



Foothills
Park & Recreation District

Indoor Sports Arena

Youth Soccer League Rules and Policies

ALL REVISIONS ARE HIGHLIGHTED

All fees must be paid in full before first game or team will not play.

General Information

1. **NO FOOD, DRINK, GUM OR SEED 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 each for full field games or 7 male or 7 female players for half field games.
8. It is essential that the necessary safety rules are followed at all times without exception. **It is important for all coaches/parents/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** – Spitting can be unsanitary, unsightly and potentially dangerous. Do not spit on the field! Please find the trash cans surrounding the field. **TEAMS** will be given one warning during the season; a red card will be issued for continued occurrences followed by fines up to **\$100** per occurrence.

Inclement Weather & Rescheduled Games:

Indoor Sports Arena - (303) 409-2444 or

<http://www.quickscores.com/ifoothills/>

1. Messages will not be posted until 2 hours prior to the 1st scheduled game, in the event that inclement weather may cancel games.

2. We ask that only Managers/Coaches call and notify their players. We do not call teams; the responsibility is of the team. Please call if there is any doubt about whether games will play.

Rescheduled Games:

1. Make-up games may be scheduled at any time. **Original schedules may change. It is your responsibility to check the message board regularly.**
2. The responsibility of finding out make-up times is the duty of the team manager. We will not call teams or sent notification slips.
3. The message boards will list all make-up games. Teams are advised to check and confirm their rescheduled games.

Field

High School Leagues - 100 yards in length x 60 yards wide

U9 – U14 Leagues – 60 yards x 43 yards

U7/U8 Leagues – 40 yards x 25 yards

Team Fees

1. Team fees are due in full prior to the first scheduled game of a session. Payments are submitted to the Indoor Sports Arena front desk.
 - Youth Teams (U9 – U14) – Team Fee = \$730
 - High School Boys & Girls – Team Fee = \$910.00
2. Teams may pick up individual for single games as long as the players sign a single game roster and pay a \$5/game/person fee and fill out an individual waiver form.

Youth Divisions

1. FIFA Laws of the game Apply with the following modifications.
2. Length of Play – U9 thru U14 – **22 minute halves; 2 minutes for half-time.**

3. NO SLIDE TACKLES!

4. Youth Divisions – teams will play 7 v 7, half field.
 - a. **U9/10** Boys and Girls – (born between 8/1/00 – 7/31/02)
 - b. **U11/12** Boys and Girls – (born between 8/1/98 – 7/31/00)
 - c. **U13/14** Boys and Girls – (born between 8/1/96 - 7/31/98)
 - d. **U15/18** Boys and Girls – (born between 8/1/92 – 7/31/96)
 - e. Roster Size is unlimited; however awards are given to the maximum of 15 players.
 - f. Players may be added to the roster up to the final game. Players may not be added during any playoff competition, or tournament play.
 - g. A minimum of 4 players is needed to start the game.
 - h. **Substitutions** can be made on the “**controlled fly**” (during the course of play) provided they exit and enter within 7 yards of the Midfield Line. The exiting or entering player may not play the ball until the exiting player is off the field. Penalty is an indirect free kick at the point the player touches the ball.
 - i. **NO OFFSIDE – 7 v 7**

- j. Goalie has use of hands within the one (1) goal area of their own half of the field (marked by black line).
- k. 4 v 4 – No Goalie.
- l. Penalty Kick – if a penalty kick is awarded for an infraction that occurs within the goal area the kick shall be taken from the 10 yard mark (yellow dashed line).
- m. Free Kicks – defense must allow 7 yards.
- n. 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.
- o. Goal Kick – placement of the ball may be anywhere within the goal area.
- p. Goalkeeper – may punt the ball.

High School Divisions

- 1. FIFA Laws of the game apply.
- 2. Length of Play – games will be **2 x 23 minutes halves, 2 minute half-time**.
- 3. Games are played full field, 11 v 11 players.
- 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 final game. Players may not be added during any playoff competition, or tournament play.
- 7. 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.
- 8. 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. The only guaranteed substitution opportunity where the restart of play is delayed is after a goal is scored.

Game Day Procedure

- 1. Teams and Spectators:
 - a. Half-field games – teams and coaches/managers for both fields will set up benches on the outside touchline of the fields. Spectators will sit in the middle of the full field to view the game.
 - b. 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).
- 2. All games will start at their scheduled time or as soon as possible if the preceding game runs over.
- 3. There will be no warm-up time for teams during games or between games.
- 4. Teams cannot be forced to start earlier than scheduled, but may if both teams agree.
- 5. Game time is forfeit time. Full field, teams must have a minimum of 7 players to start the game. Half-field, teams must have a minimum of 4 players to start the game. 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”.
 - c. Ask the opposing team to borrow players to field a team for a legal game.
6. 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 a visible number. 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.
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. NO SLIDE TACKLES!

7. 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. **UNSPORTSMANLIKE CONDUCT:** Unsportsmanlike actions before, during or after games may result in suspensions from the league up to and including lifetime suspensions and / or legal charges. (see Foothills Code of Conduct policy)
2. 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.
 - i. Accumulation of three (3) yellow cards in a season = **1 game suspension**.
 - ii. Two (2) yellow cards in a single game = red card. Player must sit out the remainder of that game, must sit out the next scheduled game, a player sent of may not be substituted for.
 - iii. Red Card (Send Off) – player is expelled for the remainder of the game, will receive a minimum of one (1) game suspension.
 - iv. Red Card for Serious Foul Play, Violent Conduct, or Foul and Abusive Language will receive a suspension, minimum of 2 games and may result in further suspension to the discretion of the Foothills Code of Conduct policy.
 - v. Any player accumulating 2 or more red cards in any season will be subject to suspension from the Foothills Indoor Arena based upon the Foothills Code of Conduct Policies.

- b. Any player, coach or spectator sent off must leave the facility by on their own or by legal means.

CODE OF CONDUCT

The Foothills Park and Recreation District Sport's Department has taken the policy of prosecuting any player, coach or spectator that violates any Foothills Park and 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 and 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 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 and Recreation District staff member.
- ✓ **ALL PLAYERS, COACHES AND SPECTATORS** will abstain from the use of vulgarity or unsportsmanlike manners while on Foothills Park and 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 and 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 extending 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 and Recreation District Athletic Specialist and setting an appointment.