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## Facility Rules

We pride ourselves in providing a safe and dry environment where friends and families from our community can get together and have a good time participating in recreational events at a reasonable cost. Our fields are completely enclosed. As such, it is required that our guests adhere to the following basic safety rules as a minimum:

- NO outdoor cleats are allowed on the fields.
- NO food or drinks are allowed on the fields.
- ABSOLUTELY NO sliding is allowed on the fields.
- NO spitting on the fields (WE WILL EJECT YOU with a minimum 1 MONTH SUSPENSION!)
- Respect each other - this includes guests, players, referees, staff, etc.; NO FOUL LANGUAGE!
- For soccer leagues and related events: SHIN GUARDS ARE REQUIRED!

Those in violation of the above rules may be asked to leave the facility. Your participation is welcome and appreciated. Should you have any questions or concerns, please don't hesitate to see our Guest Services staff for assistance or email [Info@BremertonSports.com](mailto:Info@BremertonSports.com).

Referees and BSC staff have the discretion to remove individuals found to be intoxicated or under the influence of substances that impair their ability to participate safely. These individuals will not be allowed to participate in any activities and may be asked to leave the facility. Have fun, keep it safe, and enjoy yourself in the spirit of the game.

## All Soccer Leagues Rules

These rules take precedence over the "[Official Rules of Indoor Soccer](#)" as published by the [USIndoor Sports Association](#).

Please email [Info@BremertonSports.com](mailto:Info@BremertonSports.com) with any questions or concerns about our rules.

## RELEGATION SYSTEM

The relegation system is designed to ensure the fair distribution of teams across various leagues, tailored to meet the specific needs of each league. At the conclusion of each season, teams that finish at or near the top of their league standings will be promoted to the next higher league for the subsequent season. Conversely, teams that finish at the bottom of their league standings will be relegated to the next lower league.

This system is implemented to maintain competitiveness across all leagues and to minimize the occurrence of lopsided matches. The relegation system is widely recognized as the preferred approach for soccer leagues globally.

The specific number of teams promoted and relegated each season is determined by the league's needs and the size of the leagues. Typically, approximately two teams are promoted and relegated from each league per season, although this number may vary.

## THE PLAYERS

- Unless otherwise stated, leagues will play 5v5 plus a keeper for a total of 6 players on the field per team during each game.
- A minimum number of 4 total players must be on the field at all times (including keeper)
- Coed Leagues are required to have a minimum of 2 female FIELD players on the field at all times. Female players may sub for male players, but the minimum number must be met for a full team fielded. (If a team only has 1 female player on the field, they will have to play shorthanded.)



## GUEST PLAYERS (SUBS)

Process: Subs must obtain a 'sub slip' from guest services prior to the game. Fees may apply.

A guest player (sub) is a player who is not rostered on the team they would like play for but has received permission from the team to play for the team temporarily for a given game. Prior to the sub playing, a sub must obtain a "sub slip" from guest services for **each** game they plan on playing in ([fee\(s\) may apply](#)). The sub slip for each game must be provided by the sub to the referee of the game they plan on playing in *before* that player steps foot on the field.

A sub slip may only be obtained by a player who does not have an outstanding account balance owed to the facility and whose membership is current and in good standing. A sub slip will not be issued to a player is currently suspended or not allowed back in the facility (e.g.: a player who is serving a [Red Card suspension](#)).

## EQUIPMENT

- Shin guards are required for all play. A reminder will be given by the referee prior to the game's start. If a player fails to put them in at this time, the player assumes the risk of injury.
- No dangerous objects may be worn (e.g.: hard casts without padding, jewelry, watches, or other objects that could injure).
  - Bracelets, watches, or Fitbits may be worn if covered by a sweat band. (Sweat bands may be purchased at Guest Services.)
- Cleats are not allowed on ANY of our playing surfaces at any time. Turf Shoes, Tennis Shoes, and indoor shoes only.
  - This applies to ALL field play. Anyone wearing cleats in a league game will be blue carded and given a 2-minute time penalty.
  - Any rental with players wearing cleats will have their rental stopped until all players remove their cleats. Lost time will not be refunded.
  - Any player entering a game in violation of these rules will be called for a foul and the other team will be presented with a free kick.
- Teams are required to have both a dark-colored shirt and a light-colored shirt to distinguish themselves from the opposing team. This requirement applies to all guest players as well.
  - Guest players must wear the correct colors corresponding to the team they are playing for.
  - The shirt colors must be the exact same shade or very similar. For example, if a team's light-colored shirt is bright red, all teammates and guest players must wear a bright red shirt or a similar shade. A maroon-colored shirt would be considered a dark-colored shirt and would not be allowed during the game.
  - If the main colors of the opposing teams are the same, the team designated as the "HOME" team will be required to change to their alternate color.
  - If any player (including guest players) does not have the correct color for the team they are playing with, the default colors will be black for the dark-colored shirted team and white for the light-colored shirted team.
  - Goalkeepers must wear a jersey that is a different color from both their own team and the opposing team. This rule also applies to any player temporarily acting as a goalkeeper, regardless of the duration.

## DURATION OF THE GAME

- For adult leagues, games will consist of two 22-minute and 30-second halves unless otherwise noted (e.g.: tournament play).



- For youth leagues, games will consist of two 20-minute halves unless otherwise noted (e.g.: tournament play).
- Games WILL start at their scheduled time.
- Teams who do not have enough players (4 minimum players needed to play) when the clock starts, will have 5 minutes to get another player and not be charged a late fee.
- Unless otherwise noted, games on the small field will consist of two, 20-minute halves or four 10-minute quarters.

## FORFEITING

- Teams who desire to forfeit their upcoming game, must notify the facility as soon as possible (by calling or emailing [Info@BremertonSports.com](mailto:Info@BremertonSports.com)) so the facility may notify the other team as quickly and early as possible.
- Regardless of when the facility is notified, the team manager on the forfeiting team roster will be fined the **cost of a game in that session** to divide amongst their team as they see fit.
- The team that did not forfeit will be credited the **cost of a game in that session**.
- A game is considered **LATE** and not a **FORFEIT** if a team that didn't have enough players when the clock started, gets the minimum required amount of players 5 or more minutes from the clock starting.
- A game is considered a **FORFEIT** if a team does not have enough players after 10 minutes has passed from the clock starting. If a game is considered a **FORFEIT**, the referee will then call the game as such, record which team forfeited, then set the clock for the remaining time that the team that was forfeited against can then use for the remaining time if they would still like to play. The referee is not required to be down on the field in this instance but can be requested to stay if the teams would like to split up and play.

## FOULS

- You may not go to the ground with any part of the body in order to play the ball.
- No sliding, no sliding kicks, no sliding blocks, no playing the ball while on the ground.
- If, in the referee's opinion, you cannot play the ball without going to the ground, a foul will be called.
  - 'On the ground' is defined as any situation where a player has anything other than their two feet in contact with the ground, such as a knee, hand, or other body part.
  - This rule applies whether the ball is in play, around the player, or after making a pass or shot. Any attempt to play the ball while on the ground will be considered a foul.
- **ANY SLIDE TACKLE WILL RESULT IN AN AUTOMATIC 2 MINUTE PENALTY!**

## BLUE/RED CARD SYSTEM

Code	Offense Description	What's Needed
B	Boarding	Player Name, Incident Time
CB	Coming off Bench for Altercation	Player Name(s), Incident Time
EF	Excessive Fouling	Player Name
EM	Extra Man	Team Name
GSO	Goal Scoring Opportunity	Player Name
I	Intimidation to Head or Excessive Intimidation	Player Name, Incident Time If to the Head
IH	Intentional Handball	Player Name
KF	Keeper Foul	Player Name
LM	Last Man	Player Name
R	Retaliation	Player Name, Incident Time
ST	Slide Tackling	Player Name, Incident Time If Severe
TW	Time-Wasting	Player Name
UB	Unsporting Behavior	Player Name, Incident Time, Details of Behavior

Straight Red Card Situations	What is needed
3 Blue Cards given to the same player in a single game	Time of the Incident
2 Severe Blue Cards given to the same player in a single game	Details of EVERYTHING   Leading up to the incident, the area it happened, etc.
Swearing at the Referee directly	Player Name
Fighting	Team name of the player(s) involved
Violence off the ball or outside of play	Player Name(s) of everyone involved
Slurs and/or Discrimination	Player Name

## FREE KICKS

- All free kicks on the large fields are direct, all free kicks on the small field are indirect.
- In youth leagues 11 years old and below, the opposing players must retreat to the attacking line for goal box restarts on both fields.
- Penalty Kicks will be taken at the top of the arch with all other players behind the attacking line. Penalty kicks will be given if either or both:
  - A foul in the box is committed by the last defender.
  - A foul in the box is committed that warrants a time penalty.
- All other fouls in the box will be a free kick at the top of the arch with a wall allowed.
- All opponents must be 15 feet from the ball on all restarts. Marked by the white line in the box.
- On keeper restarts or free kicks in the defensive arch, the opposing team must be 15 feet away from the arch until the ball is in play.
- A player intentionally blocking the keeper from distributing the ball from inside of 15 feet will be issued a Blue Card.



## **INTIMIDATION RULE**

The intimidation rule is intended to decrease the chances of players getting struck by the ball unnecessarily. This rule applies to only Women's C and all Coed C and D levels. There are three parts to this rule:

1. Part 1: Was the ball SHOT with force towards another player?
  - Yes?: Continue to Part 2.
  - No?: No intimidation rule violation.
2. Part 2: Did the ball strike another player in the head?
  - Yes?: Call a foul on the player that struck the ball and issue a blue card for a 2-minute penalty.
  - No?: Continue to Part 3.
3. Part 3: Did the ball strike another player above the waist but not in the head?
  - Yes?: Give a free kick to the team of the player struck and warn the player that kicked the ball that another offense by them will result in a blue card.
  - No?: Play on.

## **MERCY RULE**

When a team gains a goal differential of +5 goals, the opposing team will be allowed to add one field player until the goal differential is +4 goals or less. If a time penalty is given to a team playing with an extra player, they will need to take the additional field player off. If the goal differential drops below 5, the time penalty must still be served in full unless another goal is scored by the opponent (meaning another player must be removed).

In coed leagues, the player taken off must still meet with the 2 female field player minimum.

## **CARDS**

Blue Cards are for serious or persistent violations of the rules.

Yellow Cards are a warning that the next card displayed will be red.

Red Cards are ejections from the game.

### **Time Penalties**

A 2-minute time penalty will be given for Blue Card offenses.

Goal keepers must serve their own time penalties.

A player receiving 2 Blue Cards will be shown a Yellow Card, notifying them that their next card will be red.

If a player receives an accumulation Red Card (three Blue Cards in one game) the player is ejected, and the team will have a 2 minute time penalty.

Any player that receives a straight Red Card will be ejected from the game and the team will serve a 2-minute time penalty in full regardless of whether or not the other team scores.

There will be no delayed penalties. If a situation warrants a time penalty, the referee will give it at that moment regardless of an advantage situation.

## **GOAL KEEPERS**

Goal keepers must release a Keeper Restart outside of the arch for play to begin.



Keepers will have 5 seconds to put the ball in play outside of the arch on any stoppages.

Keepers **and** defending players will have a 5 second limit on ANY possession inside the arch whether with the foot or hand. Failure to get the ball out of the box in 5 seconds will result in a free kick for the opponents at the top of the arch.

### **SUSPENSIONS AND EJECTIONS**

Any player receiving a Red Card is required to leave the facility immediately. Play does not restart until the carded player leaves the playing field and the player benches. If the player does not leave in a timely fashion, the carded player's team can be given another penalty for time-wasting (blue card offense) which in-turn will result in the team going down an additional player until the time is served, or the opposing team scores.

Red Cards will be assessed a minimum *mandatory* 2-week suspension from all play at the facility.

All Red Cards will be reviewed by management and additional fines and/or suspension time will be added within 5-10 days of the incident.

Fighting and trying to instigate a fight will not be tolerated and will carry heavy suspensions and fines. *\*Minimum 4 months, situation dependent.\**

## **Youth Leagues Rules**

### **THE PLAYERS**

4 Years Old – 7 Years Old:

- 4v4, no Keepers
- Max Roster: 8 plus 1 – 2 Coaches Max
  - 8 Total players total and Up to 2 Coaches
- Small field

Girls 8-11 Years Old / Boys 8-11 Years Old:

- 6v6 + Keepers
- Max Roster: 14
  - Combination of players and coaches
    - 13 Players + 1 Coach
    - 12 Players + 2 Coaches
- Large field

Girls 12-17 Years Old / Boys 12-17 Years Old:

- 5v5 + Keepers
- Max Roster: 14
  - Combination of players and coaches
    - 13 Players + 1 Coach
    - 12 Players + 2 Coaches
- Large field



## THE BALL

- 7 years old and below will use a size 3 ball
- 8 through 11 years old will use a size 4 ball
- 12 years old and above will use a size 5 ball

## THE COACHES

Only a **MAX** of up to **TWO** coaches per team will be allowed in the bench area. Coaches must have an **ACTIVE** Membership with Bremerton Sports Center to be in the player bench area. In the event of a coach getting ejected, they can be replaced by another coach or parent with an **ACTIVE** Membership with Bremerton Sports Center so that the game may resume. If there is no such person, the game will end regardless of the amount of time left, and the score will be recorded as is when it is called.

## SAFETY

Headers are not permitted for ages 4-11 years old. A free kick will be called. Due to this, goal keepers from 8-11 years old will not be allowed to drop kick the ball, it must be thrown or rolled with the hands. In the event of a combined league, the oldest age group league rules will be in play.

## MERCY RULE

- When a team gains a goal differential of +4 goals, the team that is down will be allowed to add (1) field player until the goal differential is +3 or less. If the goal differential reaches +8 goals, the team that is ahead will be forced to remove (1) field player until the goal differential reaches +7 or less. If a time penalty is given to a team playing with an extra player, they will need to take the additional field player off. If the goal differential drops below 5, the time penalty must still be served in full unless another goal is scored by the opponent (meaning another player must be removed).
- This applies to ALL Youth Leagues (Co-Ed High School is considered a Youth League).

## FIELD 3'S 6 FOOT LINE

- Players are not allowed to stand inside the space from the goal line to the 6' line acting as a "goalkeeper." If a player standing in this area touches the ball, a foul will be called, and the ball will be placed at the top of the arch. If a foul is called and the ball is brought back to the top of the arch, the defending team can have players stand on the 6' line, but they cannot stand inside the space between the 6' line and the goal line. Players are allowed to move through the area to defend the ball as long as they are continuously moving in and out of the space.

## THE HUMAN WALL

- If a foul is called that results in the defending team placing a human defensive wall, the attacking team is not allowed to hit the human defensive wall. If the attacking team happens to hit the human defensive wall, the ball will be turned over to the defending team and play will restart from where the human wall was hit.
- This applies to all Youth Leagues (Co-Ed High School is considered a Youth League).



# THE OFFICIAL RULES OF INDOOR SOCCER

*Amateur and Youth Edition Abridged: For Players and Spectators*



## Introduction

The purpose of this abridged edition of the *Official Rules* is simply to help players and spectators become familiar enough with the rules of indoor soccer to play or enjoy the game. For those needing or interested in gaining a technical understanding, the unabridged *Official Rules* are available via the online link above. (You may also visit our "Publications" page at [www.usindoor.com](http://www.usindoor.com)). Referees are, indeed, strongly urged to obtain the unabridged *Official Rules* and to become certified by USIndoor, which offers the only national badge at amateur and youth levels. (Click "Referees" at the USIndoor Website.)



## Rule 1 - The Field Of Play

See Official Field Diagram (page 9) and the unabridged edition for standard dimensions for the field, goals and markings.

## Rule 2 - The Ball

The ball is size 3 or 4 indoor for UI 2 and below and size 5 for all others.

## Rule 3 - The Players

**Number:** For UI 2 and below, the administrative authority shall set the minimum and maximum number of players permitted on the field at the same time. The minimum and maximum standards are no fewer than 5 or more than 7, including a goalkeeper. For above U12, no fewer than 4 or more than 6 players, including a goalkeeper, are allowed. During an Overtime Period, neither team shall play with more than the minimum provided. In coed, the ratio of males to females is set by the administrative authority.

**Substitutions:** Each team may substitute players freely; provided that, during play players must substitute off the field of play or within the Touch Line in the area of their Team Bench.

## Rule 4 - The Players' Equipment

Players wear their team's uniform, consisting of the same colors, shin guards, and indoor footwear. Jewelry and other accessories are prohibited. The Goalkeeper wears jersey colors distinguished from all other players and from the Referees.

## Rule 5 - The Referee

The decisions of the Referee regarding facts connected with play and interpretations of the Rules are final.

## Rule 6 - The Duration of the Game

A regulation game consists of two Halves, with duration according to "house rules" and the following:

- (a) *Overtime Period and Tiebreaker:* If, in a tournament or playoff, the game is tied at the end of regulation, a 5-minute "sudden-victory" Overtime Period follows. If still tied, a Tiebreaker takes place, as described in Rule 12.
- (b) *Running Clock:* Except in the case of an unusual delay, determined by the Referee, the Game Clock counts down continuously through each Half or Overtime Period.



## Rule 7 - The Start and Restart of Play

A **Kickoff** from the Center Mark starts play at the beginning of each Half and after every goal. A player who starts play may not again play the ball until it touches another player.

The Home Team takes the Kickoff for the First Half Kickoff and any Overtime Period, and the Visiting Team takes the Kickoff for the Second Half. The Referee designates the teams' defensive ends, according to "house rules."

Restarts take place by either a Kickoff, Free Kick, Goalkeeper Distribution, or Dropped Ball. Other than for Kickoffs or as provided below, Restarts occur within three feet (3') from the spot of the ball at the moment of stoppage.

A team receives a **Free Kick** after stoppages other than when a Dropped Ball or Goalkeeper Distribution is required. Before the team takes the Free Kick, the ball must be stationary. All opposing players are at least 15 feet (5 yards) from the spot of the Free Kick (or, if within 15 feet of the opponent's Goal, along the Goal Line). The spot of the Free Kick is that provided above, except:

- (a) *Within Own Penalty Arch*: from any spot therein.
- (b) *Within Opponent's Penalty Arch*: at the Free Kick Mark ("Top of the Arch").
- (c) *Delayed Penalty*: (i) according to the ensuing stoppage, as normally administered, or (ii) in case the defending team obtains possession of the ball during play, at the spot of the original offense. (See unabridged Rules where the original offense would have resulted in a Shootout.)
- (d) *Kick-In*: from the point on the Touch Line nearest where the ball crossed over the Perimeter Wall.
- (e) *Three-Line Violation*: from the offending team's Restart Mark.
- (t) *Superstructure Violation*: from the Restart Mark nearer to where the ball was last played.

(See unabridged Rules for additional exceptions.)

If neither team has clear possession of the ball at a stoppage, the Referee restarts play with a **Dropped Ball**. A Dropped Ball caused while the ball is inside a Penalty Arch takes place at the Free Kick Mark.

Play restarts with a **Goalkeeper Distribution** (or punt in U12 divisions and younger) anywhere within the Penalty Arch after an attacking player has last touched the ball before crossing an end perimeter wall.

## Rule 8 - The Ball In And Out Of Play

A **Three-Line Violation** occurs when a player propels the ball in the air across the two Red Lines and the Halfway Line toward the opponent's Goal without touching the Perimeter Wall, another player or a Referee on the field of play.

A **Superstructure Violation** occurs when the ball contacts any part of the building above the field of play.



## Rule 9 - The Method of Scoring

A team scores a goal when the whole of the ball legally passes over the Goal Line. A goal may be scored directly from a Kickoff or Restart.

## Rule 10 - Fouls and Other Violations

A **Foul** occurs when a player commits the following in a manner that the Referee considers careless, serious, reckless, or involving excessive force:

- (a) Kicks or attempts to kick an opponent;
- (b) Trips or attempts to trip an opponent;
- (c) Jumps at an opponent;
- (c) Charges or obstructs an opponent;
- (e) Strikes, elbows or attempts to strike or elbow an opponent; or
- (t) Pushes an opponent.

Or who:

- (g) Plays in a dangerous manner (e.g., boarding, slide-tackling);
- (h) Holds an opponent;
- (i) Handles the ball (except by the Goalkeeper within his Penalty Arch); or
- U) For U11 and younger, has contact with the ball with any part of the head, whether intentional or unintentional

**Unsporting Behavior:** A Free Kick results for the following offenses:

- (a) Leverage: Using the body of a teammate, wall or goal to gain an advantage;
- (b) Encroachment: Entering the protected area of an opposing player taking a Free Kick (after initial Warning);
- (c) Dissent: (i) Referee Abuse; (ii) Breach of Penalty Area Decorum; (iii) Entering the Referee Crease without permission;
- (d) Other: Behavior which, in the Referee's discretion, does not warrant another category of penalty (e.g., delay of game, taunting, foul language.)

**Goalkeeper Violations:** The opposing team receives a Free Kick for the following violations by a Goalkeeper:

- (a) *Illegal Handling:* Bringing the ball from outside of the Penalty Arch to his hand within it, or receiving the ball again after a Goalkeeper Distribution without the ball's having first touched another player (e.g., no drop-kicking or bouncing the ball);
- (b) *Pass Back:* Handling the ball, having been passed deliberately and directly to him by a teammate; except that he may handle a ball which a teammate passes to him by the head, chest, or knee and without "trickery" (the use of a wall or foot to



flick the ball to a head, chest, or knee before making the pass);

(c) *5-Seconds*: Controlling the ball with either his hand or foot inside of his Penalty Arch for over five (5) seconds.

**Team Violations:** The Referee issues a Team Penalty for the following violations by a team or unidentified person:

- (a) *Leaving Team Bench*: Players leave a Team Bench to join a fracas or confrontation with the opposition or a Game Official;
- (b) *Bench Dissent*: After an initial "Warning," one or more unidentifiable players verbally abuse the Referee.
- (c) *Other*: Unsporting Behavior, which, in the Referee's discretion, does not warrant another category of penalty (e.g., too many players on the field.)

**Advantage Rule:** The Referee allows play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from an existing offensive advantage.

**Flagrant Fouls:** A Shootout is awarded for the following Fouls committed by a defender in his or her defensive half of the field:

- (a) A Foul within the Penalty Arch or Goal for which he receives a Time Penalty;
- (b) A Foul from behind against an attacking player, having control of the ball and one or no defensive players between himself and the Goal; and
- (c) Any Foul where he or she is the last player on the team between the attacking player with the ball and the Goal.

**Blue Card:** Unless otherwise provided below, the Referee issues a Blue Card for serious Fouls and Unsporting Behavior (by a player) and for:

- (a) Deliberate Handball or Handball by a Goalkeeper;
- (b) Goalkeeper Endangerment;
- (c) Boarding;
- (d) Any Foul by the Goalkeeper during a Shootout.

**Yellow Card:** The Referee issues a Yellow Card for:

- (a) Second Blue Card;
- (b) Unsporting Behavior by any non-player personnel.

**Red Card:** A person receives a Red Card for Fouls, which the Referee considers violent or committed with excessive force, and for:

- (a) Third-Time Penalty;
- (b) Elbowing: Intentionally elbowing an opponent above the shoulder;
- (c) Vicious Slide-Tackling: A tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him;



- (d) Fighting;
- (e) Leaving Team Bench or Penalty Area to confront the opposition or a Game Official;
- (t) Extreme Unsporting Behavior: Committing particularly despicable behavior, including:
  - (i) Spitting at an opponent or any other person;
  - (ii) Extremely abusive language or behavior toward a Game Official;
  - (iii) Bodily contact with a Game Official in dissent.

## Rule 11 - Time Penalties

The following penalties apply to offenses for which a Card is issued (subject to further action by the Administrative Authority):

- (a) Blue Card: 2-minute Time Penalty in the Penalty Area;
- (b) Yellow Card (for a player's second Blue Card): Warning of the subsequent possibility of an ejection (2-minute Time Penalty for the Blue Card);
- (c) "Administrative" Red Card (for a player's third Blue Card): 2-minute Time Penalty and ejection.
- (d) "Straight" Red Card (for a player's third Blue Card): 5-minute Time Penalty and ejection.

Players are designated by their teams to serve Time Penalties of their team, their Goalkeeper, non-player personnel, and of teammates who receive Red Cards. Otherwise, the person who commits a carded offense serves the penalty. Players serving Time Penalties serve their Time Penalties, seated, until their expiration and the Referee permits their release.

**Short-Handed Play:** For each Time Penalty being served by a player, his or her team plays with one fewer field player until its expiration; provided that, a team may not have fewer than the minimum required, regardless of the number serving Time Penalties. Should a player receive a Time Penalty, while two or more teammates are already in the Penalty Area, his or her team continues to play with the minimum while he or she joins his teammates in the Area.

**Exceptions:** Under the following circumstances, Time Penalties either expire prior to their completed countdown, or have the beginning of their countdowns delayed:

- (a) *Powerplay Goal:* If a team is scored upon having fewer players on the field of play, due to one or more players serving Time Penalties, a player from the team is released from the Penalty Area into the field of play, unless otherwise prohibited, and the player's Penalty or Penalties are wiped out. If the team has two players in the Penalty Area, only the player whose Time Penalty or Penalties are recorded earlier is affected.
- (b) *Multiple Penalties:* If two teammates are serving Time Penalties when another teammate is penalized, his Time Penalty does not begin to count down until at least one of the teammates' Time Penalties has expired and his or her Time Penalty is next to begin.



- (c) *Simultaneous Ejections:* When two simultaneous Red Cards carrying the same Time Penalties are assessed to opposing players, their Time Penalties are not served.
- (d) *Maximum Time Penalty:* No player may receive more than 5 minutes for penalties arising at the same time on the Game Clock, irrespective of the number or nature of accumulated offenses or the fact that one or more teammates may be designated to serve such time.
- (e) *End of Game:* All Time Penalties carry over between periods and expire at the end of the game.

**Delayed Penalty:** In instances where the Referee would issue a Blue Card, but for the Advantage Rule, the referee acknowledges the offense by holding the Card above his head until the earlier to occur of the following:

- (a) *Opponent's Possession:* The team of the offending player gains control of the ball;
- (b) *Stoppage:* The Referee stops play for any reason.

Once play is stopped, the offense is recorded and assessed, as customary. In the event of a powerplay goal, the Time Penalty is not served and the provisions above regarding early release from the Penalty Area remain applicable.

#### **Rule 12 - Shootouts and Penalty Kicks Shootout:**

For a Shootout:

- (a) Any player may take the Shootout;
- (b) All players serving Time Penalties are seated in their appropriate Penalty Area. All players of the attacking team stand on or 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;
- (c) The ball is placed at the Restart Mark nearer the attacking Goal;
- (d) 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;
- (e) Once the Referee whistles the Shootout to begin, the ball is "in play" and the player taking the Shootout plays the ball.

**Tiebreaker:** A Tiebreaker proceeds by Shootouts, except that:

- (a) The Referee designates the Goal at which both teams shoot and the team which shoots first (according to administrative policy);
- (b) All players, other than the player taking the shot and the defending Goalkeeper, remain within their Team Bench areas;
- (c) Both teams have up to 3 shots, with players from each team kicking alternately;
- (d) If, at any time, a team obtains a 2-goal advantage, the Tiebreaker ceases and the winner is declared;
- (e) If, after both teams have taken 3 shots, neither has an advantage, the Tiebreaker continues, alternating one player at a time, until both teams have taken an equal

- number of shots and one team has scored when the other has not;
- (f) The player has 5 seconds to score after the Referee's whistle.
  - (g) A foul by either player results in the lost of that Shootout.

**Penalty Kick:** No penalty kicks.

## Official Field Diagram

