrictions:** A goalkeeper may not touch or pick up any ball that he/she dribbles into the penalty area or has been passed off the foot of a teammate. Goalkeepers are not allowed to

punt or drop-kick the ball. While holding the ball in his/her hands, the goalkeeper must distribute the ball within five (5) seconds by bouncing or throwing the ball to a teammate.

7. Corner Kick/Goal Kick: If the ball goes over the in-play area off the goalkeeper or a defending player, the offense will be awarded a corner kick.
8. Fouls. If a player has a question regarding a foul call, s/he may address the official with questions.
9. Fouls and Misconduct:  
Major Offenses (Direct Free Kick)
  - Kicking or attempting to kick an opponent
  - Tripping or attempting to throw an opponent
  - Slide tackling (knee touching floor)- **exception for goalkeepers inside of the penalty box**
  - Jumping at an opponent
  - Charging an opponent
  - Striking, attempting to strike, or spitting at an opponent
  - Holding an opponent
  - Pushing an opponent
  - Intentionally handling the ball
  - Checking an opponent into the perimeter wallMinor Offenses (Indirect Free Kick)
  - Playing in a dangerous or reckless manner
  - Obstructing an opponent
  - Illegal substitution
  - Delaying game, including goalkeeper failing to play the ball outside of penalty area within five (5) seconds.
10. Free Kicks: The ball is in play when it moves from foot contact of the initial player. Opposing players must stand **two (2) yards** from the ball. If a player refuses to move back to 2 yards, he/she will be issued a yellow card for delay of game. If a major offense takes place inside the goal box a penalty kick will be awarded. The penalty kick will be taken from the top of the goal area and the shooter will set one foot next to the ball before a shot can be taken (no step rule).
11. Kick-Ins: Kick-ins happen whenever the ball leaves the playing area or hits the wall above the blue line. All kick-ins are considered an indirect free kick; therefore a goal cannot be scored off a kick-in. A kick-in must be taken no more than five (5) feet from the wall nearest where the ball left play.
12. **Assault**. Any player, coach, or other team member hitting, shoving or otherwise assaulting a Gym Supervisor or game official shall be immediately barred from further participation in league activities until formally reinstated by the League Commissioner.

## FACILITY RULES

1. **No gum chewing or spitting is allowed in either facility.**
2. **Only water is allowed in the Gunston Bubble or Barcroft gym. No sodas, sports drinks, juice, or food are allowed.**