

The following rules have been adapted for indoor soccer, anything that is not specifically modified defaults to the FIFA rule.

Laws of the Game

LAW I: THE BALL

- Size 5 soccer balls will be used for all adult leagues as well as U-13 through U-19 leagues.
- Size 4 balls will be used for U-9 through U-12 leagues.
- Size 3 balls will be used for U-6 and U-8 leagues.
- Sports City will provide all soccer game and practice balls (anyone needing more than 4 practice balls can provide their own.)

LAW II: PLAYERS AND SUBS

APPLIES TO ALL

- Minimum of 4 players needed to start and continue a game. Teams will be required to start their game as soon as they have the required minimum number of 4 players. Teams not ready after 5 minutes of game time are subject to a forfeit and appropriate forfeit fine. If during the the game, a team should receive an amount of penalties that bring their number of legal players below the required amount, that game shall be forfeited.
- Exception: U6 and U8 require a minimum of 3 players.
- Unlimited substitutions allowed as listed under SUBSTITUTIONS (see next section).
- Any player may change places with the goalkeeper, provided that the referee is informed before the change is made, and provided also that the change is made during a stoppage of the game.
- Substitute players are to remain in the player boxes. Only players and two coaches are permitted in the box. A team having a non-participating person in the box will be awarded a two-minute penalty. All player/coaches must be listed on the roster.

NUMBER OF PLAYERS ON THE FIELD ADULT & MINUTES PER HALF

Division	Players on Field	Minutes Per Half
Men's Open, Over 25, Over 30	5+ Keeper	24 Minutes
Over 40	6+ Keeper	24 Minutes
Women's Open	6+ Keeper	24 Minutes

Division	Players on Field	Minutes Per Half
Women's Over 25, Over 30, Over 35, Over 40	6+ Keeper	24 Minutes
Coed All Leagues	6+ Keeper	24 Minutes
Men's 4v4 All Leagues (Arena #3)	3+ Keeper	24 Minutes

- All Adult Coed divisions can have no more than 3 male field players on the field at one time. The goalkeeper can be either gender, however playing a female in the goal does not allow for an extra male player to be on the field.
- All Adult Coed divisions must have at least 1 female and 1 male on the field at all times for the game to be considered Coed, otherwise the team will forfeit the game.

NUMBER OF PLAYERS ON THE FIELD YOUTH & MINUTES PER HALF

Youth Division	Field	Number of Players	Minutes Per Half
U6 Coed	Arena 3	5 + Keepers	22 Minutes
U8	Arena 3	5 + Keeper	22 Minutes
U9	Arena 3	5 + Keeper	22 Minutes
U10	Arena 3	5 + Keeper	22 Minutes
U11 & U12	Arena 1 or 2	6 + Keeper	22 Minutes
U13, U14, U15, U16, U19	Arena 1 or 2	6 + Keeper	22 Minutes
High School Coed	Arena 1 or 2	6+ Keeper	22 Minutes

- All High School Coed divisions can have no more than 3 male field players on the field at one time. The goalkeeper can be either gender, however playing a female in the goal does not allow for an extra male player to be on the field.

- All High School Coed divisions must have at least 1 female and 1 male on the field at all times for the game to be considered Coed, otherwise the team will forfeit the game.

NUMBER OF PLAYERS ON THE FIELD FOR RESCHEDULES TAKING PLACE ON ARENA #3

Division	Players on Field	Minutes Per Half
U10	5+ Keeper	22 Minutes
U11-U19	4+ Keeper	22 Minutes
High School Coed	4+ Keeper	22 Minutes
All Adult Leagues	4+ Keeper	22 Minutes

- All Coed divisions can have no more than 2 male field players on the field at one time. The goalkeeper can be either gender, however playing a female in the goal does not allow for an extra male player to be on the field.

SUBSTITUTIONS

Allowed during play:

- Player must be within 3 feet of his/her team box door or off the field before a substitute player can come on.

Allowed when play has ceased:

- After a goal is scored.
- After a time penalty is awarded.
- On an injury time out.
- When the ball leaves the field of play.

LAW III: PLAYER REGISTRATION AND EQUIPMENT

- All players must be listed on the team roster.
- Teams are required to have two sets of matching colored jerseys with 1 by 8 inch permanent numbers on the back. The two sets must be different colors, in case of color conflict. Home team is required to change in case of color conflict. Numbers are required to be legible, permanent, unique for each player, between the numbers 1-99 and a minimum of 1 inch by 8 inches. Numbers must be of a different color than the jersey and we recommend dark colored numbers if on a light colored jersey and light colored numbers if on a dark colored jersey as they must be visible from across the field. Any player who does not match his or her teammates, or does not fulfill requirements

will not be allowed to participate. Goalkeepers must wear a different color from all other players on the field.

- Hats, beanies or other head attire are not allowed except head bands or safety head gear. Head coverings for religious purposes are allowed provided that they are soft and do not pose a safety concern for the wearer or other players.
- No jewelry is allowed. This includes watches, bracelets, rings, and piercings. In the event that a piece of jewelry cannot be removed, it must be taped, and approved by the referee.
- Fitbits and other fitness trackers are allowed, as long as they are fully covered by a soft sweatband. Players assume all risks by wearing their devices during games. Referees will have the final say on whether or not a device is adequately covered.
- Shinguards are mandatory and must be completely covered by socks.
- Only flat soled shoes or turf shoes must be used. No studded/screw-in, or black-soled (marking) shoes allowed.
- All knee, wrist or other braces must be covered by a sleeve. Absolutely no hard casts are allowed, covered or otherwise including metal inserts.
- Eyewear: Please note that glasses are not permitted to be worn during games for the safety of all players. Contact lenses or sports goggles are approved.
- Players not on the current team roster, players without a proper valid membership, shinguards, numbered jersey or any other required equipment, will be asked to leave the field of play and their team may be assessed a time penalty at the discretion of the official.

LAW IV: REFEREES

- At least one official will be present during play.
- When two or more than two officials are present, the two field officials shall have equal authority and responsibility.
- The official will keep a record of the game.

LAW V: DURATION OF GAME

Refer to Law III for "Minutes per half"

- A half time interval shall be 2 minutes.
- The clock shall only be stopped for serious injuries at the discretion of the referee or management.
- The clock may be stopped at the discretion of the referee when the game clock reads 2 minutes or less at the end of each half.

LAW VI: START OF PLAY

- Kick-off will be given to the home team. Visitors will have kick off at the start of the second half.
- A kick-off will start the game and restart the game after a goal has been scored.

- Teams will change direction at half time.
- A goal can be scored directly from a kick-off on Arena #1, Arena #2, and Arena #4 only.
- **Arena #3 Exception:** No scoring directly from kickoffs

LAW VII: RESTARTS: BALL ON AND OFF FIELD

KICK-INS

- This is an indirect free kick; a goal may not be scored directly from a kick-in.
- Kick-ins must be taken within 2 feet of the boards at the point nearest where the ball left the field of play. The ball is considered to be out of play when it makes contact with the protective netting.
- Opposing players shall be 15 feet from the ball. (encroachment rule applies).

GOAL KICKS/THROWS

- When the whole of the ball passes over the end perimeter wall, it shall be kicked or thrown into play from within the penalty area, by the goalkeeper or kicked into play by a member of the team. Play is not live until the ball leaves the penalty box.
- A goal can not be scored directly from such a kick.

CORNER KICK

- When the whole of the ball passes over the end perimeter wall and was last touched by the defending team, a direct corner kick shall be awarded. The ball must be placed on the corner mark.

LAW VIII: BALL IN AND OUT OF PLAY

The ball is out of play when:

- It has wholly crossed the perimeter wall.
- Makes contact with the out of play area (netting, building superstructure, lighting, ceiling).
- When the ball makes contact with the building superstructure, netting, lighting or ceiling, an indirect free kick will be awarded to the opposing team at the center of the nearest white line.

LAW IX: METHOD OF SCORING

- A team scores a goal when the whole of the ball legally passes over the goal line between the goalposts and under the crossbar.

LAW X: THREE-LINE VIOLATION

- No players, including the goalkeeper may propel the ball over the three lines in the air (balls played from the white line do not constitute a three-line violation).
- Penalized by awarding an indirect free kick to the opponents at the center of the first line that the ball crossed over.
- **Arena #3 Exception:** Third line violations and Ceiling violations will result in an indirect free kick for the opposing team at the half way line.

LAW XI: FOULS AND MISCONDUCT

Major Offenses (Direct free kick awarded):

- Boarding is defined as propelling or attempting to propel an opponent into the perimeter wall. The person closest to the board on a boarding foul has the right of way. There is a 3 foot safety zone from the perimeter wall around the entirety of the field. Any shoulder charges or tackles that propel a player into the boards or have the potential to propel a player into the boards will result in a foul. In addition a time penalty must be issued. Shoulder charges and tackles from the side or from behind are not permitted within 3 feet of the boards. A red card will be issued for these types of tackles at the referee's discretion.
 - Charging the goalkeeper, except when he/she has passed outside his/her penalty area
 - Kicking or attempting to kick an opponent.
 - Tripping or attempting to trip an opponent.
 - Jumping at an opponent.
 - Charging an opponent in a violent or dangerous manner.
 - Charging or tackling an opponent from behind.
 - Slide Tackling at any time – Note exceptions for goalkeeper. Goalkeepers can slide on their side hands first to the ball.
 - Striking or attempting to strike, spit at or threaten an opponent.
 - Holding an opponent.
 - Pushing an opponent.
 - Any player (except goalie) who slides in the box in order to prevent a goal will receive a yellow card and a penalty kick will be awarded.
 - Intentionally handling the ball (except goalkeepers within their own penalty box). In addition, a direct free kick will be awarded when the ball strikes the hand if it gives that player or their team an advantage. For example: a player kicks the ball into an opposing players hand which subsequently lands the ball at the opposing players feet, thus giving them an advantage. Note- Players are allowed to protect their bodies with their arms as long as their arms are against the body. If the hands or arms leave the body to meet the ball this will be considered intentionally handling the ball.
- Minor Offenses (Indirect free kick awarded):*
- Player in possession of the ball uses both hands to hold onto boards or glass in order to gain an advantage.
 - Obstructing an opponent.
 - Illegal substitution (Substituting a goalie without permission of referee during a stoppage, having too many players on the field, or a substitute exiting the box before the player they are replacing leaves the field).

- Delaying game: If a player taking the kick or throw delays the taking for longer than five seconds after having been signaled to do so by the referee, the ball shall be turned over to the opposing team for an indirect free kick.
- Bicycle kicks and diving headers are considered dangerous play and are not allowed.
- Going to the ground in order to play the ball or playing the ball while on the ground (Note: if in box to prevent a goal, see Major Offenses)
A player shall receive a 2-minute penalty (blue card) if he/she:
- Violates in a flagrant way any of the items listed as an "Offense" in Law XII or for:
- Goalkeeper Endangerment: Endangering the goalkeeper within his/her penalty area by sliding or charging him/her, regardless of whether he/she is in control of the ball.
- Players' Unsporting Behavior: Players displaying trickery, delay of game, dissent, referee abuse, persistent fouls, illegal substitutions, encroachment or behavior which, in the referee's discretion, does not warrant another category of penalty.
A player shall be cautioned (yellow card) if he/she:
- Persistently infringes the laws and house rules. This caution becomes a red card after being warned.
- Shows by word or action dissent at any referee decision.
- Is guilty of unsportinglike conduct.
- Receives a second 2-minute time penalty for a major or minor offense.
A player shall be ejected (red card) if he/she:
- Is guilty of boarding from a shoulder charge/tackle or tackle from behind that propels or has the potential to propel a player into the boards.
- Is guilty of violent conduct or serious foul play. (Pushing or shoving in order to invite or incite an altercation will be considered serious foul play and/or violent conduct and will be a red card)
- Uses foul , abusive, threatening or racial language, that is personal, provocative or public.
- Spits on the field, in the player box or anywhere else in the facility.
- Chews gum on the field, in the player box or anywhere else in the facility.
- Persists in misconduct after being cautioned.
- Receives a third 2-minute time penalty for a major or minor offense.
- Receives two yellow cards or any combination of cards that total six penalty minutes.
- If a player is red carded, they must leave the facility.
Goalkeeper Restrictions:
- Once a goalkeeper has gained control of the ball during play with his/her hands he/she:
• Must release the ball into play within five (5) seconds (can be to own feet).
- After releasing, cannot play the ball again with his/her hands until it has been touched by an opponent, or goes out of play.

- At no time may a goalkeeper handle a ball with their hands that is intentionally played to him/her by the foot from a teammate.
- At no time may a keeper handle a ball with their hands after he/she has touched the ball outside the penalty box.
- Once a goalkeeper leaves the penalty area then he/she becomes a normal field player and is subject to all rules regarding field players, including the no slide rule.
- Goalkeepers are allowed to slide on their side, hands first to the ball. Any sliding feet first towards the ball with an opposing player within playing distance will result in an indirect free kick for dangerous play. Contact with an opposing player with a feet first slide will result in a foul. A slidetackle in this manner will also result in a foul.
- Punishment for any of the above will be the awarding of an indirect free kick from the top of the penalty area.

Delay of Game:

- If a player intentionally delays the game, the referee may award a time penalty for delay of game.
- If a player, in the opinion of the referee, feigns an injury, the referee may award a 2-minute time penalty for delay of game.
- If a player/team intentionally delays the game with less than 2 minutes in each half of play, the official may stop the clock to award any necessary time penalties or to award a free kick or penalty kick.

Time Penalties/Cards:

Time penalties fall into three categories:

1. **Red** – 5 minute penalties = Red / two yellows / three blues (Accumulation of 3 red cards in a 12-month period will result in an automatic 1 year suspension.)
2. **Yellow** – 4 minute penalties = Yellow or two blues (Accumulation of 2 yellow cards within one session will result in an automatic 1 game suspension.)
3. **Blue** – 2 minute penalties = Blue card (Accumulation of 4 blue cards within one session will result in an automatic 1 game suspension.)

A time penalty of 5 minutes is awarded at the time a player is ejected; the team will play short one player for 5 minutes. The player who is red carded must leave the facility.

A Time Penalty will be awarded for:

- Breach of any house rules (i.e. chewing gum on the field, slamming gates, etc.).
- Illegal substitution and illegally entering the field of play.
- Player re-entering game without making equipment adjustment.
- Any of the major offenses.
- Any of the minor offenses.
- Delay of game.
- Unsportinglike conduct.

- Encroachment on free kicks.
- Leaving door(s) unlatched while not in use.
- Striking a light fixture or ceiling (2 minute penalty). No time penalty will be awarded from an incidental deflection or playing the ball off the head. In the interest of sportsmanship, the opposing team may choose to waive a ceiling violation time penalty at their discretion. This is the only time penalty that can be waived. Exception: No penalty will be issued for U6-U10 leagues.

Release of Players from the Penalty Box:

- Only at the expiration of their full time penalty; penalty time will carry over to the next time period of play (i.e. to the second half or over-time periods).
- After a goal is scored against their team, and the time penalty was for a ceiling violation. (All other violations must serve the full time).
- Only one player can come out per goal, which will be the player who was sent off the field first.

Bench Penalty:

Unsportinglike conduct from a team box will result in a verbal warning against the team; should the conduct persist, a bench penalty will be issued against the offending team and the team manager/coach must remove one of the field players to serve a time penalty.

FREE KICKS

The following apply to all restarts:

- Ball is in play when a player has touched it.
- Opposing players shall be 15 feet from the ball.
- Player taking a kick cannot play it again until someone else touches the ball.

ENCROACHMENT

The following applies to direct and indirect free kicks:

- Opposing players must immediately give the required distance on all free kicks. Any opposing player who delays or interferes with the taking the kick shall be considered guilty of encroachment and a 2-minute time penalty shall be assessed.
- If a player requests the distance to be walked off, the referee will notify teams that play will restart on his/her whistle and walk off the distance. Any players not complying with giving the distance shall be issued a blue card for encroachment.
- **Arena #3 Exception:** All free kicks are indirect (except penalty kicks). 10 feet on all free kicks.

MANAGER/PLAYER RESPONSIBILITY

It is the responsibility of each player to be aware of their playing status and abide by any suspensions/fines levied by the Disciplinary Committee. It is the responsibility of the team manager to be aware of the status of their roster and eligibility of all players.

Failure to comply with suspensions or attempting to play/use illegal players will result in a fine and/or suspension. Should a manager be unable to control their players after a

red card is issued, the manager may also be suspended and/or fined.

RED CARD POLICY

Any player or coach sent off during/after a game by a referee will be suspended from future play in all divisions until notified of their suspension status by Sports City Management. Players are typically notified within one business week of receiving the red card. There is a mandatory minimum \$25 fine for all red cards issued. All fines are donated to a youth scholarship program. A suspended player must pay their fine as well as serve their required suspension before they are eligible to return to play. As soon as a player receives a red card, the player/coach is not permitted to remain on the premises or return to the facility until their suspension has been served. The fine will double for each subsequent red card received after the initial red card, within a 12 month period. Any player receiving 3 red cards within a 12 month period is subject to a 1 year minimum ban. The referee's report and staff reports will go before the Disciplinary Committee for review. The following guidelines are used by the Disciplinary Committee to help determine suspension times:

SPORTS CITY SUSPENSION GUIDELINES

Game(s) suspension, plus a fine:

1. Accumulation of cards (3 blues, 2 yellows or a combination that results in a red card)
2. Spitting on the field.
3. Chewing gum on the field.
4. Baiting an opponent to fight.
5. Foul/abusive language directed towards opponent, referee or staff member.
6. Intentional hand ball.
7. Physical intimidation tactics towards opponent.
8. Kicking/throwing the ball at opponent.
9. Threatening opponent.

1-Year or more suspension, plus a fine:

1. Violence or attempted violence towards another player.
2. Threat of violence towards a referee or staff member.
3. Receiving 3 red cards in a 12 month period.
4. Spitting on/at opponent.
5. Kicking/throwing the ball at referee or staff member.
6. Multiple violations of the guidelines above.

Lifetime ban from Sports City:

1. Violence or threat of violence towards a referee or staff member.
2. Multiple 1 year suspensions.

THE ABOVE LISTED GUIDELINES ARE NOT INTENDED TO BE ALL INCLUSIVE AND SPORTS CITY RESERVES THE RIGHT TO SUSPEND AND FINE CUSTOMERS FOR ANY AND ALL BEHAVIOR THAT VIOLATES ANY POLICIES, PUBLISHED OR NOT.

SPORTS CITY RESERVES THE RIGHT TO RETROACTIVELY ASSIGN RED CARDS AND SUSPENSIONS/FINES BASED UPON REVIEW OF ANY GAMES OR INCIDENTS THAT TAKE PLACE ON SPORTS CITY/EPICENTER PROPERTY

TERMINATION OF PARTICIPATION

Sports City reserves the right to terminate participation for all players/teams that violate any policies, rules and guidelines. Any player/team that is suspended or banned will automatically forfeit their membership/team fees during the duration of their suspension.

LAW XII: PENALTY KICKS AND SHOOTOUTS

PENALTY KICKS

- Time shall be extended at the end of each period to allow the taking of a penalty kick or a shootout.
- All players except for the penalty kick taker and the goalkeeper must stand behind the closest third line.
- Any of the "Major Fouls" inside the penalty box will result in a penalty kick.
- **EXCEPTION:** In all coed leagues, penalty kicks must be taken by a woman.
- **Arena #3 Exception:** All penalty kicks are taken from the center of the third line, and all other players must stand behind the halfway-line.

SHOOTOUTS

A Shoot Out is awarded in all Arena #1, Arena #2, and Arena #4 Leagues for the following Fouls committed by a Defender in his or her Defensive Half of the field in a breakaway situation:

- Last player Foul. A Foul against an attacking player going towards the Goal in the defensive half of the field where the defender is the last player on the team between the attacking player with the ball and the Goal (not including the GK).
- Any foul by GK outside the penalty Area or GK Intentional Handball outside the Penalty Area.(Note: Once play is established in that half of the field, it is no longer considered to be a breakaway)

APPLICATION OF SHOOTOUT:

1. The ball is placed on the center of the attacking third line. Any player on the field at the time of the foul may take the Shootout.
2. 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.
3. 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.

4. 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.
5. Neither team may substitute for the first three (3) seconds of a Shootout. Such a substitution shall be assessed a two (2) minute penalty. The player coming on serves the 2-minute penalty, which shall not accrue against that player for purposes of multiple accumulated time penalty ejection.
6. The goalkeeper shall be restricted to goalkeeping privileges while inside the penalty area. Any foul committed by the goalkeeper, regardless of field position, shall result in a penalty kick and can be taken by any member of the offended team. The goalkeeper shall serve the appropriate time penalty, which shall be recorded.
7. If a shootout infraction is called near the end of a half and the horn sounds after the foul is called, the game shall be extended to a 10 second hand count to allow the shootout to conclude without adding any time to the Scoreboard Clock.

Addendum Rules

ADULT COED SOCCER

Referees will strictly enforce the following special rules:

- Coed teams are comprised of three women on the field of play.
- Exception: If a women is Serving a two-minute penalty or if a team has only one or two women present the team will play short-handed. Any number of women may play as long as one man is fielded. A team may never play more than four men, including the goalie. If the goalie is female, there can be no more than 3 men on the field.
- In the event that only one (1) woman is fielded and issued a blue or yellow card, a man must serve her penalty. If a red card is issued the game shall be terminated and subject to forfeiture.
- Women must take all penalty kicks awarded.
- Macho Rule: The intent of the Macho Rule is to protect female players from uncontrolled and unreasonably aggressive play by male players. If a man's charge or tackle is too rough or aggressive against a woman or the male player attempts to take advantage of gender differences through physical or verbal intimidation, a free kick will be awarded and a time penalty may be assessed. In addition, an indirect free kick may be awarded for any kick taken by a male player with excessive force in the direction of a female player, and within an arc described by her arm span, which rises above her waist level. This will be enforced for all kicks taken outside of the offensive 3rd of the field. A time penalty may also be issued.

Youth Heading Rule: Per U.S. Soccer, headers will only be allowed for U12 age groups and above. If a player in a younger age group intentionally heads the ball, the referee shall stop play and award an indirect kick to the opposing team at the spot of the infraction. In the event that this takes place in the goal box, the kick will be moved to the top of the goal box for restart.

SPLIT FIELD LEAGUE RULES

- 4 players on the field per team (no goal keepers).
- 3 players minimum for U8 rec leagues.
- There is no score kept in split field leagues, as these are developmental leagues.
- The ball will be considered out of bounds if it makes contact with the side or back of the goals, if it hits the field netting, or if it goes beyond the dividers.
- All kicks are indirect.
- Encroachment distance is 5 feet.
- There is no three-line violation, and no ceiling violation.
- For U6 Coed, the four field players can have any make-up of male or female players. No minimum amount of players required.
- For U6 Coed, there is no referee, but one coach per team may be on the field to help instruct players.

SPORTSMANSHIP RULE

Any team that wins a game by more than 10 goals will receive an automatic forfeit for that game. The only exception to this rule is if a team scores an own goal (puts the ball in their own net) once the other team has a ten-goal lead. In that case, the referee will mark it as an own goal, and it will not count toward this ruling. In the meantime, we would ask for your cooperation in addressing this issue with your own team. Please consider good sportsmanship when playing. Thanks for your help in keeping it fun for all.

HANDICAP LAW

A team leading by four (4) goals has two options:

1. The team will not be permitted to have more than two attackers in the attacking third of the field. The attacking third of the field will be defined as the area between the last white line and the goal. Violation of this law will result in an indirect free kick awarded to the defending team. The kick will be taken from the center of the closest white line.
2. The team ahead may take off one player and play short handed, allowing unlimited amount of attackers in the attacking third of the field. The referee must be informed before the team pulls a player off or puts him/her back on.
3. Teams that continue to score and/or play too aggressively in a one sided game may be assessed a team bench penalty or have their game forfeited for unsportinglike conduct. This is at the discretion of the referee and Sports City Management and is done in the spirit of maintaining sportsmanship, safety and friendly competition in all of our leagues.

4. **Exception:** There will be no handicap law for Men's Open division 1 Leagues.
Arena #3 Exception: Handicap rules apply to teams leading by 6 goals or more. All teams 1 player within the attacking third.

ADULT LEAGUE AGE GROUPS

- Open Over 18 (players 18 years & older). Exception: 16 and 17 year olds can play with parents' initials on youth waiver.
 - Over 25 (players 25 years & older, no exception)
 - Over 30 (players 30 years & older, no exception)
 - Over 35 (players 35 years & older, no exception)
 - Over 40 (players 40 years & older, no exception)
 - Over 50 (players 50 years & older, no exception)
- Please note that younger players are not allowed to play up in age group. Please take the time to assess the age group and level of your team when signing up for the league. Sports City reserves the right to determine if a player is too young or too advanced for a given division and remove the individual from the team roster. This is done in the spirit of maintaining parity in a given division.

ARENA #3 RULES & REGULATIONS

All rules for Arena #3 are the same as Arena #1, Arena #2, and Arena #4, with the following exceptions:

- No scoring directly from kickoffs.
- All free kicks are indirect (except penalty kicks).
- 10 feet on all free kicks.
- Handicap rules apply to teams leading by 6 goals or more. The team will not be permitted to have more than 1 player in the attacking third of the field.
- Third line violations and Ceiling violations will result in an indirect free kick for the opposing team at the half way line.
- When 2 or more players from the same team are given time penalties: 4 players (including the goalkeeper) must still be on the field.
- All Penalty kicks are direct and taken from the center of the third line.

ADULT 5v5 (4+GK) LEAGUE ARENA #3 RULES & REGULATIONS

All rules for Arena #3 4v4 Leagues are the same as Arena #1, Arena #2, and Arena #4, with the following exceptions:

- No scoring directly from kickoffs.
- All free kicks are indirect (except penalty kicks).
- All Penalty kicks are taken from the center of the third line.
- 10 feet on all free kicks.

- Handicap rules apply to teams leading by 6 goals or more. All teams 1 player within the last third.
- Three-line or ceiling violations will result in an indirect free kick for the opposing team at the half way line.
- 3 players (including the goalkeeper) must be on the field at all times or the game will be considered a forfeit.
- Rosters for all adult 5v5 leagues will be limited to 12 players.

Release of players from the Penalty Box:

- Only at the expiration of their full time penalty; penalty time will carry over to the next time period of play (i.e. to the second half or over-time periods).
- After a goal is scored against their team, and the time penalty was for a ceiling violation. (All other violations must serve the full time).
- Only one player can come out per goal, which will be the player who was sent off the field first.