



Foothills
Park & Recreation District

Foothills Sports Arena Soccer League Rules & Policies ADULT LEAGUES

General Information

1. **NO FOOD, DRINK, GUM OR SUNFLOWER SEED (ANY SEED CASINGS) ALLOWED IN THE ARENA!**
2. The Field Supervisor and/or Foothills Park & Recreation Athletic Staff shall act upon any and all situations not covered explicitly in these rules. All decisions will be final.
3. Foothills Park & Recreation District offers a Soccer Program for the recreational enjoyment of the participants. The Foothills Park & Recreation District Staff is the sole governing body of this program.
4. Foothills Park & Recreation District reserves the right to re-classify a team at any point in the season in order to maintain a fair balance of competition. This will only be done with the cooperation of teams involved.
5. Foothills Park & Recreation District reserves the right to expel any team from the league for reasons of conduct, failure to observe rules, regulations, and procedures and/or failure to field a team for 2 or more games. Written notification of such actions will be provided to the individual and/or team manager.
6. The current FIFA Laws of the Game with the amendments included within this document will be the rules of competition for the Foothills Indoor Arena. Teams are responsible for knowing the rules.
7. The game shall be played between two teams of 11 male, 11 female, or 11 Co-Ed players (at least 4 female) each for full field games; or 6 male or 6 female players for half field games.
8. It is essential that the necessary safety rules are followed at all times without exception. **It is essential for all players to enter the game with the attitude that this is a recreational activity, which contact can occur and that good sportsmanship will always prevail.**
9. **NO SPITTING ON THE FIELD - \$100 FINE if Caught** – Spitting can be unsanitary, unsightly and potentially dangerous. Do not spit on the field or spit into the trash cans surrounding the field. **Teams will be given one warning; a RED card will be issued for continued occurrences as well as a \$100 fine per occurrence.**

Inclement Weather Conditions

Foothills Sports Arena - (303) 409-2444

1. Please check the website for updates first at www.teamsideline.com/foothills
2. Messages will not be placed until 2 hours prior to the 1st scheduled game. Call no earlier than 2 hours prior to game time. Updates are made as necessary.
3. We do not call any teams the responsibility is with you. Please call if there is any doubt about playing.
4. Officials can only delay a game. Only the Field Supervisor can officially cancel a game(s). In the event a game is delayed, teams will be required to wait (at the complex) for a

minimum of 30 minutes. Games may be resumed prior to 30 minutes. After a 30 minute waiting period a decision will be made by the Field Supervisor.

Rescheduled Games

1. Make-up games may be scheduled at any time. Original schedules may change, so please check www.teamsideline.com/foothills regularly.
2. Make-up games will be scheduled a minimum of 8 days from the original date and at the 1st available time slot. Exception: Last two weeks of the season, games will be rescheduled as soon as possible. If a team is scheduled for one make-up game a second make-up may be added to the scheduled.
3. The responsibility of finding out make-up times is the duty of the team manager. We will not call teams or send out notification slips. Teams are advised to check and confirm their reschedule games. We will not accept an excuse of "we were told the wrong information."
4. Due to the large number of teams and limited field space in our Flag Football Program, Foothills Park & Recreation District Athletic Staff cannot change make-up dates for any reason once a make-up game has been scheduled.

Team Fees / Player Residency Fees

1. Teams League Fees are due in full **PRIOR** to the **THIRD scheduled game** of a session. Payments are submitted to the Foothills Sports Arena front desk.
2. **Any fees not paid in full by the start of the third week will FORFIET.**
3. Teams may pick up an individual guest player for single games as long as the player signs the guest roster and pays a \$5/game/person fee. **(NO GUEST PLAYERS DURING PLAY-OFFS)**

Foothills Additional Laws of the Game

1. FIFA Laws of the game apply with the following modifications.
2. Length of Play – games will be 2 x 30 minutes halves, 2 minute half-time.
3. Divisions: Games are played full field (100 yds x 60 yds), 11 v 11 players. **Teams must have at least 6 of your own players. (Co-Ed – 2 Female; 4 Male)**
 - a. Coed – must have a minimum of **4 female players on the field at all times**, in the event a teams does not have the required number of female players they must drop 1 male player per missing female. If the total number of players drops below 7 the team will then forfeit the game.

4. NO SLIDE TACKLES!

5. **Roster: roster size is unlimited; however awards are given to a maximum of 18 players.**
6. Players may be added to the roster up to the start of the final league game. **Players may not be added during any playoff competition, or tournament play. NO GUEST PLAYERS DURING PLAY-OFFS!**
7. **Foothills Players Pass is required**
8. Players may not participate on more than one team in the same league playing on the same day, with out prior approval.
 - a. Illegal players can only be protested before the start of the second half.
 - b. If a player is assumed to be illegal, and they have played only in the second half, that protest must be brought to the immediate attention of an official, then by the League Supervisor/Front Desk.
 - c. **Picking up players from other teams:**

- i. If a team wishes to have a player play from another team, the requesting team manager must notify the League Supervisor/Front Desk, the officials and the opposing manager.
 - ii. If any of those people do not agree to the pick-up, the player will not be allowed to play.
 - iii. If all parties agree, **the player MUST pay the \$5 Pick-Up Player Fee.**
 - iv. The player must be on a current roster.
- 9. ALL Player's will check in with the front desk attendant at Foothills arena prior to their game.
 - a. Please see Game Day Procedures
- 10. **Ball In & Out of Play:** Ball remains in play within the touchlines and goal lines. A ball remains in play if it rebounds from the ceiling. **Exception: If the ball rebounds into either goal without being touched by a player it is considered a dead ball and no goal is awarded. A goal kick will restart play.**
- 11. **Player substitutions:** substitutions can be made during the course of play; players must enter and leave the field at the halfway line. Player leaving the field must be completely off the field before the substitute may enter.

<h2 style="margin: 0;">Game Day Procedure</h2>
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1. Team/Player check-in: **All players must be checked in at least 10 minutes before scheduled game time.**
 - a. Players must present their ID to Foothills Staff to receive their Foothills Players Pass and initial the team sign-in roster to
 - b. Players under the age of 18 must have the youth eligibility form completed, signed and on file with the FSA.
 - i. **Teams are allowed 3 players under the age of 18; no one under the age of 16 will be allowed to participate in the Adult league.**
 - ii. **Players who are 16 can only play if their parent/guardian have filled out the waiver and the parent/guardian must either be playing on the team or be in attendance for the full game.**
2. Foothills Park & Recreation District is in compliance with the Jake Snakenberg Youth Concussion Act, which requires a youth player (ages 19 and younger) to be removed from play if a concussion is suspected and can only return to play with written medical authorization. If half or more of the teams players listed on the roster are 19 years old or younger, then the coach of the team must complete the [CDC's Head's Up Concussion Training](#) and submit documentation to the Recreation Coordinator prior to playing in their first game.
3. If a team has an outstanding balance **after the end of the 2nd week**; players will not be allowed to check in until full payment is received.
4. Teams may pick up individual players for single games as long as the players signs on the guest player game roster and pays a \$5/game/person fee.
5. Players must have the daily mark or wristband from the FSA Front Desk to be eligible to play that day.
6. Teams and Spectators:
 - a. Full field games – teams and coaches/managers will set up benches on the **SOUTH** side of the field (across from the entrance), spectators may sit along the northeast side of the field (away from the entrance doors).
7. Teams must have a minimum of 7 players to start the game (6 have to be your own). Opponents have the following options:
 - a. Ask for an immediate forfeit **or**

- b. Start the game clock and allow the team up to 10 minutes to get enough legal players before the forfeit is declared. In the event the previous game runs over this is considered part of the 10 minute “waiting period”, or
 - c. If you wish to pick up players on another roster to complete a team; Please see **Foothills Additional Laws of the Game Rule 8** (Teams must have at least 6 of their own players to be eligible to pick up other players) (Co-Ed – 2 Female, 4 Male)
8. In the event a game is forfeited the teams will be allowed to use the field for a limited time to practice. The field must be vacated 10 minutes prior to the next scheduled start.

Uniforms

1. **Jersey:**
 - a. **All teams must have jerseys with visible numbers. No Jersey, no play**
 - b. The body of the jersey should be the same basic color. Trimming and style does not have to match exactly with other jerseys. Players must have a jersey.
 - c. Numbers are required on the back of the uniform jersey (minimum of 6 inches). No duplicate numbers.
 - d. **The HOME team will wear their main color. The VISITING team will wear their secondary color. If there is a conflict with those colors, the VISITING team will change.**
2. **Shorts:** players will wear like color shorts or sweatpants.
3. **Shoes:** Only one piece molded rubber shoes are acceptable. No screw-in cleats.
4. **Shinguards:** All players must wear shin guards.
5. **Jewelry:** all jewelry must be removed. This includes weddings rings. Exception: Medical ID's and religious emblems can be worn if made safe to the discretion of the referees.
6. Any player that cannot meet all of the above minimum requirements will not be allowed to participate in the game. Any equipment in question should be brought to the attention of the referee prior to the start of the game.

Disciplinary Action

1. FIFA Laws of the game apply.
 - a. Cautions (Yellow Cards) and Send Offs (Red Cards) are recorded and monitored. Cautions and send-offs will result in player suspensions. Player fines apply for the adult divisions.
 - b. **Fines must be paid in cash at the Foothills Arena front desk to have your Foothills player pass returned.**
 - i. **Please see Disciplinary Sanctions at the end of the Code of Conduct**
 - c. **All Fines and Suspensions will carry over to the next season.**
 - d. Any player, coach or spectator sent off must leave the facility by on their own or by legal means.

Protests

1. The Foothills Park & Recreation District Athletic Staff shall be the sole judge in the evaluation of a protest, there will be no further appeals or hearings.
2. No protests shall be received or considered if it is based solely on the accuracy of judgment on the part of the officials (judgment calls).
3. The protest will be made **at the time of infraction** and completed within 30 minutes of the game's completion.

4. Any team may protest a player's eligibility, but must do so when the player(s) first enters the game. When the next dead ball ends, the right to protest ends.
5. Protest forms will be filled out with the Field Supervisor. The coach/manager will complete the protest form.
6. The Team Manager signs the Protest Form, attach \$100 cash and submit it to the Field Supervisor at the time of the ruling. If the protest is upheld the \$100 shall be refunded, if denied the \$100 shall be deposited in a general fund.

Awards

1. League champions in all divisions will receive individual awards. The number of awards will be equal to the number of paid participants on the roster, no more than 18.
2. If a league has an end of season play-off, 1st place will receive a \$50 credit towards a subsequent season and 2nd place will receive a \$30 credit. The credits will be honored up to one calendar year from the end of the play-off.
3. Tie breakers:
 - A. Total Accumulated Points – Win/3 pts; Tie/1 pt; Loss/0 pts.
 - B. Head to Head
 - C. Head to Head Goal Differential
 - D. Goals Against
 - E. Goals For
 - F. Forfeit

If awards are not given at the field you will be notified when awards are ready be picked up at the Foothills Park & Recreation District Foothills Sports Arena.

CODE OF CONDUCT

The Foothills Park & Recreation District Athletics Department has taken the policy of prosecuting any player, coach or spectator that violates any Foothills Park & Recreation District Ordinance.

Foothills also reserves the right to expel any team, without a refund, for reasons of conduct, failure to observe rules, regulations, procedures and/or failure to field a team for 2 or more games. Written notification of such actions will be provided to the individual and/or team manager.

Misconduct / Ejection(s): The umpires and/or field supervisor shall be empowered to penalize an offending player, coach and/or team as follows:

- A. Warning to player and both teams.
- B. Ejection from current game and suspension for subsequent game(s).
- C. Forfeit of game.

Any player or spectator ejected from the game must leave the field and spectator area. Failure to leave when instructed can result in a forfeit.

Anytime a game gets out of control, the umpires, field supervisor or any Foothills Park & Recreation District Official has the authority to forfeit the game. Any team with 3 or more ejection will result in a forfeit.

- ✓ **NO PLAYER** at any time shall lay a hand upon, push, shove or threaten to strike or verbally threaten an official, staff member, another player or spectator.
Penalty: Be ejected from the game, receive minimum 3 game suspension (maximum of a season) and will be placed on probation.
- ✓ **ANY PLAYER** involved in a physical altercation (strike/hit) with another player, coach, staff member or spectator.
Penalty: Player(s) will be ejected from the game and suspended that sport for one full year. **NOTE:** Any player throwing a punch will be suspended for a full year no matter who started the fight.
- ✓ **NO PLAYER** will be allowed to play if acting in an intoxicated manner.
Penalty: player(s) will be removed from the ball game. This will be ruled upon by any of the officials or a Foothills Park & Recreation District staff member.
- ✓ **ALL PLAYERS, COACHES AND SPECTATORS** will abstain from the use of vulgarity or unsportsmanlike manners while on Foothills Park & Recreation District property.
Penalty: Depending upon severity, officials can enforce A, B, or C of Misconduct/Ejection rule.

TEAMS ARE RESPONSIBLE FOR THEIR PLAYERS AND SPECTATORS CONDUCT BEFORE, DURING AND AFTER THE GAMES. All spectators, as well as participants, must conform to all Foothills Park & Recreation District Regulations and Rules. Improper behavior will not be tolerated.

Penalty: Ejections, Forfeit of game and/or remaining games, arrest and prosecution and no refund of fees.

Once a player(s), coach and/or team have been placed on probation, their conduct will be evaluated throughout the remainder of the season, including State Tournaments. Further conduct violations will result in further suspension that could extend through the remainder of the season, including State Tournaments, as well as forfeiting all fees paid to date.

All players and/or coaches will abide by the official's decision including a decision concerning a team's conduct. The second time a player, coach or manager is ejected from a game, and a more severe suspension will be administered.

Teams may appeal any suspensions by contacting the Foothills Park & Recreation District FSA Coordinator and set an appointment.

REV DATE: 6-3-11



Foothills
Park & Recreation District

DISCIPLINARY SANCTIONS

Only a player or substitute of substituted player may be shown the red or yellow card. The referee has the authority to take disciplinary sanctions, as from the moment he enters the field of play until he leaves the field of play after the final whistle.

Cautionable Offenses – Law #12

A player is cautioned and shown the yellow card if he commits any of the following seven offenses.

Codes	Code Description	Fine	# of Sits
C1/UB	Guilty of Unsporting Behavior	NONE	None refer to yellow accumulation rule.
C2/DT	Shows Dissent by Word or Action	NONE	None refer to yellow accumulation rule.
C3/PI	Persistently Infringes the Laws of the Game	NONE	None refer to yellow accumulation rule.
C4/DR	Delays the Restart of Play	NONE	None refer to yellow accumulation rule.
C5/FRD	Fails to give Required Distance	NONE	None refer to yellow accumulation rule.
C6/E	Enter/Re-Enters Field without Referees Permission	NONE	None refer to yellow accumulation rule.
C7/L	Leaves Field Without Referees Permission	NONE	Two yellows in one game; minimum ONE game sit
	Accumulation of 3 Cautions in one SEASON	Minimum \$30.00 Fine	of Minimum of ONE game sit out
SO	Sit Out for Player or Coach		None



SENDING-OFF OFFENSES

A player is sent off and shown the red card if he commits any of the following seven offenses:

Codes	Code Description	Fine	# of Sits
S1/SFP	Serious Foul Play	Minimum of \$30.00 Fine.	Minimum of TWO game sit out
S2/VC	Violent Conduct	Minimum of \$50.00 Fine.	Minimum of TWO game sit out
S3/S	Spits at an opponent, any other person or on the field	Minimum of \$100.00 Fine.	Minimum of TWO game sit out
S4/DGH	Denies Goal scoring opportunity by Handling the ball	NONE	Sits out Remainder of Game
S5/DGF	Denies Goal Scoring opportunity by committing a Foul	Minimum of \$30.00 Fine.	Minimum of ONE game sit out
S6/AL	Using offensive, insulting, Abusive Language	Minimum of \$30.00 Fine.	Minimum of ONE game sit out
S7/2T	Receives a 2nd Caution in a match	Minimum of \$30.00 Fine.	Minimum of ONE game sit out

A player, coach or spectator who has been sent off MUST leave the vicinity of the field and leave the building.

Red Card (send-off's) – Instances involving violent conduct towards another, player, referee, coach or spectator will not be tolerated by Foothills Park & Recreational District and will result in disciplinary action.

Referee Assault – Police Report will be filed and a report will be sent to the Foothills Sports Arena Facility Manager.

Assault of an employee of the Foothills Park & Recreation District - Police Report will be filed and a report will be sent to the Foothills Sports Arena Facility Manager.



TEAM FINES

Infraction	Fine – Per Occurrence
Spitting on the Field	\$100.00 per occurrence
Failure to use the proper Foothills game roster	\$10.00 per occurrence
Playing and illegal player – (without player pass)	\$100.00 per game and game forfeit
Schedule change, teams will be given a 72 hour grace period to preliminary review schedule; schedule change requests after 72 hours are:	\$20.00 per game
Game cancellation less than 36 hours	\$30.00 fee for U9 – U14, and \$100.00 for High School and Adult teams.

Fines are payable in cash only, to Foothills Park & Recreation District – Foothills Sports Arena located at 3608 South Kipling Parkway, Denver CO 80235. A receipt will be provided as proof of payment.

REV DATE: 6-3-10