

SOCCER CITY

INDOOR SOCCER RULES

THE BALL

U9 – U12: Size #4

U13-Adults: Size #5

Defective Ball:

- If the ball bursts or becomes deflated during the course of the match, the game shall be stopped and restarted.
- If the ball bursts or becomes deflated during a stoppage of the game or during a restart after a stoppage of the game, the game shall be restarted with the appropriate restart.
- If the ball bursts during the taking of a penalty kick, the kick shall be retaken unless it has rebounded from the goalkeeper, goalpost, or perimeter wall, in which case the game shall be restarted with a drop ball in accordance with the below:
 - When restarting the game after a stoppage of play for any cause not mentioned elsewhere in these rule, and neither team was in possession, the Referee shall drop the ball at the place where it was when play was stopped and it shall be deemed in play when it has touched the ground.
 - When restarting the game after a stoppage of play, which occurred while the ball was inside the penalty area, the Referee shall drop the ball at the Free Kick Mark. Once the ball has touched the ground, a player may play the ball twice (or more times) in succession. A player shall not play the ball until it has touched the ground. If this rule is not complied with, the Referee shall again drop the ball.

TIME CLOCK

The clock will run continuously during the game and will only be stopped for serious injuries or at the discretion of the Referee. In case of a question over time remaining, the authority of the Referee supersedes any reading on the game clock.

Timeouts:

Each team will be entitled to 1 timeout of 30 seconds per game. A player or coach shall request a timeout by making the “T” sign with both hands. Such requests for timeout may only be made to the Referees (1) on a dead ball when the team calling timeout has possession of the ball or (2) when the goalkeeper has possession of a ball in his hands. The restart after the timeout is either a kick (free kick, kick off, corner kick) to the team with possession of the ball or a goalkeeper throw if the goalkeeper has possession in his hands.

Referee Timeout:

The Referees may call a Referee Timeout during any unusual penalty situation for the purpose of sorting out time penalties and clarifying any situation. During the timeout, no playing shall be permitted in the area of the Referees.

PLAYERS

Bench Area:

- A maximum number of 18 (youth) players may dress and participate in particular game.
- A maximum number of 2 coaches are allowed in the team bench area.
- All youth teams must have a coach in the bench area.
- No unauthorized personnel or spectators are allowed in the bench area.
- Referees may ask Non-dressed players (injured, sick, etc) to leave the bench area if their behavior in the bench is deemed disrespectful.

Official Line-Up: It is the responsibility of the each team to make sure all the players on the team are on the official roster except for temporary substitutions.

Maximum number of players on the field:

- U8-U11: 8v8 Field Players (Including Goalkeeper)
- U12-U15: 7v7 Field Players (Including Goalkeeper)
- U16 – Adults: 6v6 Field Players (Including Goalkeepers)

Minimum number of players required to start a game:

- U8-U11: 6 players
- U12-U15: 5 players
- U16 – Adults: 4 players

Mercy Rule: Youth teams that are losing equal or greater to 5 goals may add one additional player to the playing field. This does not apply to adult teams unless the winning teams allow the mercy rule.

Adult Coed: Minimum of 1 female must be on the field at all times for the game to be official. For every three male player's there needs to be one female player on the field. For every four male players, there needs to be two females on the field. There can only be 4 male players on the same team on the field at any given time.

SUBSTITUTIONS

- Substitutions may occur on an unlimited basis and "on the fly."
- The player entering the field is required to wait to enter until the player leaving the field is within the dotted white line.
- The player entering the field may not participate in play while both players are simultaneously on the field.
- A substitution violation is a 2-minute penalty to the player who entered the field. The penalty shall not accrue against that player for purposes of multiple accumulated time penalty ejection.

Guaranteed Substitution:

During guaranteed substitution occasions, teams shall be allowed fifteen (15) seconds to complete all player substitutions before the referee is required to whistle to restart the game. The restart of play will be delayed to allow completion of substitution(s) on the following occasions:

- After a goal has been scored.
- After a yellow card has been assessed.
- On an injury timeout.
- At any unusual stoppage acknowledged by a Referee.

After a goal has been scored

- Following a goal being scored, only those players coming on as subs will be permitted on the field of play. All other players, coaches, trainers or anyone else in the players' bench, will not be permitted onto the field for the purpose of or to participate in, the celebration of a goal being scored. A team in violation should be immediately advised by the referees to remove those team members not permitted from the field and be issued a team warning.
- A warning shall be issued to the offending team for its first violation under this Rule.
- Subsequent violations in a game shall result a yellow card caution to the offenders for entering the field without the permission of the referee.

Goalkeeper Substitution:

Any teammate may change place with the goalkeeper at any time as per regular substitution procedures, provided that the goalkeeper wears a jersey that distinguishes him from the other players and the referees and the referee is notified of the change.

Inadvertent restart:

If play is inadvertently restarted with too many players on the field after any guaranteed substitution, no penalty shall be assessed, and the game shall be restarted again properly.

INJURIES**Injured Goalkeeper:**

In a situation where a goalkeeper is injured, a team trainer, after being signaled to enter the field of play, may attend to the goalkeeper. Following this attention, this injured goalkeeper may stay in the game. In any second situation and those thereafter, where a trainer is signaled onto the field to attend to this particular goalkeeper, that injured goalkeeper must be removed from the field of play and shall only be permitted back into the game with the permission of the referee.

Blood:

The Referee shall send any player to his team bench who requires treatment for blood regardless whether the blood is his own or another's, or is on his body or uniform. Following treatment, the player must show the Referee, prior to reentering at a guaranteed substitution or the ball over the perimeter wall, that he has covered any wound and/or that the blood has been adequately treated, the blood must be removed from the player's uniform and obtain the Referee's approval.

PLAYER EQUIPMENT

- All players must wear shirts (tank tops allowed) shorts (athletic pants allowed), socks, shin guards and indoor soccer footwear.
- Uniforms must be the same or like color for every player on the same team.
- Goalkeepers must wear a jersey/pinny which distinguishes them from all other players.
- Jewelry of any kind is strictly prohibited and must be removed.
- Braces or casts must meet the Referees approval as to its safety to other players. (bubble wrap is required on all casts).

Shoes:

All players must wear flat-soled indoor or turf shoes. **NO OUTDOOR CLEATS ALLOWED.** Should a player lose a shoe during play, he/she should be allowed to continue to play until the next stoppage.

Shin guards:

All players must wear shin guards and socks that cover their shins. Shin guards are defined as protective equipment that is commercially available and designed specifically to protect the shins. Should a player lose a shin guard during play, he/she should be allowed to continue to play until the next stoppage. If the shin guard comes off more than once, the referee shall instruct the player to leave the field to correct the equipment and may not return until referee permission.

Violations:

The player at fault shall be sent off the field of play to adjust his equipment and he shall not return without first reporting to a Referee, who shall be satisfied that the player's equipment is in order. A misconduct penalty (yellow card) shall be assessed to the offender who enters the game in breach of the conditions of this rule having failed to carry out the equipment adjustment as ordered.

REFEREES

From the time the Referee enters the facility, he has the authority to penalize or report any team, player, or bench personnel, as required by these rules, for fouls, time penalties, warnings, including all Blue, Yellow, and Red Card offenses, regardless whether the ball is "in play." All Referee decisions are final. Should a player simultaneously commit two (2) or more different violations, the Referee shall penalize the most serious offense.

Duties of the Referees:

- **Apply Advantage:** The Referee allows play to continue when the team against which an offense has been committed will benefit from such an advantage and penalizes the original offense if the anticipated advantage does not ensue at that time. At the Referees discretion, an advantage call may count as a foul for the five foul purposes. The foul may only count as a foul if the referee gives an advantage signal by putting up his arms in a motion "to play on." Referees are encouraged to only call advantage when there is an "obvious" goal scoring opportunity.
- **Exercise Discretionary Power:** The Referee has discretionary power to stop the game for any violation and to suspend or terminate the game by reason of the elements, interference by spectators, or other cause which he deems necessary. In such case the Referee files a detailed report.

- **Prohibit Entry onto Field:** The Referee ensures that no unauthorized persons enter the field of play unless invited by the referee to treat an injury. Bench personnel may enter the field of play at their team bench at a timeout or between periods.
- **Restart Signal:** A whistle is required for any restart on Free Kick Mark, Penalty Kick Mark, Shootout Mark, Corner Mark or otherwise controlled by the Referee, the Referee signals the restart with a whistle.
- **Ball Approval:** The Referee decides that the balls provided for a match meet all requirements.
- **Halt Play Due To Injury:** The Referee may stop the game, if a player has been seriously injured, and have the player removed from the field of play, depending on whether player is a goalkeeper or field player.
- Stop play if a player is guilty of a foul or misconduct or a coach is guilty of misconduct.
- Require a player to leave the field if the player is bleeding or has blood on the uniform.
- Make sure the field, the ball, and player equipment are safe and legal
- Stop play if a player or a coach is guilty of misconduct.
- Check the players and starters on the official line-up.
- Supervise the serving of time penalties.
- Suspend or terminate a game if needed.
- Provide the official report of the game.
- Keeps the official time of the game.
- Enforce the rules of the game.
- Indicate illegal substitutions.
- Signal three-line violations.
- Indicate ball out of play.
- Signal timeouts.

Player Discipline:

Referees are not required to explain a call to you if you receive a discipline. Due to the limited game time, explaining the call would negatively affect every player from both teams who are looking to play while the clock is still going. If the referee feels as though he can quickly explain a call during the game, he may do so at his/her discretion. The referees are encouraged to explain their calls when there is a moment to do so (timeout, half time, end of game, etc) so long as you and the referee are able to communicate in a professional manner. If you receive a red card, the referees are encouraged to explain the discipline with the captain of your team since you will be required to leave the facility.

Game Report:

The Referee shall file a Game Report that includes information on any disciplinary action taken against players, and/or team officials and any other reportable incidents that occurred before, during, or after the game.

Verbal abuse:

Verbal abuse towards officials: Any verbal abuse towards officials and/or management is strictly prohibited. Any type of abuse may result in ejection or possible dismissal from the league and facility.

TREATMENT OF REFEREES:

Soccer City requires all players, coaches and parents to treat game officials with respect and kindness. We continue to see our referee numbers diminish due to mistreatment. We cannot continue to maintain a quality league with such mistreatment. Immediate steps are being taken against those found to have been involved in referee abuse or assault in any way.

Please assist your friends in the game, in the bench or in the bleachers, via your own example, to treat all referees, regardless of experience or talent, with respect and kindness. The longer we keep referees, the more experienced they become and the more capable they are of doing a great job.

We will not tolerate referee abuse! Any type of abuse will result in ejection from the game and facility. Serious suspensions will be imposed towards the individual or team for any such action. If you witness referee mistreatment in any degree, by anyone at all, please send an email to info@soccercityutah.com with the game, date, time, teams and a brief description. Our disciplinary committee will investigate.

DURATION:

- **Youth Duration:** The duration of the game for youth shall be (2) halves of 20 minutes each for a total of 40 minutes.
- **Adult duration:** The duration of the game for adults shall be (2) halves of 22 minutes each for a total of 44 minutes.
- **Halftime:** There shall be a 45 second halftime intermission.

START & RESTART OF GAME:

Forfeit:

- For any adult game before 6 PM, the team has 8 minutes from the start of the game time to have a minimum of 4 players on the field ready to start the game. If a team does not have the minimum 4 players, the referees may determine the game a forfeit. This does not apply to youth teams.
- For any adult game on or after 6 PM, the team has 5 minutes from the start of the game time to have a minimum of 4 players on the field ready to start the game. If a team does not have the minimum 4 players, the referees may determine the game a forfeit.
- If there is a forfeit, the forfeiting team is required to pay the referee fees of both BOTH teams.
- If a house team forfeits, the opposing team will still be required to pay the referee fee to earn the full 3 forfeit points.

Beginning the Game:

- The visiting team shall take the kick off.
- After the Referee has whistled, the game shall be started by a player taking a kickoff (i.e. a kick at the ball while it is stationary in the center of the field of play).
- Every player of the team opposing that of the kicker shall remain not less than five feet (5') from the ball.
- Players from both teams shall remain in their own halves of the field until the ball is in play.

- The ball shall be deemed in play when it has been played (touched) in any direction.
- The kicker shall not play the ball a second time until another player has touched it. Playing the ball twice includes instances where a player taking the kick plays the ball off the perimeter wall to himself, before it has been touched by another player.
- A goal can be scored directly from a kick off.

After a Goal has been scored:

The game shall be restarted in like manner by the opposing team.

After the End of the 1st Half:

The next half will begin after a 45 second break with the teams switching sides, and the home team will kick off to begin the new half.

Infringement:

For any infringement of this Rule, the kick off shall be retaken, except in the case of the kicker playing the ball again before it has been touched by another player. For this offense, a player of the opposing team shall take a free kick. Such violation will not count towards the 6 foul counts.

Ball in Play:

- The ball is in play at all times from the start of the game to the finish, including:
- If it rebounds from a goalpost, crossbar, or perimeter wall into the field.
- If it rebounds off a Referee when he is on the field of play.
- In the event of a supposed infringement of the Rules until a decision has been made by the Referee.

Ball Out of Play:

- When it has wholly crossed the perimeter wall into the net or outside the perimeter walls.
- When it has made contact with any part of the building superstructure above the field of play. For such contact, a free kick will be awarded to the opposing team at the spot where it touched the ceiling. If this spot is in the penalty box, the free kick will be awarded at the penalty spot. A defending team may set up a wall 5 yards from the penalty spot.
- When the game has been stopped by one of the Referees.

FREE KICKS AND RESTARTS

If a team commits an infraction causing a stoppage of play, the opposing team is awarded a "free" kick restart. The Referee may allow a free kick to be taken from a point within a three-foot (3') radius of the point of infraction unless, in his opinion, a team gains an unfair advantage in which case the kick shall be retaken. Before a free kick is taken, the ball must be stationary and the kicker shall have five (5) seconds within which to play the ball after being spotted and signaled to play by the Referee.

- All free kicks and restarts (including kickoffs and kick-ins) are direct.
- A goal may be scored directly against either team from any restart.

- In case a free kick is taken from an opponent's Free Kick Mark, Penalty Kick Mark, Shootout Mark, Corner Mark or otherwise controlled by the Referee, the Referee signals the restart with a whistle.
- Except for a Drop Ball or Shootout, if the kicker, after taking the free kick plays the ball a second time before another player has touched it, a player of the opposing team shall take a free kick. Playing the ball twice includes playing the ball on the rebound off the perimeter wall before being touched by another player.

Drop Ball Restart:

If neither team has clear possession of the ball at a stoppage, the Referee restarts play with a Drop Ball where the ball was when play was stopped. A Drop Ball originating while the ball is inside a penalty area takes place at the Free Kick Mark. Once the ball contacts the ground untouched the ball is "in play." A player shall not play the ball until it has touched the ground. If this Rule is not complied with, the Referee shall again drop the ball. In situations where the ball becomes lodged between sections of glass or unplayable at the base of the perimeter wall, it shall be considered out of play and the Referees shall restart play with a Drop Ball.

Five-Second Play Requirement:

All players have five seconds to play the ball after being signaled by the referee to do so, including goalkeepers after handling the ball. Otherwise the ball will be awarded to the other team with a direct kick. Failure to put the ball into play within five (5) seconds of the Referee's signal will result in the **restart** being "turned-over" to the opponent.

Encroachment:

- Opposing players must stand a minimum nine feet (9') from the ball and must not interfere or encroach in any way. Any violation of this rule will result in a blue card two minute (2) power play penalty against the player and team.
- Once a player or a member of the team taking the kick requests for distance, all opposing players must stand a minimum fifteen feet (15') from the ball and must not interfere or encroach in any way. Any violation of this rule will result in a blue card two minute (2) power play penalty against the player and team.
- Opposing players must stand a minimum fifteen feet (15') from the ball when the free kick is being taken at the center circle, yellow circle, or white circle. The player or team members do not need to ask for distance for this requirement. The referee may blow his whistle before the opposing players have given the required distance if he/she feels the team taking the kick will have an advantage.

Free Kick Location:

- **Kick In:** When the ball is played over the perimeter wall along the touchline, it shall be kicked in from the point it crossed the perimeter wall by an opponent of the team who last touched the ball before it went out of play. The Referee shall signal the commencement of the Kick-In. If the ball touches a player or personnel on the bench, who is inadvertently extending into the playing field, or if the ball exits the field through an open bench door, the Kick-In shall be awarded to the opposing team.
- **Goalkeeper Distribution:** After an attacking player has last touched the ball before crossing the perimeter wall between the corner flags, play restarts with a goalkeeper distribution by hand.

- **Corner Kick:** When the whole of the ball having last been played by one of the defending team passes over the end perimeter wall between the corner flag posts, excluding when a legal goal is scored, a member of the attacking team shall take a corner kick. A goal may be scored directly from such a kick. The whole of the ball shall be placed on the corner mark and it shall be kicked from that position.
- **Ceiling Rule:** If the ball hits the ceiling or any hanging object, the ball will be restarted by the opposing team directly below where it hit the ceiling. If this location is within the penalty area, then the ball will be restarted on the white circle.
- **Infraction in defensive penalty area:** The restart for any infraction committed by the attacking team in the defensive penalty area will be a GK distribution.
- **Free Kick Originating in Attacking Penalty Area:** Any free kick awarded to the attacking team for a foul or an infraction which occurred in its opponents' penalty area shall be taken at the Free Kick Mark.
- **Pass-back:** The free kick occurring after a pass-back is taken at the Free Kick Mark.
- **Delayed Penalty:** The restart occurring after a delayed Blue Card is taken by the opposing team subject to where the ball was located when time was stopped. If the ball was located inside the penalty area for the defending team or attacking team, the restart will be a free kick on the white circle. If the ball was located outside the penalty area, the restart will be a free kick at the location of the ball to the opposing team.
- **Shootouts:** The restart for a foul warranting a shootout is taken on the yellow circle in the half of the opposing team's goalkeeper.
- **Penalty Kick:** The restart for an infraction warranting a penalty kick shall be taken on the white circle in the half of the opposing team's goalkeeper.
- **Three-Line or Two-Line Pass Violation:** The restart of a three-line or two-line pass violation shall be taken at the offending team's defensive Shootout Mark.
- **Infraction in Bench Area/Penalty Box:** If play is stopped for an infraction which occurred in the bench area or penalty box, the game shall be restarted with a free kick taken by a player of the opposing team from the place where the ball was when play was stopped.

Goalkeeper Distribution:

Play restarts with a goalkeeper distribution by hand after an attacking player has last touched the ball before crossing the perimeter wall between the corner flags, for any infraction committed by the attacking team in the Penalty Arc or after a timeout initiated by the GK in his own penalty area. The distribution shall be taken from any point within the penalty area by the goalkeeper. The ball is considered in play once it travels outside the penalty area. The following provisions also apply:

Player Positions:

Opposing players remain outside the penalty area until the ball leaves the penalty area.

Goalkeeper Infraction:

A goalkeeper taking a distribution may not play the ball again after it has left the penalty area until it is touched by another player. Otherwise, the opposing team shall be awarded a free kick where the violation occurred. If the goalkeeper distributes the ball incorrectly, the referees may stop the clock and have the goalkeeper distribute the ball correctly. If the goalkeeper continues to distribute the ball incorrectly, the referee may caution the goalkeeper for unsporting behavior. The restart will continue to be a goalkeeper distribution.

Holding the Boards:

A player may only grab the boards for protection. Using the boards to gain an advantage will result in a restart for the opposition. This is for the Safety of the players and teams playing.

METHOD OF SCORING

Legal Goal:

A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the crossbar, provided it has not been thrown, carried or intentionally propelled by hand or arm, by a player of the attacking side, except in the case of a goalkeeper who was within his own penalty area when he legally propelled the ball.

Scoring:

All goals shall be of equal value and are 1 point. The team scoring the greater number of goals during the game shall be declared the winner.

Outside Interference:

A goal cannot, in any case, be allowed if the ball has been touched and/or prevented by some outside agent from passing over the goal line. If this happens in the normal course of play, other than at the taking of a penalty kick the game shall be restarted by a drop ball. If this occurred in the penalty box, the restart will be a drop ball at the free kick mark.

3 LINE DELAY OF GAME VIOLATION

Three-Line Pass:

If a player, including the goalkeeper, plays the ball over three lines (two yellow lines and halfway line) in the air towards his opponent's goal line, without it touching another player, the perimeter wall or a Referee on the field of play between the yellow lines, the Referee shall award a free kick to the opposing team at Shootout mark of the first yellow line that the ball crossed.

FOULS

Fouls:

A player who intentionally commits any of the following offenses while the ball is in play shall be penalized by the Referee awarding a free kick to the opposing team, to be taken at the point of the infraction:

- Kicks or attempts to kick an opponent.
- Trips an opponent, i.e. throwing or attempting to throw him by use of legs or by stooping in front
- Jumps at an opponent.
- Charges an opponent from behind.
- Charges an opponent in a violent or dangerous manner.
- Holds an opponent.
- Pushes an opponent.
- Plays in a dangerous manner.

- Charges fairly at an improper time, i.e. playing with the shoulder, when the ball is not within playing distance of the players concerned;
- When not playing the ball, intentionally obstructs an opponent, i.e. running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent.
- Charges the goalkeeper except when he is outside the penalty area.
- Handles the ball, i.e. carries, strikes, or propels the ball with his arm or hand (this does not apply to a goalkeeper in his team's penalty area);
- Illegally substitutes. A two (2) minute Power Play time penalty must be assessed for illegal substitution by the offending player.
- Encroachment. A two (2) minute Power Play time penalty must be assessed for encroachment.
- Boards, i.e. propels an opponent into the perimeter wall. A two (2) minute Power Play time penalty must be assessed for boarding.
- Slide tackles to challenge for the ball with another player within playing distance. A two (2) minute Power Play time penalty must be assessed for slide tackles to challenge for the ball with another player within playing distance.
- Strikes, elbows, attempts to strike or elbow, or spits at an opponent. A two (2) minute power play time penalty must be assessed for any of these offenses and calls for immediate ejection.

Additionally, the Referee may award a free kick against a player who acts in an unsportsmanlike manner.

5 Fouls:

Every 5 fouls accumulated in each half will result into a shoot out. Team fouls reset at the half.

BLUE CARD VIOLATION:

A time penalty must be assessed for incidents of:

- Goalkeeper intentionally handling the ball outside the penalty area
- Intentionally handling the ball to break up an attack
- Illegal substitutions
- Encroachment
- Boarding
- Slide tackling to challenge for the ball with another player within playing distance
- Denies an obvious goal scoring opportunity by fouling an opponent or handling the ball.
- Other offenses deemed severe, blatantly tactical, or blatant in nature.

If the offense occurred within the offender's penalty area, while the ball was in play, a penalty kick shall be awarded. These penalties shall be administered by the showing of a Blue Card by the Referee and shall be two (2) minutes in length.

- A team must play shorthanded for 2 full minutes unless the opponent scores a goal before the two minutes has expired. The player who received the two minute penalty must serve the full two minutes before he/she may return to play.

- A player who commits a 2 minute foul in the penalty area and is worthy of a penalty kick, will receive a 2 minute penalty and the team will play shorthanded for 2 full minutes unless the opponent scores a goal.
- When both teams receive an equal number of blue cards at the same time, they must both play shorthanded for the full two minutes no matter how many goals are scored during that time.
- A player who receives two blue cards in the same game will receive a yellow card, a third blue card a player will receive a red card (2-minute penalty).

Four Foul Penalty:

Any player who accumulates four (4) fouls in one half will be assessed a two (2) minute Power Play Time Penalty. If the individual player accumulates an additional four (4) fouls in the same half, he will be assessed another two (2) minute Penal Time penalty and a yellow card to indicate a warning. The player will only sit for 2 minutes though as the yellow card will just be shown for warning purposes. Fouls accumulated in the first half will not carryover to the second half. A player who persistently infringes the laws of the game may be assessed a (2) minute penal time penalty.

Delayed time penalties (Blue or Yellow Card Advantage):

In situations where the Referee would want to penalize a player for an infraction by issuing a time penalty while at the same time wishing to apply the advantage clause, the Referee shall acknowledge the foul or infraction and signal that the advantage is being continued. The referee will penalize the player when:

- Opponent Possession: The offending team gains control of the ball, upon which the Referee shall signal the foul or infraction by means of a whistle and appropriately penalize the offending player. Possession shall be defined as a player having clear control of the ball for more than one (1) second.
- The Referee stops play by whistling any other stoppage (i.e. foul by either team or ball out of play): The player guilty of the foul that initiated the delayed blue or yellow card advantage shall be appropriately penalized and play shall be restarted as appropriate for the more serious offense. If a foul is committed during the advantage worthy of a second time penalty, both penalties shall be assessed and appropriately served.
- Goal: If a goal is scored during the Delayed Card Advantage the offending player's penalty shall be recorded for accumulation purposes, but he shall serve no time. A previously penalized player shall be released from the penalty box in the event of a Power Play goal.

MISCONDUCT PENALTIES (YELLOW CARD)

A five (5) minute non-power play penalty may be assessed for the following player offenses:

- Player is guilty of unsporting behavior. (acts in an unsportsmanlike manner)
- Player shows dissent by word or action. (show's disapproval, by word or action, of the decision by the Referee)
- Player leaves penalty box prior to expiration of time penalty.
- Player is guilty of gesticulation on free kick.
- Player is guilty of simulation.

- Player commits delay of game violation.

If issued, is a warning and shall result in a 5 minute time penalty to be served by the offending player (s). The accumulation of 2 blue cards will result in a Yellow Card (for cautionary purposes only). A player receiving a second blue card must be shown a Yellow card for warning purposes. However, the player will only serve the 2 minute time penalty. The offending player may exit the penalty box as soon as the 5 minutes has expired and teammate on the field replaces the player. Should any player or non-player exhibit misconduct at the conclusion of the game, the Referee shall not display the appropriate card, but shall submit a detailed report to the League and inform the team that such a report has been filed.

Misconduct by Non-Players:

Misconduct involving non-playing personnel shall be considered administrative in nature, and shall be reported to the League. No time penalty shall be served for such offenses.

1 Yellow Card and 1 Blue Card = 5 minutes and a 2 minute time penalty or a 7 minute time penalty if cards are distributed during the same time sequence.

EJECTION (RED CARD):

A player or non-player shall be ejected and a two (2) minute Power-Play-Penalty shall be awarded for incidents of:

- Serious Foul Play
- Violent conduct
- Foul or abusive language or action
- Second yellow card
- Third man into an altercation
- First man off the bench joining into an altercation
- Leaving the penalty box and joining an altercation
- Spitting on or at an opponent or game official
- Fighting (punching, head butting, elbowing, etc.)
- Slamming the door when leaving or entering the field

Penalized team shall remain shorthanded for the entire duration of the penalty.

Accumulation of three (3) time penalties: If a player accumulates three (3) time penalties he shall be ejected. No additional two-minute power play time penalty accompanies such ejection.

1 Yellow Card and 2 Blue Cards = Red Card

All players that are ejected must leave the bench area and facility immediately unless they are under 18 years of age and have adult supervision. If the ejected player does not leave the bench and facility in a timely manner, the game will be terminated and a forfeit will apply to the ejected player's team. Failure to leave could result in a longer suspension and a forfeit of the game.

Ejected Coach Restrictions:

An ejected coach may not, from the time of his ejection until the conclusion of the game, have any communication with his team's players in the arena. This prohibition shall include any type of communication through gesticulation, radio, electronic device, or otherwise. The Referees shall report any such action to the League.

SUSPENSION:

- Players that receive a red card will not be allowed to play for the rest of the day
- A player receiving a red card will automatically receive a one week suspension regardless whether the player plays with multiple teams in multiple leagues.
- Any player who fights will receive a minimum three week suspension. 2nd offense by same player who previous received a red card for fighting will result in further disciplinary action.
- Any player who leaves the bench area to engage in misconduct will receive a minimum three week suspension. 2nd offense by same player who previous received a red card for fighting will result in further disciplinary action.
- All red cards are reviewed by the disciplinary committee and extended suspensions are given based on the severity of the situation.
- If you received a red card and would like to give your side of the story, you are required to email info@soccercityutah.com within 24 hours.
- If you received a red card and have not received an email from the disciplinary committee please email Info@SoccerCityUtah.com to find out if you have a suspended suspension. You will automatically receive a one week suspension.

DURATION/EXPIRATION OF TIME PENALTIES:

Two-minute Penal time penalties issued to players shall be subject to the following concerning duration and expiration of penalty time.

Power Play Goal:

If a team is reduced to a lesser number of players on the field of play than its opponents due to time penalties, and such team is scored upon by its opponent, then a player on the bench may enter the field so that the team is made whole. The player who received the two minute penal time still needs to sit for the complete 2 minutes.

Equal Number of Penalties:

In situations where an equal number of players from each team receive a time penalty at the same time and a goal is scored, no player shall be released and no time penalty voided, as it is not a Power Play goal.

Multiple Penalties (Team):

There must always be a minimum of four (4) players on the field for each team. If a team has two (2) players serving Penal penalties and a third player receives another penalty, the third player must go to the penalty box. He shall, however, be replaced by a substitute since four (4) players must be on the field. The penalty time for

the third player will not commence until that of the first player has elapsed. Should both the first and second penalties elapse while all three players are still in the penalty box (the team is now entitled to five players), then the first penalized player may rejoin play. Likewise, in the case where the third player's penalty elapses, the second player may rejoin play.

Multiple Penalties (Player):

For multiple time penalties assessed against a player in a single instance, the guilty player shall serve the entire accumulated time.

Penalty Box Exit:

Once a player enters the Penalty Box, he shall remain there for the duration of his penalty time; he shall not be released to join his team at time outs. A player shall not leave the penalty box unless released at one of these occasions:

- The expiration of his time penalty, provided that his release does not place too many players on the field (when three or more players are serving time penalties).
- At the end of half he would be allowed to go onto the field with his team.
- Should a player leave the penalty box prior to the expiration of his time penalty to participate in play, this shall be considered a technical infraction.
- Should a player leave the penalty box prior to the expiration of his time penalty to participate in dissent or an altercation, this shall be considered Violent Conduct and he shall be ejected.

Penalty Box Decorum:

Penalized players must go directly to the Penalty Box immediately following the signal by the referee. Players are not permitted to leave the Penalty Box during timeouts. Failure on the part of the player to abide by the Penalty Box Decorum will result in a warning. Further violations will result in a 5 minute misconduct penalty.

GOALKEEPING RESTRICTIONS:

The following infractions shall cause the Referee to stop play and award a free kick to the opposing team at the Free Kick Mark:

- **Ball Played to Goalkeeper's Hands from Teammate:**

A goalkeeper is not permitted to play the ball with his hands in the event that the ball has been deliberately kicked to him by a teammate. A player may pass the ball to his own goalkeeper using his head or chest or knee, etc. If, however, in the opinion of the referee, a player uses a deliberate trick while the ball is in play in order to circumvent this Rule, the player shall be cautioned for Misconduct, shown the yellow card and a kick is awarded to the opposing team from the place where the infringement occurred or at the Top of the Penalty Arc if the infraction occurred from within the Penalty Area.

A player using a deliberate trick to circumvent the Rule while he is taking a free kick, shall be cautioned for Misconduct and shown the yellow card. The free kick is retaken. In such circumstances, it is irrelevant whether the goalkeeper subsequently touches the ball with his hands or not.

- **Illegal Procedure - Handling:**

A goalkeeper who receives the ball outside of the penalty area shall not handle the ball inside the penalty area.

Additionally, the following situations specifically concerning goalkeepers shall apply:

Handball outside Penalty Area:

Intentional handball violations committed by the goalkeeper outside the penalty area shall be interpreted to be “severe in nature” and a two (2) minute Power Play Time Penalty must be assessed against the goalkeeper who, in the opinion of the Referee, intentionally handles the ball to break up a play or save a shot at goal outside of the penalty area regardless of the position of his body. The potential for a shootout resulting from such a play needs to be noted. Situations whereby the goalkeeper first handles the ball within the penalty area but his momentum carries him outside the penalty area while handling the ball shall not be deemed "severe in nature" and no time penalty shall be assessed.

Goalkeeper Striking:

If during play, the goalkeeper either intentionally strikes an opponent by throwing the ball violently at him or pushes him with the ball while holding it, the Referee shall eject the goalkeeper and assess a two (2) minute Power Play Time Penalty. A penalty kick shall be awarded if the offense was initiated within the penalty area.

Goalkeeper Joining an Altercation:

In situations where there is an altercation, the goalkeepers of the respective teams must remain in their respective penalty areas, or retreat into their respective penalty areas during such altercation. Such violation shall result in a FIVE-minute MISCONDUCT Penalty assessed against the offending goalkeeper. Referees may assess additional penalties for any participation in the altercation.

Goalkeepers & 6th Attacker:

If a goalkeeper or 6th attacker is able to play the ball in his/her team’s own defensive half (meaning behind the yellow line), the player must distribute the ball within ten (10) seconds. If a goalkeeper or 6th attacker is in possession of the ball in his/her team’s own defensive half (meaning behind the yellow line) or receives the ball while in this area, the player must release the ball from his/her possession within five (5) seconds. The five-second rule is not in addition to the 10 second rule. The total amount of time a goalkeeper or 6th attacker has to distribute the ball is ten (10) seconds.

The goalkeeper, after distributing the ball may receive the ball back from a teammate. For violation of this rule, the Referee shall stop play and award a free kick to the opposing team at the Shootout mark of the yellow line closest to the offending team’s goal. The purpose of this rule is to eliminate time wasting.

PENALTY KICK

A penalty kick is a free kick from the penalty mark taken by a properly identified opponent against the goalkeeper without interference by other players. A penalty kick is awarded against a team, which while the ball

is in play commits within its own penalty area (or area within the goal) one of the fouls listed on page 9 and 10. A penalty kick can be awarded irrespective of the position of the ball at the time an offense is committed.

Player positions during Penalty Kick:

- The Referee will not whistle for the taking of a penalty kick until the players are positioned in accordance with the following:
- All players, with exception of the properly identified player taking the kick and the opposing goalkeeper, shall be on the field of play but behind the yellow line.
- The defending goalkeeper remains on his own goal line with both feet, and faces the kicker between the goal posts until the ball is kicked. Encroachment from this position to interfere with the kicker shall result in a warning. Subsequent violations shall result in a five (5) minute misconduct non power play penalty.

Ball in Play:

The player taking the kick must kick the ball forward. The ball shall be deemed in play after it has been played (touched).

Infringements/Sanctions:

If the Referee gives the signal for a penalty kick to be taken and, before the ball is in play, one of the following situations occurs:

Violation/Kicker:

The player taking the penalty kick infringes the Rules; the Referee allows the kick to proceed.

- If the ball enters the goal, the kick is retaken.
- If the ball does not enter the goal, the kick is not retaken.

Violation/Goalkeeper:

The goalkeeper infringes the Rules; the Referee allows the kick to proceed.

- If the ball enters the goal, the goal is awarded.
- If the ball does not enter the goal, the kick is retaken.

Violation/Defending Team:

A teammate of the goalkeeper crosses the yellow line; the Referee allows the kick to proceed.

- If the ball enters the goal, the goal is awarded.
- If the ball does not enter the goal, the kick is retaken.

Violation/Teammate of kicker:

A teammate of the kicker crosses the yellow line; the Referee allows the kick to proceed.

- If the ball enters the goal, the kick is retaken.
- If the ball does not enter the goal, the kick is not retaken.

Violation both defending team and attacking team:

A player of both defending team and attacking team infringe the Rules: the kick is retaken.

For any infringement the offender shall receive a warning. Subsequent violations shall result in a five (5) minute misconduct non power play penalty.

Violations after the penalty kick is taken:

If after the penalty kick has been taken:

- The kicker touches the ball a second time: a free kick is awarded to the opposing team from the place where the infringement occurred.
- An outside agent stops the ball, as it moves forward, the kick shall be retaken.
- The ball rebounds into play from the goalkeeper, crossbar, goalpost, perimeter wall, or corner flag post and is stopped in its course by an outside agent; the Referee shall stop play and restart by dropping the ball.

Penalty Kick in extended play:

Play shall be extended at the end of any period to allow a penalty kick to be taken or retaken. The extension shall last until the Referee has decided whether or not a goal is scored.

- Direct from the penalty kick.
- Having rebounded from either goal post or crossbar directly into goal, or
- Having touched or been played by the goalkeeper.
- Or any combination of (2 and (3).

The period shall terminate immediately after the Referee determines whether a goal has been scored. The provisions of all foregoing paragraphs shall apply in the usual way except that no players other than the kicker and the opposing goalkeeper shall be allowed on the field.

SHOOTOUT

A shootout shall be awarded for any of the following fouls committed by a defending player in his defensive half of the field:

- 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 is the last player on his team between the attacking player with the ball and the goal.

A Penalty Kick, if appropriate, shall take precedence.

Application of Shootout:

- The ball is placed at the Shootout Mark nearest the attacking goal.
- All players of the attacking team stand 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.

- The goalkeeper has at least one foot on his goal line and may not move off of it until after the Referee whistles the Shootout to begin.
- Once the Referee whistles the Shootout to begin, from that moment, all of the players behind the halfway line may move into the attacking half of the field. The player taking the Shootout plays the ball forward using any legal manner to score (e.g., direct shot on goal, dribbling and shooting, playing the ball off of the boards, passing to a teammate, etc.), and play resumes; except that
- Neither team may substitute for the first three (3) seconds of a shootout. Such a substitution shall be assessed a two (2) minute power play penalty, which shall not accrue against that player for purposes of multiple accumulated time penalty ejection.
- The goalkeeper shall be restricted to goalkeeping privileges while inside the penalty area. Any foul committed by the goalkeeper, regardless of field position, shall be penalized by an additional Power play penalty and the taking of a penalty kick by any member of the offended team. The goalkeeper shall serve the appropriate time penalty, which shall be recorded.
- If a shootout infraction is called with less than 5 seconds remaining in any quarter, the game shall be extended to allow the shootout to conclude by the ref adding time to show 5 second of remaining time on the scoreboard clock.
- If clock is stopped for whichever reason, the clock begins at the moment the referee signals the whistle for the shootout to begin.