



Indoor Soccer

Policies and Rules

Some reminders, changes and additions to our House Rules are **highlighted** throughout this document, however it is the team captain's responsibility to read, understand and communicate to their respective team ALL of the RISE House Rules.

January 2010

Policies

Membership

All participants are required to have a Richmond Indoor Sports Experience, LLC membership. An annual, calendar year membership is \$10 for an individual and \$5 for each additional family member. Membership is good for all sports offered at Richmond Indoor Sports Experience, LLC. A copy of a driver's license or similar government picture ID must be submitted with the team roster for each member of the team. Once a copy is on file no copies are required for future leagues.

Team Registration

A non-refundable **\$200 deposit** is required to register a team. All teams must give notice to drop out 7 days prior to the start of the current session in order to get a refund on their \$200 deposit. This notice must be confirmed by a member of RISE management. If a team drops out after their division's schedule is posted, then all monies paid are non-refundable. These rules do not apply to Winter Team Registrations due to the high volume of Winter teams. **Winter Session has its own guidelines and unless your division does not play or there is another team to take your spot, all fees paid are non-refundable.** Full payment is required by the start of the second game of a session or the team will be assessed a forfeit for their first and second games. If payment is not made by the start of the third game, the team will not be allowed to play any further games. All members of a team are jointly responsible for the full payment of the team fee. Players may be replaced on the roster at any time during the regular season for a \$50 registration fee. No players can be added or replaced on the roster after the regular season ends prior to or during the playoffs. All RISE rosters are limited to a **16 player maximum**. This rule applies to **ALL** age groups.

Team Managers

The team manager is responsible for seeing that all team fees are paid on time and ensuring that his or her team is aware of the rules of the game, as well as all Richmond Indoor Sports Experience's policies and rules. The team manager is the representative for the team and is responsible for communicating any information that Richmond Indoor Sports Experience, LLC needs to pass on to each team.

Leagues

Our leagues are designed to provide the best soccer experience possible. Richmond Indoor Sports Experience, LLC strives to have:

- Well-refereed games
- Competitive divisions
- A clean, safe facility
- Friendly efficient service
- Timely communication
- Convenient support services

Well Refereed Games

We recruit the best referees possible; all are trained and certified by Richmond Indoor Sports Experience, LLC. They are evaluated on a regular basis which includes regular, documented observations as well as customer feedback. Richmond Indoor Sports Experience, LLC appreciates feedback on referees, both good and bad. We ask that customers realize that referees are not infallible and will miss some calls.

We ask that players, spectators, parents and coaches refrain from yelling derogatory comments to the referees. These comments never achieve their intended purpose. However, Richmond Indoor Sports Experience, LLC needs to hear your comments about the refereeing at our facility. The facility management will record your comments. Receiving, documenting, and responding to your comments will ensure we have a reliable feedback system that uses your input as a means of improving referee performance.

League Policies

- All leagues may be scheduled on various days to maximize arena use. Generally, most of your games during a session will take place on the same day of the week.
- As required to meet scheduling needs, teams may play two games in a day or a week.
- Teams must turn in a roster prior to their first game. The roster can be updated anytime prior to the start of the second game of the season. Players may only play in one level (A, B or C) within any one division. For example, in Men's Open A & B, a player may only play in A or B but not in both divisions, in the same session. This rule does not apply to any Social Coed Divisions. Players may be placed on the roster any time during the session for a \$50 registration fee. If a rostered player is not able to complete the session due to injury, that player may be REPLACED by another player not on that roster, anytime prior to the playoffs – no fee will apply to a roster change due to injury. The injured player may not return to play in any other division for the remainder of that session. Players must also play in a minimum of two regular league games to qualify for the playoffs. No roster changes during the playoffs will be allowed, regardless of the situation.
- **Forfeits** will be declared for games involving ineligible players, suspended players, or players with expired or no membership. The score of a forfeit game will be **5-0**. The winning team in a forfeited game has the following options: 1) Use the arena during the regularly scheduled game time for a closed practice where no referee is provided or 2) Agree to scrimmage the forfeiting team by sharing players and/or allowing the forfeiting team to pick up non-roster players. In either case, no referee will be provided. **If a game has finished one half of play and one of the two teams forfeits, the score at the time of forfeit is posted.**
- Teams will be penalized **“the cost of the referee” for forfeits**, which is having less than four eligible players available at game time. If teams know they will not be able to field a minimum of four players for a scheduled game we ask that the team manager notify the RISE management **no less than 24 hours prior** to the game to give management time to contact the opposing team and the referee. Teams that comply with the 24 hour notice will not be levied this fine.
- Any individual posing as another person or using false information when joining Richmond Indoor Sports Experience will be considered an illegal player and all games involving that player will constitute a forfeit. The guilty player will also be suspended from further activity at Richmond Indoor Sports Experience pending a RISE disciplinary committee ruling.

- Playing while knowingly suspended will result in a forfeit of the game and the guilty player will be suspended from further activity at Richmond Indoor Sports Experience pending a RISE disciplinary committee ruling.
- Any person who is signing a waiver for a minor who cannot legally do so will cause the team with that minor player to forfeit the game and the person who signed the waiver on behalf of the minor and the minor will be suspended from further activity at Richmond Indoor Sports Experience pending a RISE disciplinary committee ruling.
- If a team must withdraw from the league for their own reasons or if they are suspended for violating Richmond Indoor Sports Experience rules and/or policies, any deposits or league fees paid will not be refunded.
- Richmond Indoor Sports Experience reserves the right to relegate or promote teams and or players to leagues other than the requested league to ensure fun and competitive games. Richmond Indoor Sports Experience will work with teams to give them their requested night. However, we place a higher value on assuring competitive games than teams' preferred game night.
- Players may play on more than one team in a division provided they are on both rosters. However, the player must designate a home team. The player's home team is the team that the player will play on if his/her two teams play each other, or if the two teams have games at the same time.
- Players may not switch teams once a game has started even if they are legally listed on each roster. However, once the first game has officially ended, the player may play in another game if he/she is listed on the roster. This does not apply to playoffs – a player may only play for one team in any division during the playoffs.

Schedules and Standings

Final schedules will be available ONE WEEK prior to the first game of each session. The schedules and standings are available on site and also on Richmond Indoor Sports Experience's web site:

www.RISEindoor.com

We make it a priority to keep the web site up-to-date. **We ask that you please check the web site before calling the facility to ask for your game time.** However, if you must call, we are happy to give you any information you need.

Customer's Rights

- A clean facility
- High quality facility and services which includes referees, schedules and programs.
- A trained, responsive and courteous staff, open to customer input.
- Timely information on Richmond Indoor Sports Experience's program changes or additions.

Please talk to the RISE staff member or facility manager if you feel any of the above is not to your satisfaction. Richmond Indoor Sports Experience appreciates the input of valued customers who care enough to tell us when we fall short of your expectations.

Customer's Responsibility

- Consider the safety of others and yourself as the highest priority
- Play for the fun and enjoyment of the game and always be a good sport
- Timely payments for services
- Maintain emotional control while participating or observing
- Respect the arena and help keep the facility clean
- Treat other players, teammates, and Richmond Indoor Sports Experience employees with respect
- Make staff aware of any problems as soon as possible so we can fix them
- Keep yourself updated with the latest information
- Be on time for games and other scheduled events
- Shirts, covered shin guards and appropriate shoes are required on the field at all times.

Special Youth Policies

Our Youth Objectives

- Develop physical fitness through soccer
- Develop individual soccer skills
- Assist in the youth soccer development of the local community
- Provide fun, safe means of exercise for kids

Richmond Indoor Sports Experience provides the above objectives through a variety of programs. Soccer RISErs is for children between the ages of 24 months and 5 years, Classes for children between the ages of 6 and 15 years old, camps, tournaments, coach's clinics, and leagues.

Youth Leagues

Richmond Indoor Sports Experience would love to see every game determined by a single goal. This is our objective when we form leagues. Sometimes the games become lopsided for one reason or another. Our goal is to match teams in leagues as closely as possible. To accomplish this we ask teams to register in the age and level that they played the previous outdoor fall session. This simply gives us a consistent basis by which to place teams. The scoreboard and league standings will never display more than a 10 goal differential.

Sometimes we need to match teams of different ages in order to provide a variety of competition. We realize that a single year can make a big difference which is why we have the following policies:

- Youth leagues are divided by age using the standard outdoor terminology U12, U11 which means "under 12" and "under 11". **Playing age is determined by the child's age as of July 31 of the same calendar year during which they will be registered to play. i.e., if a child is playing in any 2009 session, their playing age is determined by how old they will be on August 1, 2009 through July 31, 2010. As of August 1, 2010, we move into the 10/11 season age determination. For example, if a player is 12 as of August 1, 2009, they would play U13, not U12.**

- Richmond Indoor Sports Experience, LLC uses the same age cut-off as the Virginia Youth Soccer Association. Our youth leagues that play in the winter, spring, and summer use the same age cutoff that the outdoor soccer leagues use in the previous fall. For consistency purposes, we ask all teams to register for the leagues that they played the previous outdoor fall session. The age cutoff is the youth's age as of the first day of August.
- Richmond Indoor Sports Experience will not match up teams more than two years apart. This is to prevent injuries to the younger, smaller players. This rule applies regardless of soccer skill and ability.
- Richmond Indoor Sports Experience will consider the wishes of the team if we have to schedule a team out of its age group.
- Travel and recreational teams will not be combined in the same division without the consent of the team managers.
- Recreational teams may have a maximum of two (2) travel players on their team unless the league is designated recreational only. In this case, no travel players will be allowed regardless of the situation.
- Winter youth team fees & memberships are to be turned into the Captain and the Captain will turn in everything as a group unit to RISE. **NO TEAM FEES OR MEMBERSHIP FORMS FOR YOUTH TEAMS WILL BE ACCEPTED INDIVIDUALLY.**

Special Adult Policies

Levels

- Adult Leagues are divided into levels in order to group players for competitive parity. Our recreational/social leagues are for beginner & intermediate players and teams. The highest level, "A" is for highly skilled, experienced, and athletically fit players. "B" level teams are for general competitive play depending upon soccer skill, athletic ability and general fitness. The availability of different levels in a league will depend upon the number of registered teams for each level.
- Adult teams are allowed 2 players on their roster that do not meet the age requirement of their division. These players must be within 3 years of the designated age group. For example, a Men's 30+ team is allowed 2 players on their roster that are younger than 30 **BUT** at least 27. There will be no allowed exceptions to this rule. Players must meet the required age before the session they are playing in starts. This rule does not apply to the Social Coed 30+ division and Women's 25+ B and Women's 23+A divisions.
- Players not meeting the age requirement for age specific divisions may be placed on a teams roster if their birthday falls during that session. However, that player will not be allowed to play until his/her actual birthday.

End Policies

Rules of the Game

Richmond Indoor Sports Experience, LLC House Rules

- Richmond Indoor Sports Experience, LLC has zero tolerance for the consumption of drugs or alcohol by any person prior to playing or participating in indoor soccer. Violation of this rule will result in indefinite suspension.
- Smoking or chewing of tobacco is not allowed inside Richmond Indoor Sports Experience facilities. Sunflower seeds or similar products are also forbidden.
- No food, drinks, chewing tobacco, or **CHEWING GUM** permitted on playing surface.
- Richmond Indoor Sports Experience assigned referees will supply a game ball before the start of each match. The ball will be returned to the referee upon conclusion of the match.
- Home teams must change jerseys in the event of a color conflict.
- Spitting on the playing surface or in the team box will result in a blue card penalty. Continued violation will result in a red card. Please use the garbage cans in the team boxes.
- The game clock will begin at the scheduled start time, regardless of the readiness of the teams to play. The referee will then start the game when the teams are ready. A forfeit will be declared if a team is not ready five minutes after the referee has started a game clock. Richmond Indoor Sports Experience places importance in beginning matches at their designated start time. Please help this effort by being ready to start the match promptly at the time scheduled.
- Standings will be determined by wins, losses, ties and goals for and against. Tie breakers to determine playoffs will be by goal differential, followed by goals for then goals against.
- Starting Winter 2010: The champion team in every division will be required to move up a division. The last place team in every division will have the option of moving down a division.
- Game time consists of two running 25 minute halves.
- Playoff games ending in a tie will have ONE five minute period (Golden Goal). A shootout will follow if the game remains tied after ONE five minute period. Round one of the shootout will consist of 5 shots from each team. The shootouts must be taken by the 5 players on the field at the end of the overtime period. If a tie remains after the original 5, three (3) NEW players will be chosen and the shootouts become sudden death. After the first eight (8) and a tie remains players can repeat and participate in a second shootout. This will continue until a winner is determined.
- Verbal abuse of the referee, the other team, spectators or teammates will not be tolerated. Violators will be red carded and barred from further participation.

Richmond Indoor Sports Experience, LLC has no tolerance for fighting. The RISE Disciplinary Committee will determine the length of suspensions based upon an objective assessment of each incident. Each case will be sent to the Disciplinary Committee through email and the time restrictions are as follows:

Teams have 24 hours to submit, in writing, their side of the incident.

RISE will in turn have 3 days to submit the incident reports to the disciplinary committee and receive a response with an initial ruling of the players in question.

Once the players in question have received their ruling, they have 24 hours to submit an appeal in writing to RISE. Once RISE has received this appeal in writing, the disciplinary committee will give a final ruling within 48 hours.

This entire process should be finalized by the end of the seventh day.

During the length of the submittal process, each player in question is suspended from ALL play at RISE in any division. This suspension starts from the time the incident occurred.

Ball Size

1. U-13 through adult - Size #5 ball
2. U-9 through U-12 - Size #4 ball
3. U-8 and under – Size #3 ball

Number of Players

1. U-12 and younger ~ seven players, one of whom is a goalkeeper
2. U-13 through adult ~ six players, one of whom is a goalkeeper
3. Adult Open Coed ~ six players, one of whom is a goalkeeper, maximum of four men, minimum of one woman on the field at any time. **If there is only one woman on the field, that woman may leave the field for rest, an injury or a blue/yellow card. If that woman receives a RED card, the game is ended and will be recorded as a forfeit.**
4. **Adult Social (recreational) Coed ~ seven players, one of whom is a goalkeeper. Each team must have a minimum of four players to start a game and one of them must be a female player. If there is only one woman on the field, that woman may leave the field for rest, an injury or a blue/yellow card. If that woman receives a RED card, the game is ended and will be recorded as a forfeit. Excluding the goalie, there may not be more than three male field players in any Social Coed Division. All Social Coed divisions scoring will alternate male/female, no exceptions. All players in Social Coed A, Social coed B & Social Coed C must be 21 years of age or older to play. To play in Social 30+ players must be 30 years of age or older, no exceptions. Players may play in any Social Coed division in the same session. All Social Coed goalkeepers WILL NOT be allowed to play or keep possession of the ball beyond the FIRST red line. The restart is a free kick from the top of the arc.**
5. **Alternate scoring rules**
 - a. Any own goal scored in the opinion of the referee will count but WILL NOT alter the gender rotation.
 - b. Any goal scored off of a deflected shot last touched by a defensive player, will count IF the last offensive player to touch the ball was in turn to score.
 - c. Any goal scored off of a deflected shot last touched by a defensive player, will NOT count if the last offensive player to play the ball was of the wrong gender in turn. The restart will result in a corner kick.
 - d. Any goal scored by the wrong offensive gender, not deflected by a defensive player will not count. The restart will result in a goal kick.
6. Women's 23A+ and Womens 25+B ~ seven players, one of whom is a goalkeeper

Equipment

1. Flat-soled turf shoes designed for artificial surfaces or tennis shoes must be used. Cleats, hard soled studless cleats, hard soled street shoes, boots, soft soled slipper shoes or bare feet are not allowed on the field.
2. The goalkeeper must wear colors to distinguish him/her from all other players.
3. All team members must wear the same jerseys to distinguish them from the opposing team and the referees. Players are asked to bring alternate color shirts (dark & light) in the event both teams are the same color. In the event of two teams with similarly-colored jerseys, the home team must change jerseys. Richmond Indoor Sports Experience provides pinnes for use in the event teams are wearing similar uniforms. Teams may be asked for a credit card or driver's license, as collateral, until all pinnes are returned. **All teams are required to have matching jerseys with numbers on the back. All jersey numbers must be written on the roster and they must also correlate with the appropriate player each week.**
4. All numbers must be placed on all jerseys PERMANENTLY. Taped on numbers will not be accepted and players will be asked to leave the playing field until they have a jersey with a number attached appropriately.
5. Each player is required to wear approved shinguards covered by socks.
6. The goal keeper or other players wearing any kind of protective gear (i.e. knee pads) must wear the soft cushioned type. No hard plastic protective equipment is allowed.
7. Knee braces are allowed on the condition that any potentially harmful edges or protrusions are adequately padded. The referee has the right to disallow any potentially harmful knee braces.
8. Players with casts must have them wrapped in foam to the satisfaction of the referee and present them to the referee for inspection before the game. By allowing them to play, Richmond Indoor Sports Experience in no way accepts responsibility for any aggravation of the injury that may occur while playing.
9. Necklaces, bracelets, rings and/or pierced jewelry must be removed or covered by tape per referee's instructions for the safety and the welfare of all players.
10. All other equipment the referee deems dangerous to any players will not be allowed to be worn.

Game Clock

1. Each match (all age groups) shall consist of two 25 minute halves.
2. The scoreboard is the official game time. The match is over when the scoreboard sounds unless stoppage time has been deemed necessary by the referee for **intentional delay** of game within the last 30 seconds of the game clock. The referee must then place the appropriate amount of time remaining on the score clock and start the play. This rule applies to both halves of the game.
3. Halftime is no longer than **two minutes** in duration. In the interest of time constraints the half-time may be shortened to make up lost time due to injuries or other stoppages in play.
4. Time between games shall be a maximum **five minutes** and teams are required to be ready to play. The score clock will be set between matches and when the display time expires both teams must be prepared to start the match. The referee has the discretion to start the game clock at this time in order to keep games on schedule.
5. The clock may be stopped for **serious** injuries only at the discretion of the referee.

6. When time is stopped for injury, the injured player must leave the game for a substitute and, if able to resume play, may not re-enter the game for a minimum of two minutes following the resumption of play.
7. Any player who suffers a head injury will not be allowed to re-enter the game.
8. If it is the goalkeeper whose injuries require the clock to be stopped and he/she is able to continue play a substitution is not required and the play may continue unless the injury is to the head as stated in #7 above.
9. After the time between games or after the halftime has expired, the game clock will be started regardless if the teams are on the field, prepared to play.
10. The referee may start play before one or both teams are ready if the referee thinks the team is not adequately preparing themselves for the game or simply stalling. Any goals scored after the referee's whistle count regardless of the team's readiness.

Start and End of Play

1. The minimum amount of players for the start of a game is four players, one of which is a goal keeper.
2. Each team must designate a team captain to the referee before each game.
3. A forfeit is declared when a team is unable to put the minimum number of players on the field within **five minutes** after the scheduled start of the match. The game clock will continue to run while the team is attempting to field their players and the time elapsed will not be reinstated.
4. The designated visiting team will kick off to begin the match. The designated home team will kick off to begin the second half of play.
5. A goal can be scored directly from a kickoff.
6. A kickoff must be played within five seconds of the referee's whistle or the opposing team is awarded the ball. The kickoff is not required to go forward, it may be played immediately backward on the referee's whistle.

Team Boxes

1. The home team is the first name listed on the schedule. The scoreboard will reflect which boxes the teams are sitting on. Please be sure when you take the field that you note if you are the HOME team or the AWAY team, and go to the corresponding box.
2. Teams will switch sides but not benches at halftime.
3. No one, except two coaches and players currently playing on the team, is allowed in the team boxes. All High School divisions are required to have a coach over the age of 21 on the bench at all times.
4. No children other than those playing the present game are allowed in the boxes or on the field before or after the game or during half time. Richmond Indoor Sports Experience managers and referees will strictly enforce this rule.
5. Videotaping or photography is prohibited from the team boxes.
6. Glass containers are prohibited in the team boxes and anywhere in the RISE facility.
7. Players are asked to exit the team box immediately after the game and hold player conferences, discussions, etc. in another part of the facility.
8. Players are asked to pick up all their belongings and trash immediately concluding the match.

Ball Out of Play

1. The ball is out of play when it touches any netting above the perimeter wall.
2. The ball is out of play when it makes contact with the facility superstructure.
3. The ball is out of play when it makes contact with any player or spectator outside the arena walls.
4. When the ball hits the side netting, a free kick is awarded to the opposing team. The ball shall be placed approximately three feet out from the wall at the spot where the ball went out of play.
5. When the ball hits the superstructure, lights or ceiling the opposing team is awarded a free kick at the closest white dot on the red or center line from where the ball struck the object. Play resumes on the referees whistle.
6. Players have five seconds to put a free kick into play once the ball has been placed in the designated spot.
7. The ball is still in play when it hits the top of the wall or one of the corner wall pads.
8. When the ball strikes a member of the team bench while still within the playing area (hands/arms over the boards) the opposing team will receive a free kick 1 yard from the spot where the ball hit the team member.
9. Starting Winter '10 Session, ALL divisions will no longer have a whistle restart for white spot direct kicks. However, the ball must come to a complete stop before play continues. A whistle restart is mandatory when the team in possession requests the required 5 yard distance from the ball. All kick-offs WILL require a whistle restart.

Three Line Violation

1. A three line violation is defined as the ball having crossed, in the air, over both red lines without touching the perimeter wall or another player between the two lines.
2. Passing the ball three lines toward your own goal is allowed.
3. A three line violation will result in the opposing team being awarded a free kick from the designated white spot on the red line closest to the violating team's goal.

Fouls

A free kick shall be awarded to the opposing team from the point of infraction, for a player who commits any of the following offenses:

- Inadvertently kicks or attempts to kick an opponent while attempting to strike the ball.
- Inadvertently trips an opponent while attempting to play the ball.
- Inadvertently charges an opponent from behind while attempting to play the ball.
- Intentionally obstructs an opponent when not in possession of the ball. This includes standing between the opponent and the ball so as to form an obstacle. Obstruction is not called when a player has a ball and is shielding so as to prevent an opposing player from stealing the ball or if the ball is kicked downfield and a player attempts to run through an opponent who has established position.
- Inadvertently pushes a player into the boards.
- Pushes a player in an attempt to prevent them from getting to the ball.
- Plays in such a manner so as to be deemed out of control.
- Charges the goalkeeper.
- Plays the ball while lying on the ground or while having a hand/knee on the ground.
- Intentionally plays the ball with the hands.
- If a player holds an opponent in an effort to prevent them from going to the ball.
 - The advantage rule may be applied to allow play to continue when the team against which the foul has been committed will actually benefit from the referee not stopping play.

- The referee will **not** whistle to restart play unless a player requests the referee measure the opposing team's wall distance.
- All foul calls are at the discretion of the referee.
- All of the above calls may result in a time penalty (blue, yellow or red card) depending upon the intent or degree of the violating player, as determined by the referee.

Restarts Top of the Arc

The following goalkeeping restrictions shall cause the referee to stop the play and award a free kick to the opposing team at the top of the restraining arc.

1. If the goalkeeper uses his/her hands when the ball is passed directly from the foot of a teammate.
2. The goalie may not reach outside the box and use his/her hands even if he/she is standing in the box.
3. The goalkeeper with the ball in his/her hands has five seconds to distribute the ball outside of the box. Dropping the ball to his/her feet inside the box does not stop the count but is allowed.
4. The goalkeeper may not go outside of the box and play the ball into the box and pick it up with his/her hands.
5. If the goalkeeper begins a slide inside the box (allowed) and as a result of his/her slide goes outside the box. This will be strictly enforced.
6. Hand ball inside the arc by a defending player will result in a shoot out.
7. The goalkeeper must be standing when throwing the ball out of the box. This is to protect him/her from getting injured by another player.

Time Penalties

Time penalties result in the violating player having to remove themselves from play for the designated time. The violating player's team may not replace that player on the field until the full time penalty has been served. Time penalties are broken into the following categories:

- Bench time penalties two minutes
- Unsportsmanlike conduct two minutes
- Cautionary time penalties four minutes
- Ejectable time penalties five minutes
- Incidental foul language two minutes

BLUE CARDS (2 minutes): Bench and unsportsmanlike conduct time penalties shall be indicated by the referees showing a blue card and announcing to the player that he/she will be serving a time penalty, as well as the nature of the penalty. The player must serve the full 2 minutes of his/her penalty. A player receiving two blue cards in the same game will be issued a yellow card. Any player receiving three blue cards in the same game will be issued a red card.

Incidental foul language or spitting on the field will result in a blue card being issued and that player receiving a two-minute penalty. The team may substitute for that player while he/she is in the penalty box.

YELLOW CARD (4 minutes): Cautionary time penalties shall be indicated by the referee showing a yellow card and announcing to the player that he/she will be serving a time penalty, as well as the nature of the penalty. A player who has received a yellow card as a result of having received two blue cards will be required to serve two additional minutes in the penalty box. A player receiving any other penalties after a yellow card, and a blue card has been issued will be issued a red card and ejected from the game.

RED CARD (5 minutes): Ejections shall be indicated by the referee showing a red card and announcing to the player that they are ejected from the game and the reason for the ejection. In addition, a red card results in a five minute penalty to be served by the alternate player. The full 5 minute penalty will be served regardless of scores. **Players receiving a red card are required to leave the bench area, are suspended from the next game in that division and may not play in any other games the day the red card is received. If a player receives a "straight" red card in any Social Coed Division they could be suspended from ALL Social Coed Divisions for up to ONE YEAR. The final decision will come from the RISE disciplinary committee. Any player receiving 2 red cards in one session, in any combination of divisions, will have a report sent to the disciplinary committee for review and possible suspension.**

SHOOTOUT PENALTIES: A shootout may be awarded if in the opinion of the referee, a team is denied an obvious goal scoring opportunity through an opponent's foul. Also, the attacking team shall be awarded a shootout if the defending team receives a card due to a foul occurring in their own penalty area or by any **deliberate handling violation** by the defending team within their own penalty area. During the 3rd overtime period, if the goalie fouls the shooter the result will be a penalty kick for the shooter. The penalty kick will be taken from 8 yards out from the goal line. The shooter has one shot and the goalie may not move his/her feet until the ball is kicked.

Serving Penalties

1. All players, excluding the goalkeeper, must serve their own penalties.
2. If a goal is scored against the team that is playing shorthanded then that team may return a player back onto the field but the player who was penalized must continue to serve their two-minute penalty. A team with more than one player serving a penalty when goal is scored against them may add only one player back on the pitch and it cannot be a player serving the penalty. This applies to 4 minute penalties as well.
3. When a team has two players in the penalty box and a goal is scored by the opposing team, only the first player penalized can be replaced. If another goal is scored, the second player may be replaced even though both players must serve out their penalties in the box.
4. In all cases where a two-minute penalty is issued the team will play shorthanded (except for incidental foul language and spitting).
5. When both teams have two (2) players serving penalties and a goal is scored neither team can add a player until the full two minutes has been served.
6. **If the keeper is involved in a simultaneous blue card penalty, then the keeper will have to serve the 2 minute penalty.**

Blue Card Penalties

A player who commits any of the following offenses shall be penalized by the referee, issuing a blue card which will result in the player serving a two-minute penalty. Once a blue card has been issued the penalty time will not begin until the player has entered the penalty box. Calls are at the referee's discretion.

- (a) Intentionally trips an opponent.
- (b) Charges an opponent in a violent or dangerous manner.
- (c) Intentionally uses his/her hand to play the ball. If this occurs in the penalty area a shoot out will be awarded.
- (d) Holds an opponent in an attempt to prevent him/her from playing the ball.
- (e) Intentionally pushes a player to knock him/her off the ball or after he/she has been fouled.
- (f) Propels an opponent into the boards in a violent manner. A trip which inadvertently causes a player to make contact with the boards would not result in a boarding call.
- (g) **ANY SLIDE TACKLE** whether offensive or defensive, where a player slides towards the ball or another player in an effort to steal or kick the ball is not allowed. A slide could be considered to reach for the ball by having to go to one knee or down on one hand.
- (h) **For social Coed only: ANY slide from a defensive field player in the box will result in a penalty kick eight yards from the goal line. ANY slide from an offensive player in the box will result in a free kick. BOTH forms of sliding are a MANDATORY BLUE CARD.**
- (i) Kicks or strikes the goalkeeper in possession of the ball while attempting to play the ball.
- (j) Fails to stand 15 feet from the ball after it is spotted and then struck by the ball. If after giving 15 feet, the opposing player moves toward the ball and is struck with the ball they will serve a penalty. The opposing player must have a reasonable amount of time to yield the 15 feet before there is an infraction.
- (k) Once issued a blue card, a player who does not immediately proceed to the penalty box. The delay will result in a second blue card which will be accompanied by a yellow card. If a player continues to refuse or delays the game he/she will be issued a third blue card accompanied by a red card and an ejection from the game.
- (l) A team with too many players on the field of play will be penalized with a two-minute penalty not designated to any one specific player.
- (m) Unsportsmanlike conduct will result in a time penalty where unsportsmanlike conduct includes but is not limited to the following.
 - Persistent disregard for the rules
 - Any dissent by word or action of a referee's decision
 - Taunting the opposing team in a manner so as to cause confrontations – both on the field and/or from the bench
 - Encouraging players by word or action to foul, harm or retaliate against the opposing team
 - Obstructing the goalie in any manner, as they attempt to distribute the ball with his/her hands
 - Making a loud noise or action intended to distract a player on a free kick or a penalty kick

Yellow Card Penalties

A Yellow card or cautionary penalty shall be issued for the following infractions:

1. A player persistently infringes on the rules.
2. A player persistently dissents by word or action any referee's decisions.
3. A player is guilty of persistent unsportsmanlike conduct.

Red Card Penalties

- (a) Red Cards are issued for the following infractions followed by ejection from the game. A player issued a red card for fighting or abuse of a referee will be required to leave the building. Any player refusing to leave after being asked by the person in charge, whether it is a referee or office personnel, will result in the police being called and a complaint filed
- (b) Kicks or attempts to kick an opponent in a violent manner, when not attempting to play the ball, or in retaliation for a perceived foul

- (c) Spits at an opponent
- (d) Strikes or attempts to strike an opponent whether as the aggressor or in retaliation for a perceived foul
- (e) Is guilty of a violent conduct or serious foul play
- (f) Uses foul or abusive language in a confrontational manner
- (g) Fighting regardless of the reason
- (h) Any abuse of the referee whether it is verbal or physical. Verbal abuse may be defined, but is not limited to, swearing at or threatening a referee, or disputing a call in an overly aggressive manner, in an attempt to intimidate the referee
- (i) Any player who leaves the bench to become involved in a fight
 - If more than one player from a team leaves the bench, the players leaving the bench will be assessed red cards. The game will be stopped and the team who's players left the bench will be assessed a forfeit for that game.
 - In the event that players from both teams leave the bench, the players who left the bench will be issued red cards, the game will be stopped and both teams issued forfeits for that game.

Ejections and Suspensions

1. A person receiving a red card will be ejected from the game and will receive at least a one game league suspension. The RISE disciplinary committee will determine the necessity of further sanctions, based upon the degree of the violation. Sanctions will vary from three game league suspensions to permanent Richmond Indoor Sports Experience expulsion.
2. A person receiving two red cards in one session will be expelled from Richmond Indoor Sports Experience for at least eight weeks.
3. A person who makes an attempt to intimidate the referee by the threat of physical abuse, pushing, or attempting to make contact with the referee will be suspended from all play at the facility for a period of at least one year.
4. A person who strikes or attempts to strike a referee (or any employee) shall receive a permanent Richmond Indoor Sports Experience expulsion.
5. A person observed intentionally kicking a ball at unprotected walls or lighting fixtures will be given a warning and then a suspension from the facility.

Restarts:

1. Free Kicks - The following apply to all restarts:
 - a) Opposing players shall quickly yield 15 feet from the ball. Dissent upon a request from the official shall result in a blue card being issued and the violating player being assessed a two-minute penalty.
 - b) The player taking the kick cannot play the ball again until someone else touches the ball.
 - c) If a player taking the kick delays longer than five seconds after having been signaled to play by the referee, the ball shall be turned over to the opposing team to take the restart.
 - d) **All free kicks will be direct, including the kickoff.**
2. Shootouts during regulation play:
 - a) If the clock stops for halftime, the shootout shall be taken at the start of the second half.
 - b) If the clock stops for the end of the game, prior to the shootout, then the shootout will immediately be taken by one of the players on the field at the time.

- c) Once the ball is spotted and the goalkeeper has stated that he/she is ready, the referee will blow the whistle and the ball is now live. There is no set time frame for the shooter to kick the ball in regulation play.
- d) Once the referee has blown the whistle, the other players at half field are free to enter the play.

3. Shootout from the mark – during the 3rd overtime period:

- a) Once the ball is spotted and the goalkeeper has stated that he/she is ready, the player kicking the ball has 5 seconds to play the ball. If the player does not score in these 5 seconds, then play is stopped.
- b) If the goalie fouls the shooter, then the shooter will be awarded a penalty kick. The penalty kick will be taken from 8 yards out from the goal line. The shooter has one shot and the goalie may not move his/her feet until the ball is kicked.

4. Kickoffs

- a) On a kickoff the ball may be kicked in any direction. A goal may be scored directly from a kickoff.
- b) All players must be on their own side of the field at the start of each half of a match. If they are not they must go to their side before becoming involved in the play already started.
- c) A whistle restart is necessary for a kick off and shootout.

4. Out of Bounds

- a) Keeper re-start: When the whole of the ball passes over the end perimeter wall between the corner marks (excluding that portion between the goal posts and under the crossbar) having last been played by a player of the attacking team, play shall be restarted with a throw in. The throw in is taken by the keeper on the opposing team from any point within the penalty area. The ball is not in play until it has left the penalty area and has been distributed to another player outside the penalty box. The goalkeeper has five seconds from the time the referee blows his/her whistle to put the ball in play.
- b) Injury stoppage: Play will restart with a drop ball.
- c) Violations/kicker: If a player taking a goal kick plays the ball a second time after it has passed outside the penalty area but before it has been touched by another player, a freekick shall be awarded to the opposing team at the top of the arc. When the whole of the ball having last been played by one of the defending team passes over the end perimeter wall between the corner flags, excluding when a legal goal is scored, a member of the attacking team shall take a corner kick. A goal may be scored directly from such a kick. *Placement:* The whole of the ball shall be placed on the corner mark at at nearest corner flag, and it shall be kicked from that position, upon the referee blowing his/her whistle..
- d) Goalkeeper change during the game: No time shall be given. Changes will be made the same way as a field player.

5. Drop Ball Restart

May be used by the referee to restart play that has been delayed by two players trapped with the ball along the wall.

Arena Rules : Posted at the entry to each field

Top 10 RISE Field Rules

1. NO SPITTING
2. NO FOOD OR BEVERAGE
3. NO CHEWING GUM, CHEWING TOBACCO, OR SUNFLOWER SEEDS
4. NO SLIDE TACKLING
5. NO PUNTING
6. NO VERBAL ABUSE OF THE REFEREE, THE OTHER TEAM, SPECTATORS, OR TEAMMATES
7. NO FIGHTING
8. NO CLIMBING ON NETS
9. NO CLEATS
10. EACH PLAYER MUST HAVE APPROVED SHIN GUARDS COVERED BY SOCKS

NO UNAUTHORIZED PERSONS ALLOWED ON FIELD

Las Diez Reglas Principales De Las Canchas De RISE

1. NUNCA SE DEBE ESPUPIR
2. NINGÚN ALIMENTO O BEBIDA
3. NINGÚN CHICLE, MASTICANDO TABACO, O SEMILLAS DE GIRASOL
4. NINGÚN CORDAJE DE DIAPOSITIVA
5. NINGÚN PUNTING
6. NINGÚN ABUSO VERBAL DEL ÁRBITRO, EL OTRO EQUIPO, ESPECTADORES, O COMPAÑEROS DE EQUIPO
7. NINGUNOS ENFRENTAMIENTOS
8. NINGÚN MONTAÑISMO SOBRE LAS SOGAS O LAS MAYAS
9. NINGUNAS GRAPAS
10. CADA JUGADOR DEBE HABER APROBADO GUARDIAS DE ESPINILLA CUBIERTAS POR CALCETINES

NO PERSONAS NO AUTORIZADAS PERMITIDAS SOBRE LAS CANCHAS GRACIAS POR CUMPLIR CON ESTAS REGLAS

End Rules of the Game

Revised January 2010.