

BLADIUM[®]

SPORTS & FITNESS CLUB

Indoor Soccer Playing Rules



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Before you play:

Bladium Sports Membership: All players must have a current Bladium Sports membership and be on their team's roster before the start of each game.

Liability Waivers: All players must have a signed waiver on file at Bladium Sports.

On the Roster: All players must be on the roster before playing in a game, unless meeting the criteria for a "Guest Player". Teams using illegal players, that is, players from too high a league, players not on the roster, or without a membership will forfeit the game and may be subject to a suspension.

Age Specific Leagues: Adults must be the age of their league during the session (i.e. over 30 etc.). Adults must also meet the minimum age of 16 to participate in adult leagues.

Guest Player Policy: A team is allowed to use guest players who are not on the roster, as long as the player has a current Bladium Sports membership or pays the 1 day membership fee. Rosters are frozen after the 6th game (or 8th game for 10 week seasons). Guest players will only be allowed if Bladium Staff allow it and have a sub slip from the front desk.

One Team Per Division: Players can only play full time on 1 team per division. Violations will result in a loss for the teams that the player plays for.

Ability Level Restrictions: Players can only play in 2 consecutive levels. Player Level Leagues
Allowed to Play in:

- a) A&B
- b) B&C
- c) C&D
- d) D&E

Eligibility: The league administrator reserves the right to determine the eligibility of any player, or team playing in any league, and may, at their discretion, reassign said player or team as needed for parity and balance.

Team Registration:

Deposits and Placement: In order for returning teams to secure a spot in the next league they are required to have their deposit (\$100) in 2 weeks before the start of the next league. After which time they will not be guaranteed a spot. New teams must pay a portion of the full league fee prior to the start of the league (\$300). Teams that do not get placed in a league will be issued a refund for their initial deposit. If you are a team captain you have assumed the role of Financial Manager for your team. This means you are responsible for the collection of team fees.

Game Schedule: Game nights for your team will typically be the same each week. However, there are instances when we must schedule your game on a different day. Game times will vary from week to week.

Player Registration: Individuals (free agents) who register to play in a league will be required to pay the entire registration fee at the time of signup. Any individuals who are not placed on a team will be issued a refund for their registration fee. No individual may play on a team unless their full registration fee is paid.

Team Standings: In the event of a tie in record at the end of a season the order of finish will be as follows:

- 1) Goal differential
- 2) Head to head record
- 3) Goals against
- 4) Goals for

Protests:

Protest Policy: If at any time during a game a team wants to file protest, the captain must first make a verbal announcement during the next stoppage of play describing the reason for the protest. If you leave or forfeit the game in protest it will count as a loss against your team's record. Following the verbal protest, only the team captain may discuss the situation with the referee after the completion of the game for any policy clarification. Discussions must be maintained professionally without any verbal abuse, yelling, or interference by anyone else, in which case the referee will deny any further dialog. Bladium Sports Club must receive a written protest letter or email within 24 hours of the completed game for review. The captain will be notified of Bladium Sports Club decision within five (5) days.

Not eligible for Protest: Protests that challenge the accuracy of a judgment call by officials or supervisors will not be accepted.

Forfeits:

Forfeit Declared: A forfeit is declared when a team is unable to put the minimum number of players (4) on the field within 10 minutes after the posted game time. The game clock will continue to run while the team is attempting to field their players and the time elapsed will not be reinstated. A forfeit is also declared if a team is reduced to less than 4 players at any time during the game (due to card accumulation).

Non Payment Forfeit: Teams that have paid their deposit but have failed to pay their team fees by the first game of the season or, their total team fees before the third game of the season will have their games declared a forfeit. Forfeits and late fees will continue after the third game of nonpayment.

Forfeits Not Rescheduled: Forfeits are rescheduled only if it was an administrative error. Weather conditions rarely cause Bladium Sports Club to close. If we are open, please make your scheduled game if possible. Any forfeited game will be recorded as 5-0 loss against the forfeiting team in the overall league standings.

Ejections and Suspensions

Ejection: A person receiving a red card will be ejected from the game and must immediately leave the bench area. **The ejected player will be suspended for a minimum of three (3) weeks and must pay a minimum fine of \$25.** The suspension includes all play, including play with other teams, for the duration of the suspension. Any player refusing to leave the field/bench area after being asked by the referee in charge, or any other authorized Bladium Staff Member, may be subject to an added suspension that could lead up to a permanent suspension. If a player continues to cause problems they will be asked to leave the building and their suspension will be lengthened substantially.

Suspensions Carry Over: In all instances, where necessary, suspensions will carry over into the next session.

Discretionary Suspension Terms: Suspensions can, at the discretion of Bladium Sports, be extended or modified other than what is prescribed above for repeat offenders and/or other specific circumstances.

1 Year Suspension: A person receiving a red card for fighting will be suspended from all games for a period of up to one year and will also be asked not to be present at the facility.

Striking a Bladium Sports Employee: A person who strikes or attempts to strike any Bladium Sports employee shall receive a permanent ban from all facilities and will be excluded from any event at Bladium Sports, including tournaments. Bladium Sports Club will also file a criminal complaint with the police whenever an employee is assaulted and/or battered in the conduct of their duties.

On June 20, 2016, Bladium made several rule changes. These changes will make rules safer, more simple and more in line with the US Indoor Soccer Assn., of which we are a member facility.

In brief, the rule changes are:

- **The Clock will not stop in the last minute of a close game**
- **On Free-kicks, opposing players must be 12 feet away**
- **All 2:00 Penalties are soft**
- **Players may immediately re-enter the field, after a penalty ends**

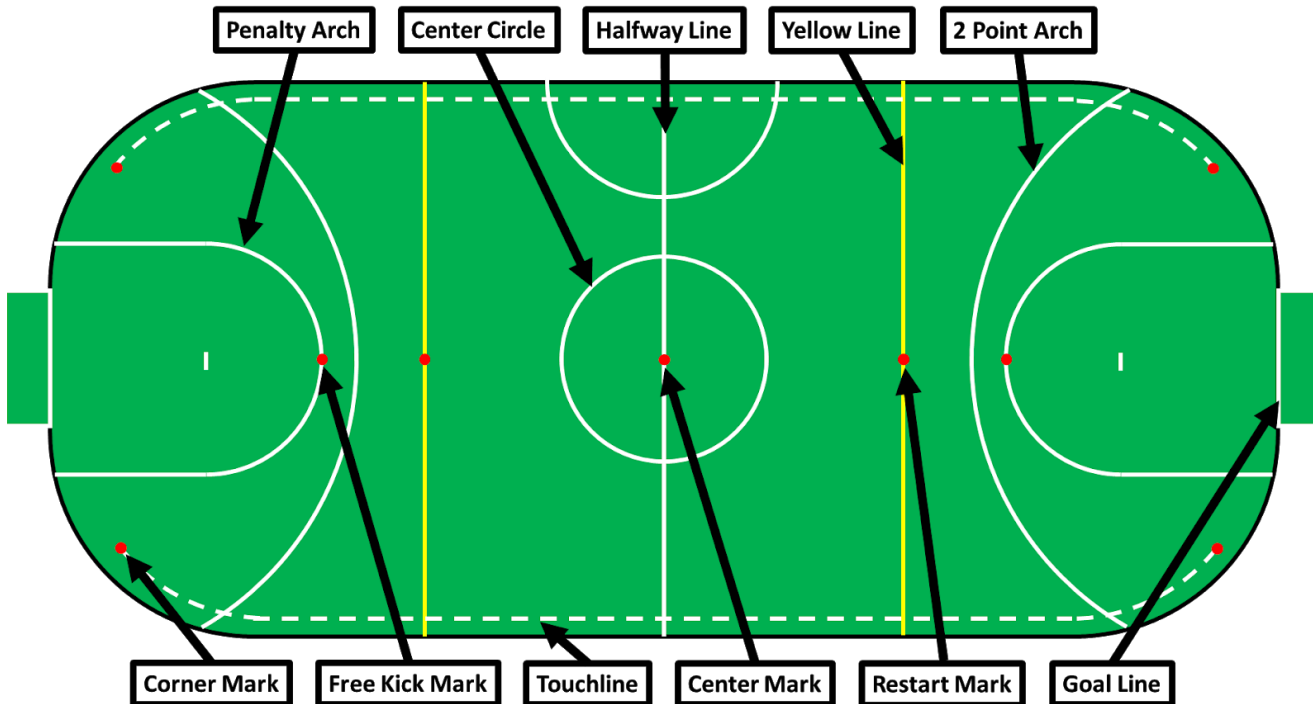
- **The Penalty-Kick is replaced by Shoot-out (dribble up, can be for two-pointer)**
- **A 6th Foul will be a 2:00 Penalty, and a Shoot-out**

Rule Changes will appear in bold highlighted in Yellow, in the text of this document.

Rules of Play

Rule 1 - The Field:

The Field Diagram below has some of the more prominent feature labeled. The Goals are 8 feet high, and 14 feet wide.



It is important to remember that the line which make up the Penalty Arch is part of the Penalty Arch. The line which makes up the 2 Point Arch is considered to be inside the arch.

Rule 2 - The Ball:

Game Balls shall be provided by Bladium. All adult games will use a size #5 soccer ball. Only the Referee can approve and/or change the Game Ball.

Rule 3 - Number of Players:

General Adult Leagues: Play will be between 2 teams, consisting of 6 players each; 5 field players, and one goalkeeper. Teams must have a minimum of 4 players, one of whom is the Goalkeeper. If for any reason, a team is reduced to less than 4 players, the game shall be terminated, and the opposing team will be declared the winner by forfeit.

Coed Leagues: The gender of the goalkeeper does not count toward the female/male mix of field players. Each team must have at least 2 female field players at all times. At no time can a team have

more than 3 male field players, on the field. (Teams consist of 3 male and 2 female field players, the gender of the GK does not count towards this ratio.)

Team Benches: Only players and one coach are permitted in the boxes or on the bench and must be listed on the roster. Spectators will be asked to leave the box. Failure to comply will result in a suspension of the game, while time continues to run, and a 2 minute time penalty may be issued to the team violating these rules.

Substitutions:

Substitutions are made during live play. The referee will not stop the game or time for substitutions (except for injury). Substitutions made during live play, must be made within 3 yards of your own player bench. The player entering the field is responsible for waiting until the exiting player is within 3 yards of the player's bench.

Illegal Substitution Penalties: If a player enters the field of play before the exiting player is within 3 yards or, if the player entering the field of play gets involved in playing the ball before the player exiting is off the field it will result in a 2-Minute Penalty.

Goalkeeper substitutions: A team can change its goalkeeper either during the play of the game as stated above, or teams may request a goalkeeper change at the next dead ball. The referee will delay the restart briefly, to allow a Goalkeeper substitution.

Rule 4 - Player's Equipment:

Footwear: Players must wear shoes. Indoor or molded outdoor soccer shoes are permitted. (No metal cleats allowed) Also, any shoe with a protruding toe cleat will not be allowed.

Uniforms: Teams shall wear uniforms of the same, or similar color. Teams are encouraged to have shirts of an alternate color for each game. Goalkeepers shall wear a jersey color that distinguishes them from the other players on the field.

Shin Guards: Shin Guards are required. The shin guards must be a manufactured sporting goods product, designed to protect the front of the lower leg. (No "Home-made" shin guards allowed).

Goalkeeping Equipment: Goalkeepers may wear gloves and additional protective clothing, provided that such gear poses no danger to other players.

Jewelry: A player may not wear jewelry, watches, necklaces, earrings, bracelets, or anything that

may be dangerous to themselves or other players. It is up to the referee's discretion whether such items are dangerous.

Sports Devices: Knee Braces, and other sports devices are allowed, provided they pose no danger to players. It is up to the referee's discretion whether such equipment is dangerous to others.

Rule 5 - The Referee(s) and Field Supervisors

The Duties and Authority of the Game Officials commence from the moment officials arrive at the facility, until they leave. Game related incidents occurring before or after a match, are still under the authority of the referee and field supervisor. This includes incidents off the field as well.

Referee Duties: Enforces all Bladium Sports rules. Control the soccer match, and ensure that the players' equipment meets safety requirements. The Referee must also act as a timekeeper, record the score, count fouls, and track time penalties.

Bladium games also have Field Supervisors. The Field Supervisor will check in teams, assist the referee when needed, control the bench areas, and manage time penalties.

Authority to Suspend: Referees and field supervisors may Stop, Suspend, or Terminate a match for: rule violations, outside interference of any kind, or serious player injury.

Serious Player Injury: The referee will stop time in the event of a serious player injury and ensure that injured player is removed from the field of play. An injured player may only return to the field of play after the match has been restarted. Players suffering a serious head injury will not be allowed on the field for the duration of the match.

Rule 6 - Duration of Game:

Games will start on time, unless there is delay caused by Bladium. Start times may be adjusted in cases where everyone is running late; for example, a snow storm.

Regular Season Adult games shall consist two 25 minute halves, with a running clock. **The referee has the discretion to stop the clock to administer a time penalty. During the last 2:00 of a close game, the referee may add time to the clock, for time lost to administer a time penalty or if a team is intentionally wasting time. This is up to the referee's discretion.**

The halftime interval shall be 1 minute.

Playoff games shall consist of two 20 minute halves. This is due to playoff teams often playing two games in the same day.

Rule 7 - Ball Out of Play

Restart for ball out of play:

Ceiling Contact Restart: When the ball contacts any part of the building above the field of play, the restart shall be a free-kick for the team opposite that which last touched the ball, from the Restart Mark, (Red dot on Yellow Line) closest to where the ball was last touched on the field.

Kick-in Restart: When the ball leaves the field of play on the side of the field, play shall resume with a kick-in the team opposite that which last touched the ball. The kick-in shall be taken from a point within 3 feet of where the game left the field.

Corner-Kick Restart: When the ball leaves the field of play on the end of the field, between the corner red dots, and the ball was last touched by a member of the defending team, a corner kick is awarded to the attacking team. The corner kick shall be taken from the corner nearest to the point where the ball left the field. The referee must give a whistle for this restart.

Goalkeeper Restart: When the ball leaves the field of play on the end of the field, between the corner flags, and the ball was last touched by a member of the attacking team, a goalkeeper distribution is awarded. (GK uses their hands to restart)

The ball is out of play after it leaves the field, when:

- A Goal is scored
- The ball passes over the perimeter wall, or makes contact with the side, end, or ceiling netting. Or makes contact with the bench area.
- The Referee whistles to stop play. (It generally takes the Referee a few tenths of a second to blow the whistle. Once the referee has decided to stop play, any additional offense occurring, prior to the whistle, will have no effect on the restart. However, if the additional offense is misconduct, the appropriate time penalty shall be imposed.)

Injury Stoppage:

The Referee will stop play immediately for any injury which appears to be serious, regardless of where the ball is, at the time. If such a stoppage occurs while the ball is in the Penalty Arch, the re-start will be at the Restart Mark. (The Red Dot at the top of the Penalty Arch.)

Restarts:

All restarts are Direct.

No Second Touch: The player who puts the ball into play may not play the ball a second time, until someone else touches the ball.

Five Second Rule: If a player taking the restart, delays longer than 5 seconds, the ball will be turned over to the opposing team.

Any Free-Kick from a Red Dot requires a whistle. (A Whistle is required because the location of the restart is not the same location where the ball was, at the time of the stoppage.)

Kick-Off:

- The Home team shall Kick-off in the first half, and in any overtime period if applicable. The visiting team shall Kick-off in the second half.
- The Ball must be stationary, and on the Center Line within the circle.
- All opponents must be in their own half of the field (or not active), and outside the Center Circle. All members of the kicking team must be in their own half.
- The ball is in play, as soon as movement is detected by the referee.
- The Kick-Off may not be taken until the referee signals with a whistle.
- The ball must be put into play within 5 seconds of the Referee's whistle.
- The Kick-off can be played in any direction.
- The player who puts the ball into play, may not play the ball a second time, until another player on the field touches the ball.
- A Goal may be scored directly from the Kick-Off.

Free-Kick:

- The Ball must be stationary, and within 3 feet of the location of the stoppage.
- All opponents must be **12** feet away from the ball,
 - **For a free-kick occurring within 12 feet of the goal, defending players may be within 12 feet of the ball, provided they are standing along the goal-line.**
- Members of the kicking team may be anywhere.
- The ball is in play, as soon as movement is detected by the referee.
- The ball must be put into play within 5 seconds of the Referee's signal.
- The ball can be played in any direction.
- The player who puts the ball into play, may not play the ball a second time, until another player on the field touches the ball.
- All Free-Kicks are direct.

Free-Kick from inside the opposing team's Penalty Arch:

- The Ball must be stationary, on the Free-Kick Mark. (The Red Spot at the top of the Penalty Arch.)
- All opponents must be **12** feet away from the ball.
- Members of the kicking team may be anywhere.
- The Kick may not be taken until the referee signals with a whistle.
- The ball must be put into play within 5 seconds of the referee's whistle.
- The ball is in play, as soon as movement is detected by the referee.
- The ball can be played in any direction.
- A Goal may be scored directly from this Free-Kick.

Kick-In:

- The Ball must be stationary, and within 3 feet of the wall, at the location where the ball crossed the perimeter wall, or touched the side netting.
- All opponents must be **12** feet away from the ball.
- Members of the kicking team may be anywhere.
- The ball is in play, as soon as movement is detected by the referee.
- The ball must be put into play within 5 seconds of the Referee's signal.
- The ball can be played in any direction.

- The player who puts the ball into play, may not play the ball a second time, until another player on the field touches the ball.
- A Goal may be scored directly from a Kick-In.

Corner-Kick:

- The Ball must be stationary, and on the Corner Spot, nearest where the ball crossed the perimeter wall, or touched the end netting.
- All opponents must be **12** feet away from the ball.
- Members of the kicking team may be anywhere.
- The ball is in play, as soon as movement is detected by the referee.
- The Corner-Kick may not be taken until the referee signals with a whistle.
- The ball must be put into play within 5 seconds of the Referee's Whistle.
- The ball can be played in any direction.
- The player who puts the ball into play, may not play the ball a second time, until another player on the field touches the ball.
- A Goal may be scored directly from a Corner-Kick.

Goalkeeper Distribution:

- The Ball must be delivered directly into play from the Goalkeeper's hands.
- The Goalkeeper may move anywhere within the Penalty Arch.
- All opponents must give the GK adequate space to play the ball unhindered
- Members of the Goalkeeper's team may be anywhere.
- The ball must be released by the goalkeeper within 5 seconds of the Referee's signal.
- The ball can be played in any direction.
- The Goalkeeper may not play the ball a second time, until another player on the field touches the ball.
- A Goal may be scored directly from a Goalkeeper Distribution. (Must bounce before the 2nd yellow line.)

Dropped-Ball:

- A Dropped-Ball occurs when there is a stoppage for which there is no prescribed re-start in the rules. This is usually an injury stoppage, when neither team has undisputed possession.
- The Dropped ball shall take place at the point where the ball was, at the time of the stoppage. If the stoppage occurred while the ball was in the Penalty Arch, the Dropped ball will be at the Free-Kick mark at the top of the Penalty Arch.
- The ball is in play once it touches the ground. If the ball is kicked prior to it touching the ground, the Dropped-Ball shall be re-taken.
- A Dropped-Ball is traditionally between 2 opposing players. However, a team may choose to not participate in a Dropped-Ball.
- Players not participating in the Dropped-Ball may be anywhere on the field.
- The ball can be played in any direction.
- A Goal may be scored directly from a Dropped-Ball.

Rule 9 - The Method of Scoring:

A goal is scored when the entire ball has crossed the entire Goal Line. (Under the crossbar and between the posts)

2-Point Goal: A 2-Point Goal is scored when the attacking team kicks the ball directly into the opposing team's goal, from outside the 2nd (larger) white arch. (A ball kicked from the line, is not "outside the line".)

After a 2 Point Shot is taken, if any member of the defending team makes contact with the ball, while inside the 40 foot arch, and the goal is scored, 2 points will still be awarded if the original shot was "On-Goal". **The term "On-Goal" means the ball would have entered the goal, even if it had not been deflected.** A 2-Point shot that is not on goal, but is then deflected in by a defender is only worth 1 Point.

(A shot from outside the 2-point line, that strikes the boards, crossbar, or post; and then strikes a player on the field, before entering the goal, is a 1-point goal) (A shot from outside the 2-point line, played off the perimeter wall, that then enters the goal, without being touched by any player, is a 2-point goal)

After a Shot is taken from outside the 2nd larger arch, if any member of the attacking team makes contact with the ball, while inside the 2nd arch, and the goal is scored, only 1 point will be awarded.

For Division “D” and E Men’s and Coed players, there is a 3 goal limit per player, per game. Any player scoring more than 3 goals in a single game, will be notified their goal does not count and a restart will commence from the GK’s hands. In playoffs where extra time occurs goal totals per player will be reset (along with foul counts).

Rule 10 - Violations, Fouls and Misconducts:

Violations:

2 Touch Violation: The player who puts the ball into play, may not touch the ball for a second time until the ball has been touched by another player. Punishment for this violation is a free-kick for the opposing team, from the spot of the second touch; subject to the overriding conditions found in the Start and Restart section.

3 Line Violation: The ball may not be propelled in the air, across both yellow lines, toward the opposing goal, without touching the field, the wall, or a player, prior to crossing the second yellow line. The restart for a 3 Line Violation is a Free-Kick for the opposing team, from the restart mark (Red Dot on the Yellow Line) closest to the opposing team’s goal. There is no violation for a ball kicked toward a team’s own goal.

5 Second Violation: All Starts and restarts shall be taken within 5 seconds of the referee’s signal. Failure to take the restart within 5 seconds will result in a free-kick for the opposing team, from the spot of the ball; subject to the overriding conditions found in the Start and Restart section.

Goalkeeper Violations: The opposing team will receive a free-kick from the Free-Kick Mark, at the top of the Penalty Arch, for the following Goalkeeper Violations.

- **Illegal Handling:** Bringing the ball from outside of the Penalty Arch, to within, and then using hands.
- **Second Hand Possession:** Goalkeeper using hands for a second time, without the ball's having first touched an opposing player.
- **Handling from a Pass Back:** Handling the ball, having been passed deliberately to him by a teammate; except that he may handle a ball which a teammate passes to him from above the knee.

- o The term “direct” means, untouched by another player,
- o The use of a wall or foot to flick the ball to a head, chest, or knee before making the pass to one’s own goalkeeper is legal.
- 5-Seconds Hand Control: Controlling the ball with hand(s) within Penalty Arch for over five seconds.
- Punting: The Goalkeeper may not punt the ball

Fouls:

Simple Foul in the Defensive Penalty Arch: For any foul that does not meet the criteria for a time penalty, that occurs inside the defending team’s Penalty Arch, the opposing team shall be awarded a free-kick from the free-kick mark, at the top of the Penalty Arch. The defending team will be allowed to position themselves anywhere outside of 12 feet, in accordance with the rules for a free-kick.

All fouls occurring outside the Penalty Arch shall result in a free-kick from the stop of the offense; subject to the overriding conditions for a “Flagrant Foul”.

A certain amount of contact will occur in every soccer match. Referees are asked to refrain from blowing the whistle for doubtful and/or insignificant offenses. This differs from a situation when there is no doubt that a foul has occurred, but the referee applies the “Advantage Rule”.

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.

The Referee will consider the level of careless, force, and intent, before stopping play for the following fouls:

- Kicking, or attempts to kick an opponent.
- Tripping, or attempts to trip an opponent.
- Jumping into, or jumping at an opponent.
- Charging into an opponent.
- Striking, elbowing, or attempting to strike or elbow an opponent.
- Pushing an opponent, choking, spitting etc.

The Referee shall stop play for any of the following offenses:

- Playing in a Dangerous Manner, including but not limited to:
 - o High Kicking near an opponent.
 - o Playing, or attempting to play the ball, while on the ground.
 - o A Slide Tackle with contact
 - o Diving to head the ball.
 - o Jumping to kick the ball in a manner so as to not land on one's feet. (Bicycle Kick/Scissor kick)
 - o Causing an opponent to make significant contact with the perimeter wall, short of Boarding.

Dangerous Play and the Wall: Certain situations that are usually allowed on a soccer field, may be deemed "Dangerous" when they occur near the perimeter wall. Players must always play in a manner that is safe for all competitors. Any challenge which causes a player to go into the wall, or during which a player squeezes another player against the wall, is most likely an example of dangerous play. In these situations, the safety of the players will be the referee's most important consideration.

- Holding an opponent.
- Deliberately plays the ball with the hand or arm. (Except for the Goalkeeper, within their own Penalty Arch.)
- Goalkeeper Slide: If the goalkeeper begins a slide inside the arch (allowed) and as a result of their slide goes outside the arch (allowed). GK cannot start the slide outside the arch.
- Impeding: When not within playing distance of the ball, intentionally and actively impeding an opponent's progress to the ball.
- Intentionally obstructing the Goalkeeper's path to the ball.
- Interfering with the Goalkeeper in the process of distributing the ball.
- Preventing the Goalkeeper from releasing the ball when in possession with hand(s).

The 6th Foul Rule:

The Referee will keep track of team fouls. **When a team reaches the 6th foul in a half, the Referee shall issue a 2 Minute Time Penalty, and a Shoot-Out.** The player who committed the 6th foul, shall serve the Penalty. However, a 6th foul penalty shall not accumulate toward that player's personal time-penalty count. Only Fouls, not Violations, will accumulate toward the

Foul Count. A foul which, on its own, warrants a time penalty, will not be counted toward the 6th foul.

After 6 fouls, the foul count is reset to zero. Foul count also resets to zero at the end of a period. In Playoff games, the overtime period shall have a 3 foul limit.

Misconduct:

Misconduct is an offense, foul or otherwise, which warrants the display of a colored card, and a Time Penalty.

Blue Card criteria:

General criteria for a 2-Minute Time Penalty. For a Foul to rise to the level Misconduct, the offense must meet at least one of the following criteria.

- The foul removed an imminent goal scoring opportunity.
- The foul was obviously deliberate, intentional, premeditated, or done in retaliation.
- The foul had an increased level of carelessness, recklessness, or excessive force, above what was normal for that situation.
- Persistent Infringement; either by one player committing multiple fouls, or by a team intentionally committing multiple fouls against one opposing player.

Automatic Blue Card:

- Deliberate Handball or Handball by a Goalkeeper to prevent a goal;
- Goalkeeper Endangerment;
- Boarding;

Flagrant Fouls:

A 2-Minute Penalty, and a **Shoot-Out** is awarded for any Foul committed by a defender in their own half of the field, meeting one of the following:

- (a) A Foul within the Penalty Arch or Goal which the meets the standard for a Time Penalty;
- (b) A Foul from behind against an attacking player, proceeding toward goal while in control of the ball, while one, or no defensive players are in a position to defend the Goal;
- (c) Any Foul committed by the last defender (not necessarily the goalkeeper) between the

attacking player, proceeding toward the goal while in control of the ball, and the Goal.

Rule 11 - Time Penalties:

Time Penalty Types:

- Soft: A Soft Penalty means, the penalized player is released early from the Penalty Box, if the opposing team scores a power play goal.
- Hard: A Hard Penalty means, the penalized player remains in the Penalty Box for the entire penalty time, regardless of the number of goals scored by the opposing team. All Yellow and Red Cards are “Hard”.

Accumulation of Time Penalties by one player:

- First Blue Card = 2 Minute (Soft) Penalty
- Second Blue Card = 2 Minute (Soft) Penalty, and an Administrative Yellow Card.
- Third Blue Card = 5 Minute Penalty, served by a teammate. Offending player then issued an Administrative Red Card, and must leave the game permanently. This is also true for a Blue Card, after a Straight Yellow; or a Straight Yellow Card, after a Blue.
- Straight Yellow Card = 4 Minute (Hard) Penalty
- Straight Yellow Card after a Blue Card, or a second Yellow Card = 4 Minute (Hard) Penalty, served by a teammate. The offending player is issued an Administrative Red Card, and must leave the facility.
- Straight Red Card = 5 Minute (Hard) Penalty, served by a teammate. Offending player must leave the facility.

Specific Examples of Fouls requiring a minimum 2-Minute Times Penalty are:

- Deliberate Handball or Handball by a Goalkeeper to prevent a goal.
- Goalkeeper Endangerment.
- Boarding: Propelling an opponent into the perimeter wall with force.
- Any Foul by the Goalkeeper during a Shootout.
- A Sliding Tackle with heavy contact: A sliding tackle where there is heavy contact with the opponent, but the referee believes the intent was not malicious.

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 one of the following occurs:

- Opponent's Possession: The team of the offending player gains control of the ball;
- Stoppage: The Referee stops play for any reason.
 - o Once play is stopped, the offense is recorded and assessed, as customary.
 - o In the event of a goal is scored during the Advantage, the Time Penalty is still served, but the penalized team does not play short.

Restart after a Delayed Penalty:

- In according to the ensuing stoppage, as normally administered, or
- In case the offending team gains possession of the ball during play, a free-kick will be awarded from the location of the original offense. (See unabridged Rules where the original offense would have resulted in a Shootout.)

Special Misconduct Penalties:

Delaying the restart of an opponent by:

- Entering, or failing to retreat from the protected area (12 feet of the ball) during the opposing team's Free-Kick.
- Denying the kicking team possession of the ball.

The following Misconduct Offenses could occur while the ball is in, or out, of play. If play was already stopped at the time if the misconduct, play will resume in the manner prescribed for the original stoppage. If play is stopped for the misconduct, play will resume with a free-kick for the opposing team, from the location of the ball, at the time of the stoppage.

Dissent:

- Referee Abuse;
- Breach of Penalty Area Decorum;
- Entering the Referee Crease without permission;

Other: Behavior which, in the Referee's discretion, does not warrant another category of penalty (e.g., taunting, foul language.)

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

Bench Dissent: After an initial "Warning," one or more unidentifiable players verbally abuse the Referee.

Other: Unsporting Behavior, which, in the Referee's discretion, does not warrant another category of penalty.

Administrative Yellow Card:

Second Blue Card: A second Blue Card offence in the game will result in an Administrative Yellow Card, and a 2 Minute Penalty.

A second Blue Card offence, occurring prior to the restart from the first Blue Card offence, will result in a Straight Yellow Card, and a 4 Minute Penalty. (This is usually dissent, or unsporting conduct, on the way to the Penalty Box)

Straight Yellow Card:

The Referee has the discretionary power to issue a Straight Yellow Card, with a 4 Minute Penalty, for offenses deemed to be more severe than a Blue Card, but not severe enough to warrant a Red Card.

Red Card: A player will receive a Red Card for the following offenses.

Administrative Red Card:

- A third blue card in the same game.
- A Straight Yellow Card, after having already received a Blue Card.
- A Blue Card, after having already received a Straight Yellow Card.

In this case, a teammate will serve the appropriate time penalty for the offense that caused the stoppage.

Straight Red Card offenses:

- Any offense which, in the opinion of the referee, was violent, and/or intended to cause injury.
- The following offenses require a mandatory Red Card:
- Elbowing: An Intentional elbow, thrown at an opponent's head.

- Slide Tackling: A sliding tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him.
- Fighting (anything deemed violent by the match official)
- Choking
- Leaving Team Bench or Penalty Area to engage in a fight or confrontation with the opposition or a Game Official.
- Extreme Unsporting Behavior: Committing particularly unacceptable behavior, including:
 - o Spitting at an opponent or any other person;
 - o Persistent use of extremely abusive language or behavior toward a Game Official;
 - o Bodily contact with a Game Official.

Time Penalty Types:

Time Penalties fall under three categories; soft, or hard.

- Soft: If a team is playing shorthanded, due to a Soft Penalty, and the opposing team scores a power-play goal, the player serving the time penalty is released.
- Hard: Players serving Hard Penalties shall remain in the penalty Box, and their team shall play shorthanded, for the entire penalty time; regardless of the number of goals scored by the opposing team.

Service of Time Penalties:

Time Penalties issued to the Goalkeeper:

- A Blue Card time penalty assessed against the Goalkeeper, shall be served by a teammate.
- The Goalkeeper shall serve his own 4 minute time penalty for any straight Yellow Card.
- The Goalkeeper who receives a straight **Red Card** will be sent from the field. A teammate will serve a 5 minute time penalty, and another teammate will replace the Goalkeeper.
- In the case of a goalkeeper receiving an administrative **Red Card**, the goalkeeper will be sent from the field, and a teammate will serve the penalty, determined by the color of the card displayed.

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, that player's team plays with one fewer field player, until the penalty expires; or, in the case of a soft penalty, a power-play goal is scored by the opposition.

Should a player receive a Time Penalty, while two or more teammates are already in the Penalty Box, the team will continue to play with the minimum number of 4 players, while that player goes to the penalty box. The third player's Time Penalty does not begin to count down until at least one of the teammates' Time Penalties has expired; or, is cancelled due to the opponents scoring a power-play goal..

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

Even Strength Goal with mutual penalties:

When both teams have players serving penalties, and also have an equal number of players on the field, no player shall be released early if a goal is scored.

Simultaneous Ejections: When two opposing players are issued Red Cards simultaneously, both players shall be ejected from the facility. Upon re-start, neither team will play short-handed.

All Time Penalties carry over between periods and expire at the end of the game.

Rule 12 - Shoot-Outs:

A Shoot-Out is awarded when a foul that meets the criteria for misconduct, occurs inside the defensive Penalty Arch, or when an offense meets the criteria for a Flagrant Foul.

Shoot-Out procedures:

- **The Home Team shoots first.**
- **Any player may take the Shootout;**
- **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;**
- **The ball is placed at the Restart Mark nearer the attacking Goal;**
- **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;**
- **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:

- **All players, other than the player taking the shot and the defending Goalkeeper, remain within their Team Bench areas;**
- **Both teams have up to 3 shots, with players from each team kicking alternately;**
- **If, at any time, a team obtains a 2-goal advantage, the Tiebreaker ceases and the winner is declared;**
- **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;**
- **The player has 5 seconds to score after the Referee's whistle.**

Appendix Y – Youth Exceptions

Youth Registration:

Youth Players must have a parent or legal guardian sign on their behalf.

Youth Age Deadlines: The age group that a player is assigned depends upon the player's age based on US Soccer's new age grouping based on birth year.

Rule 2 - The Ball:

Size 3 – Up to under 8 years of age

Size 4 – 8 to under 12 years of age

Size 5 – Age 12 and older

Rule 3 - Number of Players

U8 teams will have 8 players; 1 goalkeeper and 7 field players.

U14 teams will have 7 players on the field; 1 goalkeeper and 6 field players.

Youth teams age 15 and up, play with 6 players; 1 goalkeeper and 5 field players.

Rule 6 - Duration of Game

Youth leagues play 20 minute halves.

Rule 10 – Goalkeeper Violations

The Goalkeeper may punt the ball in U12 games, and younger.

Appendix Z – Zero Tolerance Policy

Player, Coach and Spectator Conduct: Captains/Coaches are responsible for all players and spectators behavior, before, during and after the game. Any player found to be playing under the influence of alcohol or drugs will automatically be ejected from the league and have their membership suspended. Reinstatement will be subject to Bladium Sports Club Employee review. Team Coaches or Captains can only approach Bladium Sports Club Officials and Referees in regards to complaints or issues of Policy.

Penalty of Suspension or Forfeit: Failure of team coaches/captains in controlling their players or spectators may be deemed as grounds of forfeiture of play and suspension from leagues permanently.

Playing while under Suspension: Any player attempting to play while suspended will cause his/her team to lose by forfeiture. The player in question will receive an additional suspension. Any team using a non-registered player will cause his/her team to lose by forfeiture and/or suspension of the team captain. The non-registered player in question will not be permitted to purchase a Bladium Sports Club membership.

Final Authority:

Bladium Sports Club Rights and Reservations: Bladium Sports Club reserves the right to change, amend, or interpret any of the above mentioned rules and regulations at any time for whatever reason they deem necessary. Bladium Sports Club reserves the right to refuse admission to any person for any reason it deems necessary.