

HFC United Indoor Coed Recreational Soccer

Overview of Rules & Guidelines

It is the responsibility of the player to know the rules.

No writing, drawing, placing your name on or adding a number to your t-shirt is allowed.

Each player is expected to wear the t-shirt issued for this year's season.

NO PLAYER WILL BE ALLOWED TO SWITCH TEAMS AFTER TEAMS HAVE BEEN DETERMINED.

Middle & High School Divisions

- Six players including the Goal Keeper.
- The game is two (2) 25-minute halves. Game must start at scheduled time. Half time break two (2) minutes. If a game gets started late, half-time will be reduced and/or playing time will be reduced.
- Only players registered for Indoor Rec Soccer are allowed on the turf. No pick-up of any non-registered players.

The purpose of the league is RECREATIONAL: promote improvement in skill development, promote the fun aspect of playing soccer, having the experience of playing indoor soccer, socialize with friends, and promote a safe environment.

1. No cleats allowed on the turf. Players must wear shin guards. No shin guards, no play. Players wipe your shoes off before entering the turf area.
2. All games must start and end on time! If there is an injury, the clock continues to run. No time outs allowed.
3. Teams may warm-up and stretch outside the turf areas. Players please enter the bench areas from the walkway behind the bleachers.
4. Games ending in a tie will remain in a tie, except during playoffs.
5. Players must not use equipment or wear anything that is dangerous. If the game officials determine that an item is dangerous it must be removed. All items of jewelry are forbidden. Using tape to cover jewelry is not permitted. Non-dangerous protective equipment may be worn. Medical bracelets may be worn, but must be secure, and may be taped to be made secure.
6. Players must sit or stand in the bench area and not sit on the dasher boards. Only coaches, marshals and team members for current game are allowed in the bench area. NO food in the bench area.
7. Only players scheduled for that time slot are allowed on the turf.
8. Guest players are allowed if: (a) team doesn't have at least 7 players for regular games or 6 players for playoff games, (b) captains of both teams agree on the guest player(s), (c) preference for playing time goes to players officially on that team, and (d) guest players are registered for indoor rec soccer.
9. Spectators are not allowed on the turf. All players must be registered to play in indoor rec soccer.
10. Keep the gate to the bench closed after players have entered and exited the bench area.
11. **The Goal Keeper:**
 - Must wear a different colored shirt/jersey
 - Changing at half-time is encouraged, especially at Middle School level.
 - Is not allowed to punt the ball. The ball must be distributed by rolling, throwing, or drop kicking.
 - Is not allowed to hold the ball more than 6 seconds or control it longer than 10 seconds.
 - May not play the ball outside the penalty area with his/her hands.
 - Ball will be put in play from the spot of the foul.
12. **Rules:**
 - The ball may be played in any direction on Kick Offs.
 - There are NO OFFSIDES
 - All kicks are direct (they don't need to be touched by another player). All fouls by the defending team in the goal area will result in a penalty kick.

Referee(s): Decisions on all aspects of the game shall be final. Any argument over a Referee's decision may lead to a time penalty, caution and/or ejection from the game.

12. Rules (continued):

- No sliding except by the goalie when going for the ball.
- Substitutions are allowed on the fly or when the ball goes out of play and there is either a Goal Kick, Corner Kick or Kick in. (There are no "Throw-Ins" in the indoor game).
- If ball is kicked out of bounds, the other team gets free kick from closest hashed line.
- On all Free Kicks players must be 10 feet from the ball.
- Ball hitting the ceiling, net, or light inside the field of play will be moved to the center of the closest line.
- Three line violation is called when the ball passes over three lines in the air. Ball comes back to the center of the closest line from where the ball was kicked.
- If a team is down by 6 goals, they add a player (play with 7). If they are down by 10 goals, they add 2 players (play with 8). This at the discretion of the captains/coaches. An allowable option is for the leading team to drop a player (or players).

BLUE CARD: 1-Minute Penalty

- Blue cards are given at the referee's discretion that play is unsafe, but a yellow card is not warranted
- Examples of Blue Card offenses: hard charges, hands on boards, the "macho rule" (intimidating play)
- For any of the above Blue Card offenses the offending player serves a 1-minute penalty and team plays 1 person short. (If other team scores, team is back to six players.)

YELLOW CARD: 2-Minute Penalty

- Boarding, Body Checking, or grabbing dasher boards to gain an advantage are not allowed.
- Tackling from behind.
- Sliding Tackles and "Jumping At"
- Delay of Game
- Too many players on the field.
- Showing by word or action, dissent from a referee decision
- Unsportsperson-like conduct
- ENCROACHMENT (On all Free Kicks players must be 10 feet from the ball). Wait for the referee whistle to put ball in play.
- Bench misconduct
- Spitting on the playing turf
- Grabbing an opponent's jersey or shorts to impede their advancing the ball

For any of the above offenses (Yellow Card) the offending player serves a 2-minute penalty and team plays 1 person short. (If other team scores, team is back to six players.)

Red Card: Player shall be ejected for that game and the next game. A 5-minute penalty is assessed to the team (served by a member of the team). The player must leave the arena.

- Violent conduct or serious foul play
- Using foul or abusive language
- Persists in misconduct after having a caution before, during or after the game
- Constantly complaining about a referee call or a non-call by the referee
- A player receiving two red cards is done for the season. A player receiving a red card during the final game of the round robin tournament will miss the first game of the traveling soccer season.
- Referees report red cards to HFC Indoor Rec Coordinator

Miscellaneous

- No more than three (3) people in the scorers' area
- Please use the receptacle for all litter
- Players enter the bench area from the south walkway area. Do not climb over the plexiglass.
- No gum chewing, eating or drinking on the turf. No food in the bench area.
- No glass containers in the arena.
- *No alcohol or tobacco products allowed in the arena.*
- No jewelry worn on the field.