



2023/2024 Rules of Play

[US Soccer Indoor Soccer Association Official Rules](#) will be used for all leagues for the 2023/2024 Indoor Soccer Seasons.

With the Following Modifications:

- **No** player is allowed to slide tackle. Goalkeepers are allowed to slide leading with their feet to make a save or to save the ball from crossing the line. No player including the goalkeeper is allowed to intentionally slide tackle.
- **No** jumping over boards to sub in or leave field
- **Goalkeepers** are allowed to throw and kick the ball over the midfield line. No punting. Ball must bounce twice before the goalie can kick it from their hands (No Drop Kicking).
- **Goal Kicks:** Goal Kicks can be taken anywhere inside of the goalie box.
- **Out of Bounds:** Any ball that makes contact with the net or the ceiling/lights, will be called out of bounds and becomes an indirect free kick.
 - JV/Varsity High School league will play touchline. Any ball that crosses over the white line is considered out of bounds. Any contact with boards will be called out of bounds.
- **Free Kicks:** Before a free kick is taken, the opposing team must be 15 feet (5 yards) away from the spot of the ball.
- **Boarding and Bracing:** Bracing on the wall is only allowed to prevent injury. Any bracing to shield the ball will be considered an indirect kick. Reckless boarding and continuous boarding will result in a yellow card.
- **Superstructure violation addition:** Lights, Ceiling, Fan and Penalties: Any ball which hits a light or fan in the center of the field will be a 1 minute penalty, and any ball that hits the ceiling or ducting will be a 2 minute penalty. The player that hits the ceiling or lights, must sit out and serve the two minute penalty but the team will be allowed to bring another player on. The ball will be placed at the spot where it hit the light or ceiling. Balls that are deflected into the ceiling or lights will be played from the spot of the deflection by the team who played the ball off the other team. (Same as an out of bounds call.) No penalty on a deflected ball that hits the lights or ceiling. The player that hits any of these objects must be the player that serves the penalty. Goalies do not sit. If a **Goalkeeper** kicks the ball into a light or ceiling, place the ball at the spot of and restart play. No player will need to be subbed off.
- **Red/Yellow cards:** For a yellow card, the player must sit for 2 minutes but can be substituted for. For a red card, the player is sent off and must leave the building. Team must play short handed.
- **Playoff Games:** Every team is guaranteed one playoff game. Teams may choose not to play in the playoffs. Teams will need to inform the league commissioner (Justin Hahn) 72 hours before playoffs day that they will not be playing to avoid fines. Body Zone Sports & Wellness Complex

and Ultimate Events and Sports reserves the right to limit the number of eligible teams and conduct playoffs in any format based on available time and number of teams.

- All playoff games will be 24 minutes running clock.
 - Tiebreaker during the playoffs: All overtime games will start with a drop ball.
 - 1 st Overtime – Golden Goal (Sudden Death). 2 minutes in length. Remove 1 field player (4v4 with goalkeeper)
 - 2nd Overtime – Golden Goal (Sudden Death). 2 minutes in length. No Goalkeepers (4v4 with No goalkeeper)
 - 3rd Overtime – Golden Goal (Sudden Death). 2 minutes in length. No Goalkeepers (3v3 with No goalkeeper)
 - 4th Overtime - Golden Goal (Sudden Death). 2 minutes in length. No Goalkeepers (2v2 with No goalkeeper)
 - 5th Overtime - Golden Goal (Sudden Death). 2 minutes in length. No Goalkeepers (1v1 with No goalkeeper) Thank You for participating in our Soccer League! Good Luck!
- Substitutions will be allowed on the “fly” as long as the player is showing an attempt to get off the field. If the player leaving the field plays the ball while another player is already on the field to replace him there will be a 1 minute penalty and the team will play shorthanded. The player running off the field should be within 5 feet of the bench before the new player comes on. All players entering the field of play must enter the field by way of the door. Not over the boards.

Format:

This is a championship format with a bracketed playoff after a 7 game season.

Championship Play:

For Championship play, no double rostering is permitted; Players are required to play for their primary league team. Primary league team is the team where the player is registered for our league

Fees:

There is a referee fee of \$30 per game. Each team will bring and pay \$15 per game to the referee present.

Duration of Game:

Games will be 45 minutes long with a running clock. As soon as the official start time of each game has been reached, the clock will begin whether teams are ready or not.

Rule Protests:

There will be no protests. The Referees decision on the field is final.

Score Keeping:

The score will be kept by the on field referee. After the game, the score will be reported to the League Director or any Ultimate Events & Sports Staff Member.

Jewelry:

No jewelry will be allowed whatsoever. Players will have to remove any necklaces, wristbands, watches, rings, etc. before the game starts.

Code of Conduct, Private Policy & General Information

Code of Conduct:

- Use of profanity and other types of aggressive and vulgar language and behaviors are prohibited. This includes name-calling, harassment, intimidation or other menacing behaviors and may result in immediate removal from the building, suspension of membership, or termination of membership.
- With regards to sporting events: abuse of officials and opposing players and fighting will not be tolerated and all violators will be asked to leave the facility for the remainder of the event or terminated from all privileges at Body Zone or any other Ultimate Events & Sports Activity.
- Members, customers, or guests may be refused admittance if suspected to be under the influence of alcohol or drugs.
- Carrying or concealing a weapon or any device or object that may be used as a weapon may result in immediate removal from the building.
- Theft or behavior that results in the destruction or loss of property at Body Zone will result in immediate removal from the building and termination of any membership, rental contract, program participation or any other Ultimate Events & Sports Activity.
- All members, customers and guests are expected to act in a courteous, caring, respectful and responsible manner.
- Dress code: proper attire, including shirt and shoes is required of all guests attending events at Body Zone or entering the facility for event set up or breakdown etc. Shirts and shoes must be worn throughout the building. Management reserves the right to refuse admittance to anyone it deems dressed inappropriately.

Facility-Wide Policies:

- Body Zone is a tobacco-free facility and use of tobacco products will not be permitted on any part of our property. Smoking, vaping, and use of smokeless tobacco will not be permitted inside the facility or in our parking lot areas.
- Alcoholic beverages are not permitted in the facility and prohibited from being consumed in our parking areas.
- Body Zone is not responsible for items that are lost, stolen or damaged. Members are encouraged to leave valuables at home and lock personal items in a locker while utilizing the facility.
- Outside food and beverages are prohibited. Only water bottles or sports beverages are allowed in the fitness center and aquatics area. Food is not permitted in these areas at any time.
- Coolers are not permitted and will be asked to be removed from the facility.
- Children under the age of 12 must always be supervised. Children may not run around other areas of the facility and must stay at the field in which their parent/guardian is currently playing.
- Pets are prohibited from the facility however Body Zone does recognize ADA service animal requirements.

- Cell phones are permitted in all areas except for locker rooms and rest rooms. Please use discretion while using cell phones — practice awareness and respect of fellow members and guests.
- Kicking, throwing or dribbling any type of sports ball in our hallways and common areas is strictly prohibited.
- Accidents or incidents: a staff member must be notified, and a Body Zone Incident Report must be completed in the presence of a Body Zone or Ultimate Events and Sports staff member.
- Loitering will not be tolerated and may result in removal from the facility.
- Sport specific vendors are permitted by permission only, but Body Zone must be made aware of their presence at an event a minimum of two weeks prior to the event and will be subject to space rental fees.
- Use of the Wellness Center is restricted to its use by members only. No players, teams or guests are permitted to enter the Wellness Center, running track or pool.
- Rental groups may only use the reserved area. Use of the basketball court, fields or ice rinks outside of defined rental is strictly prohibited.
- Use of party rooms is not permitted unless reserved prior to the event by the event coordinator. Additional charges will occur for these rentals.

Prohibited Items*:

- Alcoholic beverages, controlled or unlawful substances and controlled substance paraphernalia
- Weapons of any kind
- E-Cigarettes/Vaporizers
- Coolers and outside food and beverage
- Glass objects
- Laser pointers and pens
- Noisemakers, such as air horns, fireworks, Frisbees, balls, and other projectiles
- Animals that are not ADA defined service animals
- Hoverboards, segways, skateboards, drones, model aircraft
- Any other item deemed unacceptable by Body Zone Management

General Information:

- Body Zone is handicap accessible.
- First aid is located at Guest Services and 2nd floor Wellness Center.
- Three automated external defibrillators (AED) are located in the following places: 2nd floor Wellness Center, Aquatics Lobby and in the Indoor Sports area.
- Lost and found is located at Guest Services. Items are only held for 30 days.

- One ATM machine is located in our main lobby across from Guest Services.
- Questions or concerns while at Body Zone? Please see a Guest Services representative.

Parking Lot Guidelines and Policy:

- Park in designated spaces only.
- A large overflow parking lot located on the far end of the facility if the main lot is full.
- Parking in handicapped spaces by participants without handicap authorization will result in towing at the owner's expense.
- Parking in grass areas, common roadways or fire lanes is not permitted and cars will be towed or cited by local authorities.
- Tailgating is strictly prohibited, and this includes the use of gas or charcoal grills and tents.

*This list is subject to change on an event-by-event basis without notice by the Body Zone and Ultimate Event & Sport Management Staff

PLEASE NOTE: Members, customers and guests who do not follow policies and rules set forth by Body Zone and enforced by its staff or those who violate any local, state and/or federal law will be subject to ejection and possible termination from the facility, all related programs and membership or any other Ultimate Events & Sports Activity.