

## 2020 WINTER ADULT COED INDOOR SOCCER LEAGUE

Team Captains will receive email with first game time prior to league play.  
Only team captain will receive email. Captains are responsible for notifying their team members.  
Copies of schedules will be available at first game and online.

### RULES AND REGULATIONS

#### GAME DURATION:

- Games will be played in two 20 minute, run time periods with a 5 minute half time.
- There will be 5 minutes between games for warm-up.
- If game runs behind, coordinator will adjust accordingly.
- Teams not ready to play at the end of the 5 minute warm-up period will forfeit that game or games may be shortened in order for next game to start on time.

#### NUMBER OF PLAYERS:

- Games will be played with **5 players** per side, including the goaltender; teams must have one female player on the court at all times.
- If a team cannot field one female, the team must play with only 3 men. After three games playing without a coed team, teams will receive a forfeit for their game.
- If a team cannot field 3 players as of the scheduled game time, it will be considered a forfeit.

#### FORFEITS:

- Teams not ready to play at the end of the 5 minute warm-up period will forfeit that game.
- After a team's second forfeit, the team may be removed from the league (at the discretion of the League Coordinator and/or Sports Coordinator) for the remainder of the season and no refunds will be offered.
- A forfeit may be called by the referee or League Coordinator when a team's conduct, in the referee or League Coordinator's opinion would cause control of the game to be lost, or when the team's conduct is inappropriate.
- In the case of a forfeit the forfeiting team will receive a loss of 0-10 for the game and the non-forfeiting team will receive a win of 10-0 for the game.
- Teams will receive a forfeit if they continually can't field a coed team – male & female players.

<http://steamboatsprings.net/adultsports> for schedule & standings

**Questions?** Contact Nick Carelli, Sports Coordinator: 970.871.7037 or [ncarelli@steamboatsprings.net](mailto:ncarelli@steamboatsprings.net)

**UNIFORMS & EQUIPMENT:** Teams must wear similar colored shirts/jerseys & tennis style shoes (no exceptions!)

- **\*\*NO SOCCER CLEATS OR SPIKES ON THE TURF\*\***
- Games will be played with a size 4 Futsal ball.
- Shin guards are highly recommended.

**OFF SIDES:** No off sides in indoor soccer.

### **SUBSTITUTIONS:**

- Free subbing will be used in this league; person off the court before person on, no stopping play.
- The ball is constantly in play until a goal is scored, a player is fouled or injured, or the period ends.
- Player coming off the court must be completely off the court and exit in the same location that the new player is entering from so as not to gain an advantage by exiting a player on one end and entering a player on the opposite end.

### **REFEREES:**

- There will be one coordinator/scorekeeper for each game.
- Games will be self-refereed. Coordinator on site will have authority to step in during conflicts or physical play. **It is just a game!** Please respect the rules and play fair.
- The Coordinator is the official scorekeeper and has the authority to remove a player from the game or the rest of the season if deemed necessary. **All calls/fouls/decision made by the coordinator are final and not objectionable.**
- This is a zero tolerance league, if it's unsportsmanlike, you will be ejected and potentially banned from future games or the league as a whole.
- If ejected from a game, the player will be suspended for the next game.

### **RULES OF PLAY:**

- This is an indoor league using painted lines as they playing field. When the ball goes out of bounds, the team taking possession must take an indirect free kick from the out of bounds location. To be clear, these kicks cannot be direct shots on goal. The opposing team must provide an 8 ft. "buffer" from the indirect kick location.
- Any ball hitting the walls, regardless of height, is considered out of bounds and an indirect kick must be taken were the ball crossed the out of bounds line.
- Any ball hitting the sides or back of the goal is considered out of bounds. A corner kick or goal kick must be taken (depending on who touched the out of bounds ball last).
- **Any ball that touches any part of the ceiling or basketball basket results in an indirect free kick for the opposing team (this being a goal kick, corner kick, or from the half-line)**
- A throw from the goalkeeper cannot cross mid-court without hitting the floor first (otherwise an indirect free kick is awarded to the opposing team).
- The goalie cannot use his/her hands on an intentional pass back from any teammate.
- **There are no slide tackles allowed....slide tackles will result in an indirect free kick unless the referee determines that the slide involved a penal foul (attempting to kick, trip, jump at, charge, push or strike an opponent) in which case a direct kick may be awarded.**

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**TIE GAMES:** Games tied in score at the end of regulation will go to a 5 minute overtime Golden Goal format. If the game remains tied after the overtime, the match will end in a tie (except in playoffs). A coin toss will determine who receives the ball first in overtime.

**TIES IN LEAGUE STANDINGS TO DETERMINE PLAYOFF BERTHS WILL BE BROKEN BY:**

- 1) Head-to-head results between the tied teams
- 2) Point difference in head-to-head games between the tied teams
- 3) Points against in head-to-head games between the tied teams
- 4) Points scored in head-to-head games between the tied teams
- 5) Point difference in all league games
- 6) Points against in all league games
- 7) Points scored in all league games.

**PLAYOFFS:**

- All teams will advance to a playoff tournament – format TBD depending on number of teams in league.
- Teams will be seeded for end-of-season tournament based on their performance during the regular league season.
- Playoffs will be a single-elimination format.

**ROSTERS:**

Any individual competing in any portion of a league-scheduled game or practice must complete and sign that team's roster before participating. [Players may be added to the roster up to the 4<sup>th</sup> week of league play.](#) [Rostered players must play at least 3 games to be eligible for playoff participation.](#) **Players may not be registered on more than one team roster in the league. Players may play on a Monday night team & Wednesday night team, but not two teams on the same night.** It is the responsibility of the participant to carry proof of identification at all league games. Rosters will be verified from time to time by the league coordinator. A forfeit will result when a team is discovered playing an individual who is not on the team roster. On the second offense, the team will be removed from the league for the remainder of the season and no refunds will be offered. All players must be 18 years or older.

**GYM RULES & REGULATIONS:**

There is absolutely **NO** alcohol allowed on school premises. Food & drink will be limited to the lobby area by the bathrooms. Food and drinks are **NOT** allowed in the gym area.

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## TEAM CAPTAIN'S RESPONSIBILITIES

- 1) Your primary responsibility is to educate your players...communicate ALL pertinent information to each and every player during pre-season, prior to the start of each game, and throughout the league's season.
- 3) Know the Rules...you need to be familiar with the rules so that you can teach your players what they need to know to play the game and have fun! Rules can be found above and online at [www.steamboatsprings.net/adultsoccer](http://www.steamboatsprings.net/adultsoccer). It is your responsibility as a captain to communicate the league rules with your team and help the league coordinator enforce these throughout the season.
- 4) Know the Schedule... It is your responsibility to communicate this information to the rest of your team as you are the only player who will receive notification. At your first game you may pick up copies of the league schedule. You need to make sure that each of your players receives a copy and that you update them on any changes that may occur throughout the season. Updated schedules and results can be found online at [www.steamboatsprings.net/adultsoccer](http://www.steamboatsprings.net/adultsoccer).
- 5) Work with the League Coordinator...as Team Captain it will be your responsibility to work with the League Coordinator during each game and discuss any questions you might have on rules, timing, etc. It will be your responsibility to represent your team if you have any conflicts.
- 6) Encourage safety...carry a basic First Aid kit to your games. You should be your team's "watch dog" and promote safe playing to prevent unnecessary injuries. In this league, which does not have official referees, you are expected to keep an eye on and warn your players who are prone to excessive or intentional foul's.
- 7) Give us feedback...throughout the season it will be your responsibility to let us know how things are going. You may schedule a meeting with the League Coordinator or Sports Coordinator to discuss issues or concerns. At the end of the season you will receive a Program Survey – it is very important that you take the time to fill this out and return it to Parks & Recreation to give us your input so that we can address issues moving into the next season.

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