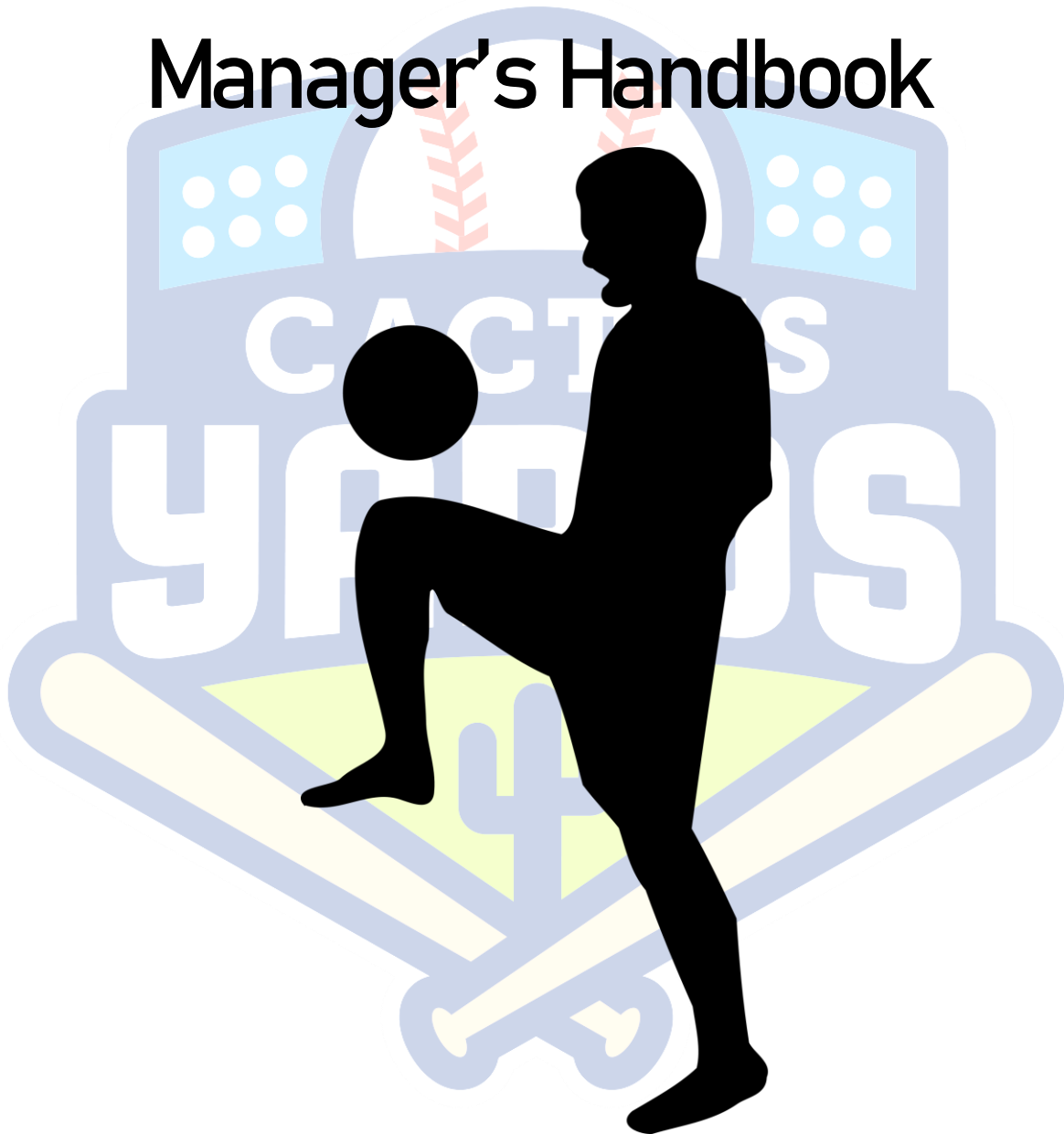


Indoor Soccer

Manager's Handbook



Gilbert Parks and Recreation Department - Adult Indoor Flag Football Rules

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These rules are in addition to the United States Indoor Soccer Association (USISA) official rule book. The Gilbert Parks & Recreation Department reserves the right to implement, alter, add or delete rules and/or policies as deemed necessary.

Program Structure

Organizational Meeting:

Organizational meetings are no longer held for upcoming seasons. All league information is available on the Town website at www.cactusyards.com. Please refer to the current league flyer for specific information on league offerings and registration dates.

Registration:

Registration occurs online at www.GilbertRecreation.com or in person at the Parks & Recreation Main Office. The roster must be submitted via email within 24 hours of registering online.

League Availability:

Registration for all divisions is typically capped at eight (8) teams. Team managers can view league availability at www.GilbertRecreation.com. The league director may restrict the participation of any team or player in a league at the director's discretion.

Game Schedules:

Indoor Soccer leagues are normally based on eight teams per league. Final league structure will be determined by registrations received. Please refer to the current league flyer for additional league information.

Classifications:

Leagues will be offered in the following categories:

Men: Open, Rec

Co-Ed: Upper, Rec

Cactus Yards Policies

Facility Policies:

No cameras are allowed on the field or on players' benches at any time. No food or drink on the field. Closed-lid water and sports drink are acceptable on the players' bench. Player's benches are for players only, spectators are not allowed. Spectators are not allowed on the field. The field is reserved for players, officials, Cactus Yard staff, and authorized personnel. Cleats, alcohol, tobacco, jewelry, and gum are all prohibited from the field. No amplified music devices will be allowed at Cactus Yards.

Cactus Yards does not recommend leaving your personal belongings unattended. Cactus Yards is not responsible for lost or stolen items. All equipment provided by Cactus Yards/Gilbert Parks and Recreation is to remain at the facility.

Alcohol Policy:

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Outside alcohol is prohibited all alcohol must be purchased on site. The consumption of beer, wine or spirituous liquor is not allowed in the field of play or bench area. Players violating the alcohol policy will be subject to discipline, including game suspensions and/or expulsion from the league. Teams violating this policy may be subject to forfeiture of the game and/or expulsion from the league.

Refund Policy:

No refunds will be given unless a league is canceled.

Roster Policy:

All Adult league players must be 16 years of age or older by the league start date. Participants under the age of 18 may only participate if participating with a parent or legal guardian. All rosters need to be submitted within 24 hours of registration. On the first day of the league, each player will need to verify their identity and sign the team rosters. Players who have been verified will be given a wristband to enter the game field. Players must be prepared to check in with a photo ID and receive a wristband before entering the field of play each week. *If a player who is not on the roster enters the field of play that team will automatically forfeit the game.*

Rosters: Rosters will require a minimum of six (6) players and a maximum of twenty (20). Players are not allowed to be added to a roster after the start of the team's fourth game. *Rosters must be finalized before the game of the team's fourth week of play.* Town of Gilbert employees have the right to add or remove any player from a team's roster at any time during the season. Players may play on multiple Men's, Women's, or Co-Ed teams if they choose, however, ALL PLAYERS must be listed on the team roster for classification purposes when submitted. Furthermore, players can only play on one team per league. (I.e. A player can be on a Wednesday and Thursday team but not two Wednesday teams.)

Roster Checks: The Gilbert Parks & Recreation staff reserves the right to randomly check team rosters for player validity. The manager is responsible for keeping up-to-date team roster records. This practice can eliminate any question as to whether or not a team member is eligible to play. Players must present the field supervisor with a form of photo identification upon request. If the player cannot provide I.D., he/she is removed from the game. The use of illegal or ineligible players will result in the guilty team forfeiting the game and may be subject to further league discipline.

If a team is believed to have a non-rostered player, the opposing team can request a roster check. If a roster check is requested, BOTH teams will be required to get the roster checked. Roster checks must be requested within the first 15 minutes of a game. After the 15 minutes elapse, no protest involving eligibility or identity will be considered.

Forfeit Policy:

Team sports rely on majority participation. Please contact the League Coordinator by phone or email if your team is expecting to forfeit a scheduled match. If your team does not show up for a scheduled game without prior 24-hour notice, the team manager will be administered a \$65.00 forfeit fee. If the fee is not paid by the next scheduled game that team will not be allowed to participate in any further league play until the fee is collected. Should the season end before the fee is collected the guilty team will not be allowed to register for future seasons until the fee has been paid in full.

Injury Policy:

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Any player/coach who is bleeding, has an open wound or has blood on his/her uniform, shall be prohibited from participating further in the game until appropriate treatment can be administered. If medical treatment or care can be administered in a reasonable time, the individual will not have to leave the game. (The length of time considered reasonable is referee judgment.) The referee will be responsible for determining whether an open wound or bleeding condition requires treatment. The referee will also determine in his/her judgment if a uniform needs to be changed.

If treatment or action is required, the referee shall:

- Stop the game and immediately call a coach, trainer, or other authorized person to the injured player and allow treatment.
- Apply the rules of the game regarding substitution, and re-entry if necessary.

Cactus Yards has an AED and First Aid kit on site in case of emergency. In a serious emergency please immediately call 911 and notify a staff member. It is each team's responsibility to provide bandage, dressings and administer care.

Inclement Weather Policy:

The league is played in an indoor facility and will be played rain or shine. If an unforeseen circumstance prevents the play of practices or games, the League Coordinator will notify all staff, and team managers at the earliest time available.

Cactus Yards Adult Indoor Soccer Rules

Rule 1: Field

Cactus Yards is home to a single indoor soccer field. The soccer arena is surrounded by a playable perimeter wall. If the ball hits the netting above the perimeter wall, or ceiling or enters the players' benches it will be considered out of play.

Rule 2: Ball

Cactus Yards will provide all game balls (size 5). During game time only use of the official game ball is permitted.

Rule 3: Players

No fewer than four (4) or more than six (6) players, including a goalkeeper, should be on the field at a given time. Coed is played 7v7, with 3 male and 3 female players in the field and any gender goalie.

Substitutions: Players are allowed to substitute without stoppage of gameplay if the exiting player is within the touchline or by the bench door. Should a goalkeeper need to be substituted by another goalkeeper the official must be informed. A player is NOT allowed to jump the bench wall, all players must enter/exit the field through the doors. Any team who violates the substitution rule or is seen with too many players on the field will serve a 2 min penalty. Females are allowed to substitute for either another female or a male. Males can only substitute for a female if the ratio will not be broken.

Rule 4: Equipment

Players must wear a team uniform, consisting of shin guards, the same color t-shirt, and closed-toe athletic footwear. **CLEATS ARE NOT ALLOWED.** Shin guards must be covered at all times. Uniform shirts must be matching, the home team is responsible for changing if colors match. The Goalkeeper wears jersey colors distinguished from all other players and from the Referees. All players are expected to have a visible number on the back of

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their shirts, numbers cannot be duplicated. Jewelry and other accessories are prohibited. All players wearing a knee brace must have an ace bandage or protective sleeve over the brace, **NO EXCEPTIONS**.

All teams will be given a warning in week one that shin guards and a wristband are required to enter the field of play and cleats are not allowed. Players who are seen on the field wearing cleats, without shin guards, or without a wristband will cause the team to receive a blue card with the guilty player serving the time.

Rule 5: Referee

Referee abuse will not be tolerated and handled accordingly. Decisions of the Referee regarding play and interpretation of the rules are final. Questions regarding a call and rules can only be asked by the team manager and will be answered by the referee(s) onsite. The referee is to complete a Game Ejection Report for all player ejections that take place.

Rule 6: Duration

Each match will be comprised of two (2) 21-minute halves and one (1) 2-minute halftime. Should a player arrive late to a game, the player must not enter the field until they have checked in with the site supervisor. A player cannot enter the game with less than 9 minutes left to play in the first half. To be active for gameplay a participant must arrive within the first 12 minutes of a game and be on the roster.

Games are played with a running clock. The clock can stop on a referee's signal. If the score is within two goals during the last minute of play, the clock will stop during a stoppage.

Overtime is only played during playoffs and will last five (5) minutes or the first score. If the game is tied after the overtime period, there will be a shootout. (*See shootout rules for more details*)

Rule 7: Start/Restart of Play

If a team does not meet the minimum required players within 5 minutes of game start it will be considered a 0-3 forfeit. Using a player that is not on your roster is not allowed unless a forfeit has been accepted. ***A team must be composed of at least 50% of the rostered team. There is no forfeit fee in this scenario.***

At the start of each half (or after a goal is scored) a kick-off will take place at the center mark on the halfway line. Only the team possessing the ball can be inside the center circle. Players not taking the kick-off must be on their defending side of the field. The team that was scored against receives the kick-off after a goal.

Rule 8: In and Out of Play

The ball is in play unless it hits the ceiling, the netting above the perimeter wall, or enters the player bench area. If the ball hits the ceiling, it will be placed at the center mark closest to where the ball was kicked. If the ball hits the netting above the perimeter wall or enters players' benches it will be placed on the touchline where it left the field of play.

Three (3) Line Violation: The ball may not cross all three lines in the air toward the opponent's goal without touching the perimeter wall, another player or the Referee on the field of play.

Two (2) Line Violation: The goalie cannot kick or punt the ball past the halfway line in the air toward the opponent's goal without touching the perimeter wall, another player or the Referee on the field of play. (Unless resulting in a direct goal, see scoring for information).

Rule 9: Scoring

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Female goals will be awarded two (2) points. When a female keeper is in the net a MALE shooter is NOT ALLOWED to shoot within the yellow line after a stoppage. A male shooter can shoot from inside the yellow line if it is within the normal live play of the game.

A goalie can kick or punt the ball across all three lines if it results in a direct score without assistance from another player. If a goal is not scored, a Line Violation penalty will be called.

Rule 10: Fouls and Misconduct

A foul may be called for any action that gives a player an unfair advantage against the opponent. Any hostility towards an opponent will result in a foul. Hostile behavior includes, but is not limited to:

- Kicking
- Striking
- Jumping at
- Elbowing
- Charging
- Pushing
- Tripping
- Spitting
- Holding

Fouls may additionally be called for:

- Unsafe Play
- Obstruction
- Illegal Handling
- Sliding/Slide Tackles
- Pass Back
- Inappropriate Language
- Dissent
- 5 Second Violation

Pass Back: A goalie is not able to handle the ball when receiving a pass from a teammate.

5 Second Violation: Control of the ball by the goalie for more than 5 seconds inside of his/her own arch.

Illegal Handling: Intentional use of hands by any player other than the goalie; a goalie using hands outside of the arch.

Shoulder-to-shoulder contact or bumping is not a foul unless a player's hand or elbows are raised. Fouls may be interpreted differently from Referee to Referee. Decisions of the Referee regarding play and interpretation of the rules are final.

In the instance of a goalkeeper, non-player, or ejected player penalty the penalized team will select a player from their team to serve the penalty. Players serving penalties are to remain seated until their expiration and the official permits release.

Spitting on the field (saliva, gum, seeds, or anything else) is not allowed. The first offense will result in a team warning. A second offense will result in a 4-minute penalty.

Any player who enters the field during an altercation between two players (i.e. striking, pushing, etc.) will receive a straight red card.

Rule 11: Time Penalties

Any player with an accumulation of penalties resulting in five (5) minutes or more will be ejected. Red Card penalties result in a minimum one-week suspension from all levels of play. Two red card ejections in the same season will result in an ejection for the remainder of that season. Recreation Coordinator has the authority to adjust suspension length.

Cards: *All penalties called are subject to further action by Cactus Yards staff when deemed necessary.*

Blue Card (Minor Penalty) – Two (2) minute penalty, the penalized player sits out and the team plays down. The penalized player returns to action after time elapses or the opposing team scores.

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Yellow Card (2nd Blue) – Same as a Blue Card.

Yellow Card (Double Minor Penalty) – A full four (4) minute penalty for the penalized player and the team plays down a player. A power-play goal scored during the first two (2) minutes of the penalty will reset the time penalty to a two (2) minute penalty. Another player may reenter if a power play goal is scored during the last two (2) minutes of the penalty, but the penalized player must serve the full four (4) minutes.

Red Card (3rd Blue) – Two (2) minute penalty, the penalty must be served by another member of the team. A penalized player is ejected and must immediately leave the facility.

Red Card (Major Penalty) – Five (5) minute time penalty must be served by another member of the team. The team plays down for the entirety of 5 minutes regardless of goals scored. A penalized player is ejected and must immediately leave the facility.

Rule 12: Penalty Kicks and Shootouts

The fifth foul committed and every fifth thereafter will result in a penalty kick. The foul count will continue between each half and restart at the beginning of overtime. Fouls resulting in disciplinary cards will not be added to the team foul count. If penalty time remains at the end of a half it will be carried over. Penalty time will not carry over to overtime.

Penalty kicks will be taken from the restart mark. All remaining 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 the Center Circle. The player taking the shootout may dribble and/or shoot, but may NOT play the ball off the boards unless the goalkeeper or another player has touched the ball. The player must keep the ball in motion in the direction of the opponent's goal line extended. The player may not stop the motion of the ball except to take a shot on goal.

In the instance of a tiebreaker shootout the visiting team will be the first to shoot. Overtime/shootouts will only take place in the postseason; regular season games can end in ties. For coed play, the home team will get to select the kicking rotation either guy-girl-guy or girl-guy-girl.

Rule 13: League Standings

Final league standings are determined by the best overall win/loss record. If two teams are tied at the end of the regular season, the team which defeated the other more often in head-to-head competition will take the top position. In the case of a split, the team which had the lowest number of goals scored against them by the other team will take the higher position in the standings. In the case of three (or more) teams with identical records, the team which had the lowest number of goals scored against them by the common opponents will take the higher position in the standings.

Exception: If one team won (swept) all of the head-to-head games versus each of the other common opponents, that team will be awarded the highest position in the standings. (The league coordinator has the final decision in all matters concerning this rule.)

Manager/Player/Team Conduct

Manager/Coach Responsibilities:

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Each manager is responsible to see that his/her players, spectators, and/or scorekeepers abide by all the rules governing league play and all rules/policies regarding the use of Gilbert Park facilities.

Player/Team Discipline:

Any player ejected from a game is automatically suspended from the next game. Any ejected player that plays in the next game causes his/her team to forfeit that game. Any player ejected twice in a season will be dropped from the league. (Also see the section in this handbook titled "Players/Team conduct" on page 12).

Any ejections or unsportsmanlike/outrageous conduct that involves physical assault and/or if the police are called, the player/players will be suspended for the entire season. If the season has progressed 4 or more weeks, that player/players will be suspended for the following season as well. In addition, the ejected player/players will be suspended from all Adult Sports programs for the Town of Gilbert, City of Mesa, Tempe, Scottsdale, and Chandler. The umpire must notify field staff immediately and is required to complete a Game Ejection Report for all player ejections before they leave the complex.

Two reprimands or warnings to an individual, team, and/or spectator for unsportsmanlike conduct will be cause for automatic ejection of the player, game forfeit, and/or removal of the spectator from the park premises. A third reprimand to any other player or spectator of the team will warrant termination of the game, with the forfeit win being awarded to the opposing team. **Any player ejected from a game is automatically suspended from the next game AND IS REQUIRED TO LEAVE THE PARK IMMEDIATELY.** Any ejected player who plays in the next game causes his/her team to forfeit that game. Any player ejected twice in a season will be dropped from the league. **Some flagrant forms of unsportsmanlike conduct (as determined by the referee) will warrant automatic ejection with no warnings given.** Any team receiving two ejections in the same game will be forfeited.

In the instance of an altercation on the field, players not on the field are to remain off the field. If a player and/or spectator enters the field of play for **ANY REASON**, the game will be terminated with a forfeit loss being dealt to the team whose player/spectator entered the field.

Code of Conduct:

The Code of Conduct includes, but is not limited to the following:

- 1.) No manager, player, or spectator shall physically/verbally threaten, lay a hand upon, shove, or strike an official, field supervisor, staff member, player and/or spectator.
- 2.) No manager, player, and/or spectator shall be guilty of objectionable and/or disruptive verbal demonstrations of dissent at an official's or field supervisor's decision, or refuse to abide by the official's or field supervisor's decision. No manager, player, and/or spectator shall be guilty of verbal abuse including references to an individual or group's race, religion, gender, national origin, disability, or age.
- 3.) Participants shall not use flagrant rough tactics against an opposing player.
- 4.) There shall be no unnecessary throwing of equipment or any other objects.
- 5.) There will be no cause for defacement or destruction to any public facility or equipment.
- 6.) Participants (managers, coaches, players, etc.) may not falsify their own name or any other player's name on a team roster, scoresheet, or any other league document. The use of ineligible or illegal players is not permitted.

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7.) Consuming outside alcoholic beverages in the Town of Gilbert parks is not permitted.

8.) All participants, coaches, and spectators must follow Cactus Yards park rules while visiting the park.

Individuals and/or teams violating the Code of Conduct will be subject to league discipline action which may include one or more of the following actions: game ejection, game forfeiture, game suspensions, probation, and/or seasonal suspension.

The Gilbert Parks & Recreation Department reserves the right to discipline and/or suspend players, or managers for incidents and/or conduct not specifically covered in this handbook or the US Indoor official rules, but which in the opinion of the Gilbert Parks & Recreation Department constitutes unsportsmanlike conduct, dangerous conduct, or conduct which is determined to be detrimental to the Gilbert Indoor Soccer Program. All official league disciplinary decisions as rendered by the Gilbert Parks & Recreation Department are final.

Comments or suggestions regarding the Adult Indoor Soccer Program should be directed to:

Trevor Henry, Recreation Coordinator

Gilbert Parks & Recreation Department: 4536 E Elliot Rd., Gilbert, AZ 85234

Office: 480.503.6640

Email: Trevor.henry@gilbertaz.gov
