



Arena Club Adult Soccer Rules

Intent of the Game

The goal of The Arena Club is to provide an atmosphere for fun and safe indoor sports play. The intent of these rules is to provide a feeling of the outdoor game played indoors. Outdoor rules have been slightly modified for the size of the field (**there is no offside and slide “tackles” are prohibited**) and flavored with more traditional indoor rules. The management of the Arena Club retains the right to modify rules as necessary.

The Ball

1. Size #5
2. Either team may supply the game ball.

Number of Players

1. Each team shall start the match with no fewer than (4) players on the field (three (3) field players plus a properly attired goalkeeper). Late arriving players may enter the field of play during dynamic play with the permission of the referee.
2. Minimum number of players to continue a match shall be four (4), one of whom shall be a goalkeeper. A team may not continue a match with less than four (4) players (exceptions: player off the field temporarily for injury or equipment problem; player serving a timed penalty).

Players' Equipment

1. Players shall not wear anything that is a danger to themselves or to any other player. The referee shall be the final authority with regards to safety of shoes or equipment.
2. Flat-soled athletic shoes or turf shoes are acceptable footwear.
3. All jewelry is illegal, except starter earrings, which must be taped.
4. The goalkeepers shall wear colors that distinguish them from field players and the referees.
5. No player will be allowed to play while wearing a cast.
3. For any infringements related to equipment, the player shall be sent off the field to adjust his equipment, and shall not return without first reporting to the referee, who must be satisfied that the player's equipment is in order. This

player may re-enter the field of play during dynamic play with the permission of the referee.

Referees

1. The authority of the referee commences when he enters The Arena Club.
2. Referees' decisions on points of fact connected with play shall be final so far as the result of the game is concerned. The referees' powers to assess penalties and maintain control of the game extends to violations of the rules during play, during stoppages, and as players and other team personnel proceed to and from the field of play.
3. The referee signals the restart of the game after all stoppages. A whistle is required for all kick-offs, penalty kicks, and if the referee has indicated a whistle shall be required for a restart. All other restarts (kick-ins, corner kicks, goal kicks, free kicks other than penalty kicks) may be taken quickly by the team in possession.
4. The referee has the power to:
 - a. Apply advantage...the referee allows play to continue when the team against which an offense has been committed will benefit from such an advantage and penalizes the original offense if the anticipated advantage does not ensue (within 2-3 seconds).
 - b. Exercise discretionary power...the referee has discretionary power to stop the game for any violation and to suspend or terminate the game by reason of the elements, interference by spectators, or any other cause which he deems necessary.
 - c. Prohibit entry on the field...the referee ensures that no unauthorized persons enter the field of play.
 - d. Halt play due to injury...the referee may stop the game if a player has been injured and have the player removed from the field of play.
 - e. Non-player discipline...the referee may penalize, or eject, as set forth under other rules specified herein, any coach, non-playing team personnel, or spectator who enters the field of play without the referee's permission.

Substitutions

1. All substitutions are "on the fly". All players must leave the field at the midfield line on the bench side, and all substitutes must enter the field at the midfield line on the bench side (violation of this rule will result in a warning on the 1st occurrence, and a two-minute penalty for subsequent occurrences).
2. The referee shall send any player to his team bench who requires treatment for blood, whether the blood is his own or another player's, or is on his body or clothing. Following treatment, the player must show the referee, prior to re-entry on a guaranteed substitution that the wound has been covered and that blood has been removed from the clothing.

Duration of the Game

1. The duration of a regulation game shall be two (2) halves of twenty-four (24) minutes each for a total game time of forty-eight (48) minutes. There will be a two (2) minute half time interval.
2. Each team will be allowed one (1) timeout per half. Such requests for timeout may only be made at a stoppage of play when that team is in possession of the ball on the ensuing restart (kick-off, goal kick, kick-in, corner kick, superstructure violation, after a foul). The goalkeeper may also request a timeout when the ball is in his possession in his hands within his own penalty area. Games will feature a running clock. The clock may be stopped at the discretion of the referee for the following:
 - a. Team timeout
 - b. In the event of a serious injury to allow assessment, treatment and/or removal of the injured player.
 - c. During any unusual penalty/misconduct situation for the purpose of sorting out time penalties and/or cautions or send-offs.
 - d. Spectator interference.
 - e. Any other reason deemed by the referee.

The Start of Play

1. The designated visiting team shall kick off the game by kicking towards the front lobby. Every player of the opposing team shall be behind the first white line on their side of the field. Players from both teams shall be in their own halves of the field until the ball is in play. The ball shall be deemed in play when it has been played (touched) in any direction. The kicker shall not play the ball a second time until another player has touched it. A goal can be scored directly from a kick-off.
2. For any infringement during a kick off, the kick off shall be retaken, except in the case of the kicker playing the ball again before it has been touched by another player. For this offense, the restart shall be a free kick for the opposing team from the spot of the infraction.
3. After a goal has been scored, the game shall be restarted in a like manner by the opposing team.
4. The home team shall kick off the second half.

Restarts

1. A restart is a manner of resuming play after a stoppage. Goal kicks, corner kicks, free kicks given as a result of fouls (including penalty kicks), or free kicks given as a result of a superstructure violation shall be direct (a goal can be scored directly from the restart). Kick-ins from the touch line after the ball has passed out of play are indirect (a goal cannot be scored until the ball has touched a second player other than the kicker).
2. A whistle is required to restart play only for kick-offs, penalty kicks, or as deemed necessary by the referee.

3. The referee shall allow a free kick to be taken from a point within a three (3) foot radius of the point of infraction, unless in the opinion of the referee, a team gains an unfair advantage. Before any free kick is taken, the ball must be stationary and the kicker shall have five (5) seconds to put the ball in play after receiving a signal or whistle from the Referee.
4. When the ball passes over the goal line, outside of the goal posts, last played by a member of the attacking team, the restart will be a goal kick. The ball can be placed anywhere on the ground inside of the penalty area. The ball is in play as soon as it is kicked, so this means the ball does not need to leave the box. Once in play, the goalkeeper may not touch it a second time until it is touched by another A goal can be scored directly from a goal kick.
5. When the ball passes over the goal line, outside of the goal posts, last played by a member of the defending team, the restart shall be a corner kick. The ball shall be placed within three (3) feet of the corner and is in play when it has been kicked and moves. Players on opposing team must be at least 5 yards away from the spot of the ball. The kicker may not touch it a second time until it is touched by another player. A second touch violation in this instance results in a free kick to the opposing team from the spot of the infraction. A goal can be scored directly from a corner kick.
6. When the ball passes over the touch line, the restart shall be a kick-in for the opposing team to be taken within three (3) feet from the spot where the ball crossed the touch line. The ball is placed on the touch line or no more than three (3) feet into the field of play before kicking. Ball must be stationary prior to the kick. The kick-in must be taken within 5 seconds; if it is not, the kick-in is given to the opposing team. The kicker cannot play the ball a second time until it has been played (touched) by another player. A second touch violation in this instance results in a free kick to the opposing team from the spot of the infraction. Players on opposing team must be at least away 5 yards from the spot of the kick-in. A goal cannot be scored directly from a kick-in.
7. During the taking of any free kick on the field of play, all of the opposing players must be at least 5 yards from the ball until it is in play.
8. Failure to put the ball into play within five (5) seconds of the referee's signal will result in a free kick to the opposing team from the spot of the infraction.
9. For a free kick restart given for a foul committed by a defender within his own penalty area, and deemed by the referee to be not serious enough to warrant a two (2) minute time penalty, the restart shall take place at the 10-yard line (second white line from goal line).
10. If a defending player within 5 yards intentionally interferes with the taking of a free kick, he shall be considered guilty of encroachment. The kick shall be retaken and, at the referee's discretion a two (2) minute time penalty may be assessed.
11. A defending player who, in the opinion of the referee, delays the restart of play or prevents the attacking team from taking a quick restart by any method may be assessed a two (2) minute time penalty.
12. In any situation where a team has clear possession of the ball when play was stopped (i.e. injury, power failure, etc.) by the referee for any cause not

mentioned in the rules, the team with possession shall be awarded a free kick. When restarting the game after a stoppage of play for any cause not mentioned elsewhere in the rules and neither team was in possession, the referee shall restart the game with a dropped ball at the place where the ball was when play was stopped. It shall be deemed in play when it has touched the ground. A player shall not play the ball until it has touched the ground. When restarting the game after a stoppage of play for any cause not mentioned elsewhere in the rules, which occurred while the ball was inside the penalty area, the referee shall drop the ball at the top of the penalty arc. Once the ball has touched the ground, a player may play the ball twice, or more times in succession. A goal may not be scored directly from a dropped ball.

Ball in and Out of Play

1. The ball is in play if it rebounds onto the field of play from a goalpost, crossbar, or off of the referee if he is on the field of play.
2. The ball is out of play:
 - a. When it has wholly crossed either the goal line or the touch line either in the air or on the ground.
 - b. When it has contacted any part of the building superstructure above the field of play. For such contact, a free kick shall be awarded to the opposing team at a point directly below where the ball contacted the superstructure (if the ball strikes the superstructure anywhere above the penalty area, the restart shall occur at the top of the arc).
 - c. At any other time when the referee has stopped play.

Method of Scoring

1. A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the crossbar, either on the ground or in the air, provided it has not been thrown, carried, or intentionally propelled by hand or arm by a player of the attacking team, except in the case of a goalkeeper who was within his own penalty area when he legally propelled the ball.
2. All goals shall be of equal value.
3. A goal cannot, in any case, be allowed if the ball has been touched and/or prevented by some outside agent from passing over the goal line. If this happens in the normal course of play, the game shall be restarted with a drop ball.

Fouls and Misconduct

1. A player who, in the opinion of the referee, carelessly, recklessly, or with excessive force commits any of the following offenses while the ball is in play shall be penalized by the referee awarding a free kick to the opposing team, to be taken at the point of the infraction (exception...if the infraction is committed by a player within his own penalty area and is deemed by the

referee to be not serious enough to warrant a two (2) minute time penalty, then the restart shall take place at the top of the penalty arc.)

- a. Kicks or attempts to kick an opponent
 - b. Trips or attempts to trip an opponent
 - c. Jumps at an opponent
 - d. Charges an opponent in a violent or dangerous manner
 - e. Charges an opponent fairly at an improper time, i.e. when the ball is not within playing distance
 - f. Strikes or attempts to strike an opponent
 - g. Spits at an opponent (mandatory ejection)
 - h. Pushes an opponent
 - i. Holds an opponent
 - j. Deliberately handles the ball (except by the goalkeeper within his own penalty area)
 - k. Slide tackles an opponent in possession of the ball (this shall be differentiated from sliding in an attempt to reach a ball when no opponent is nearby or sliding in an attempt to keep a ball in play when no opponent is nearby ...in these instances there is no infraction)
 - l. Plays in a dangerous manner
 - m. When not playing the ball, intentionally impedes an opponent, i.e. running between the opponent and the ball so as to form an obstacle to an opponent
 - n. Charges the goalkeeper when he is within his own penalty area
2. Yellow Card offenses: A time penalty may be assessed against players for committing any of the offenses outlined above, while the ball is in play, if in the opinion of the referee the offense was deemed severe, or blatantly tactical in nature.
- a. These penalties shall be administered by the showing of a Yellow Card by the referee and shall be two (2) minutes in duration. The player who is shown the Yellow Card must be the one to serve the penalty (Exception: the team may designate another player to serve any Yellow Card time penalty assessed to the goalkeeper).
 - b. For each time penalty being served by a player, his team plays with one fewer field player until the time penalty's expiration or until his team is scored upon.
 - c. If the offense in such cases occurred in the offender's penalty area, a penalty kick shall be awarded.
 - d. Players serving time penalties shall remain seated until the time penalty has expired and the referee beckons them onto the field.
 - e. Any player shown a Yellow Card for dissent shall serve a two (2) minute penalty and his team shall play short-handed. If substitute or bench personnel is shown a Yellow Card for dissent, this will result in a two (2) minute penalty and his team shall play short-handed. Time penalties incurred as a result of dissent shall be non-releasable; (i.e. the team shall play short-handed for the entire 2 minutes, regardless of the number of goals scored against it).

3. Expiration of time penalties:

- a. If a team is reduced to a lesser number of players on the field of play due to a time penalty, and such team is scored upon by its opponent, then the player serving the penalty may return and the remaining penalty time is cancelled.
- b. If a team is reduced to a lesser number of players on the field of play due to a time penalty, and the penalty time expires without a goal being scored by the opposing team, then any player on the bench may enter the field on the fly, after being beckoned by the referee.
- c. In situations where an equal number of players from each team are serving concurrent time penalties, the teams do not play short-handed.
- d. Multiple penalties (team): There must always be a minimum of four (4) players on the field for each team. If a team has two (2) players serving penal time penalties and a third player receives another penalty, the third player must sit out for two (2) minutes but may be replaced by a substitute since four (4) players must be on the field. The penalty time for the third player will not commence until that of the first player has elapsed.
- e. Should a player re-enter the field prior to the expiration of his time penalty to participate in dissent or an altercation, he shall be immediately ejected.

4. Goalkeeper restrictions:

- a. The goalkeeper is not permitted to play the ball with his hands within his own penalty area if the ball has been deliberately kicked to him by a teammate. The re-start for this infraction will be a free kick to the opposing team to be taken from the top of the penalty arc.
- b. Intentional hand ball violations committed by the goalkeeper outside the penalty area shall be interpreted to be severe in nature and a two (2) minute time penalty must be assessed against the goalkeeper who, in the opinion of the referee, deliberately handles the ball to break up a play or save a shot at the goal outside of the penalty area. Situations whereby the goalkeeper first handles the ball inside the penalty area but his momentum carries him outside the penalty area while handling the ball shall not be deemed severe and no time penalty shall be assessed.
- c. If during play, the goalkeeper either intentionally strikes an opponent by throwing the ball at him, the goalkeeper shall be ejected (Red Card) and a five (5) minute time penalty shall be assessed. A penalty kick shall be awarded if the contact occurs within the penalty area.
- d. The goalkeeper in possession of the ball with his hands must release the ball from his hands within six (6) seconds after gaining possession. The restart for this infraction will be a free kick to the opposing team to be taken from the top of the penalty arc.
- e. The coach may designate another player to serve any Yellow Card time penalty assessed to the goalkeeper (if the goalkeeper is ejected, he must be replaced).

5. Any player who, in the opinion of the referee, deliberately commits a delay of game infraction or encroaches on a free kick may be shown the Yellow Card and assessed a two (2) minute time penalty.
6. Red Card Offenses
 - a. Any player who receives a second Yellow Card in the same game shall be shown the Red Card and ejected from the match, resulting in a five (5) minute, non-releasable time penalty (i.e, the team shall play short-handed for the entire 5 minutes, regardless of the number of goals scored against it).
 - b. Ejections: A player or non-player shall be shown the Red Card and ejected from the match, resulting in a five (5) minute, non-releasable time penalty (i.e, the team shall play short-handed for the entire 5 minutes, regardless of the number of goals scored against it) for incidents of:
 1. Violent conduct
 2. Serious foul play
 3. Foul or abusive language and or gestures
 4. Spitting
 5. Fighting

Cards/Suspensions

1. Any player, coach or spectator that is ejected from a game will automatically be suspended for at least one additional game.
2. The definitive suspension time will be decided by Jeff Tolson.

Penalty Kick

1. A penalty kick is a free kick from the 10-yard line (second white line from goal line) taken by a properly identified opponent against the goalkeeper without interference by other players. A penalty kick is awarded against a team, which while the ball is in play, commits within its own penalty area one of the fouls listed above which warrants a time penalty. A penalty kick can be awarded irrespective of the position of the ball at the time an offense is committed.
2. The referee will not whistle for the taking of a penalty kick until the players are positioned in accordance with the following:
 - a. The player who incurred the time penalty must leave the field of play prior to the taking of the penalty kick.
 - b. All players, with the exception of the properly identified player taking the penalty kick and the opposing goalkeeper shall be on the field but behind the midfield line.
 - c. The defending goalkeeper must have both feet on the goal line and may not move forward until the ball is kicked. The goalkeeper may move laterally on the goal line prior to the ball being kicked.
 - d. A penalty kick is in play when it has been kicked forward. The kicker may not play the ball a second time until it has touched another player. A

violation of this offense will result in a free kick for the opposing team from the spot of the infraction.

- e. A penalty kick is a live ball situation, i.e. if a goal is not scored directly, and the ball remains in play, it is a free ball and may be played by any player, subject to the restriction of (d) above. If the penalty kick does not result in a goal being scored, then the remainder of the time penalty must be served, unless a goal is scored by the team with the extra player prior to the expiration of the time penalty.
 - f. If a penalty kick results in a goal being scored, then the time penalty is cancelled and the team that committed the foul does not have to play short-handed.
3. Play shall be extended at the end of any period to allow a penalty kick to be taken. The extended time shall last until the momentum of the ball is spent and the referee has decided whether or not a goal has been scored.

Standings

1. Win – 3 points
2. Tie – 1 point
3. Loss – 0 points
4. Tie breaker sequence
 - a. Head-to-head
 - b. Most wins
 - c. Fewest goals allowed
 - d. Most goals scored
 - e. Goal differential

Conduct

1. Game referees, league administrators and The Arena Club reserve the right to suspend or remove a player, coach, or spectator from a league at any time for disorderly conduct.
2. Harassment of officials will not be tolerated.
3. Officials can end a game at any time if they feel the game is out of control and may cause harm to players, coaches or spectators.

Arena Club House Rules

1. Individuals utilizing the facility do so at their own risk. The property owners, league administrators and the staff of Harford Health & Fitness, Inc and The Arena Club assume no liability for any injuries or accidents
2. No tobacco products or alcoholic beverages are permitted inside/outside the facility
3. No foul or abusive language at any time
4. No chewing gum, food or drinks are allowed on the field.
5. Warm-up time before your match is not guaranteed.
6. No one is allowed to climb on any equipment in the arena.
7. There is NO running in the arena outside of the field.

8. There is NO ball playing in the arena outside of the field.
9. Teams are responsible for cleaning up their bench area before leaving the field (please do not leave bottles/trash behind for other teams to clean up)

Age Requirements for Over 30

1. Goalkeepers may be 25 or older in the Over 30 League.
2. Goalkeepers under the age of 30 may come out of the penalty box and play in the field as long as they are their team's designated goalkeeper.
3. No player under the age of 30 may play as a field player in the Over 30 League.

Age Requirements for Over 40

1. Goalkeepers may be 35 or older in the Over 40 League.
2. Goalkeepers under the age of 40 may come out of the penalty box and play in the field as long as they are their team's designated goalkeeper.
3. No player under the age of 40 may play as a field player in the Over 40 League.

Additional Rules for CO-ED

4. Each team must have at least one female player on the field at all times.
5. The ball is not "live"; i.e. a legal goal cannot be scored, until a female touches the ball in their attacking half of the field.
6. Any player, male or female, may take all free kicks and kick-ins in the offensive half of the field. Any player, male or female, may score a goal directly from their defensive half of the field.
7. Once touched by a female in their attacking half of the field, the ball, remains "live", regardless of possession, until such time as the ball crosses back over the midfield line; at this point the requirement for a female touch is reset.