

Welcome to your Vetta Sports Clubs. This handbook provides an overview of the rules to **recreational indoor soccer**. Many of the “house” rules are in place to foster safe play. Remember we’re a soccer club and a soccer family, first and foremost. So good luck, have fun, and be nice to the other team.

Please take a minute to read this handbook. There are probably things in here you didn’t know, plus, some rules have changed.

Inclement Weather

We play, almost always. It is your individual choice “weather” to show up. In the event of a cancellation, please call your facility’s weather hotline or listen to KMOX.

Liability Release

You must read it and sign it in order to play. **Soccer is a hazardous activity** and bad things happen. You are contractually agreeing that you have signed the liability release and you are waiving your right to file a lawsuit. You accept the conditions of the field and any unforeseen situations that may occur. If this makes you uncomfortable, then choose not to play.

Rosters

- A roster with the liability waivers signed must be turned in prior to the first game. You may change your roster until after the third game at which time the roster freezes.
 - **Anyone playing must have signed the liability disclaimer and current roster. No Exceptions!**
- A roster check must be requested before the 2nd period begins. The referee will check both teams’ rosters before declaring a decision.
- No player may play in the same division twice in the same night. Please help us maintain this by having your captain ask the referee *before the game starts*, not to allow players from previous games to play.
- The responsibility to request roster checks is on your team.

Protests

A protest must be submitted in writing, and accompanied by \$50, from the coach or captain within 48 hours of the game. The \$50 is nonrefundable if the decision goes against the protesting team.

Player Eligibility

A team using a player who has not signed the liability waiver will forfeit that game. Management may request an ID on a player at any time. A team using an ineligible player will forfeit all games in which that person played. Since we are foremost a “club,” we expect teams to only use eligible players.

- OVER 30 Leagues
 - A team may have 2 players under the age of 30 but must be 27 by the start of the 1st game of session. You MUST BE 27 before the 1st game therefore you cannot come in during the middle of the session
- OVER 40 Leagues
 - ALL field players must be 40+ years old to participate
 - Goalkeepers can be 30+ years old BUT cannot play in the field at any time

Field Players

- All jerseys on a team must be the same base color. Please avoid choosing white for your team color (too many). Adults must bring a light and dark color shirt each week.
- Shin guards are recommended and must be covered
- Braces must have the metal well covered.
- Flat soled or turf (minimum 32 studs) shoes must be worn

Bench Behavior

- A maximum of two coaches are allowed on the bench, including youth
 - Anyone leaving the bench upon an altercation receives a red card and causes a game forfeiture for their team.
 - Do not leave the bench even if the other team makes this mistake
 - No food, soda or alcohol. Water, sports drinks are permitted
 - No *un-rostered* players are permitted in the bench area. Parents are responsible for keeping kids out of the bench area during the game.
 - Suspended players may not enter the bench area during their suspension period.
 - Spitting is only permitted in the trashcans
- Any place else is disgusting & may result in a two-minute penalty.

Standings

- 3 points for a win
- 1 point for a tie
- 0 for a loss
 - Most leagues have a playoff game for each team. The 1st and 2nd place teams play, determining the championship. 3rd and 4th place teams play for 3rd place and so on... It does not matter how many times you beat the other teams below you during the season, the final game determines the league winners.
 - If a league has an uneven number of teams, a credit will be issued to those team(s).
 - If the championship game of an adult league ends in a tie, 5-minute “golden goal” overtime will be played. If the game is still tied after the overtime, penalty kicks will determine the winner.

Order of determining playoffs

- A. Most points
- B. Direct head to head
- C. Head to head goal differential
- D. Least goals against all opponents during league play
- E. Total goal differential for season (goals for minus goals against)
- F. Number of shutouts in that session (including forfeits)
- G. Penalty kicks (best of 5) prior to playoff games

Discretion

The referee’s decision on “points of fact” (discretion, judgment) will stand as called. This is common policy in all sports officiating.

Dissent

We make a poor shot as players, and referees miss calls just **as** we make bad passes, and miss “open nets.” Vetta referees are instructed to penalize any dissent from players. Only the authorized captain may discuss a call with the referee provided it is civil and in between periods. Please help control your own teammates so we may all enjoy the game. A dissent penalty results with a yellow card, which the player serves the full 2:00, however the team does not play short-handed. Two dissent infractions will result in a soft red card, in which the player is ejected, however, the team doesn’t play short-handed. Excessive and abusive language or violent conduct are not tolerated anywhere on the premises. These actions may result in a yellow or red card depending on the severity and referees discretion. We are a “club” for your enjoyment. Please help your teammates keep perspective.

Sportsmanship Rule (YOUTH GAMES ONLY)

- Any team ***leading by five or more goals*** cannot score a goal inside the opposing team's penalty box or arc (the lines are included as "in the box")
 - a. If a goal is scored inside those areas, the defending team shall be awarded a free kick on their "neutral zone" white line.
- Any team ***trailing by five or more goals*** can add one player to the field (no more than one extra player)
 - a. Once the team trails by 4 or less goals, the extra player is removed from the field.

The "Running" Clock

- A. Length of game is determined by each facility; see Manager for details
- B. Game time is starting time; ALL games are supposed to start at game time, regardless of how much time is between games for warm-up (if any)**
- C. The referees are instructed to reset and start the clock, immediately following the previous game**
- D. If a team does not have the minimum number of players (see facility rules) to begin, the clock will continue to run for a 10-minute "grace period". If after the 10 minute "grace period", the team still does not have the minimum to begin play, the game will be considered a forfeit.
- E. If players arrive during the 10-minute "grace period", the game will begin at that point but clock will not be re-set.
- F. If the game has been forfeited the two teams may still play for the rest of the time under a forfeit.
- G. **Team(s) that Delay the Game from starting:**
 - a. If both teams have enough players to begin the game but one team is not ready to begin at the starting mark, the referee will advise the team that they need to get into positions to start play.
 - b. If after the referee warning, the team is still not in position to begin play, the referee may issue a 2:00 blue card for Delay of Game, in which the team will play short-handed.
- H. The clock will stop on all whistles in the last minute of the game, if the score differential is one goal or less.
 - a. The referee may add time to the clock if he or she is not in position to stop it.

Ball “In & Out” of Play

- A. If the ball hits the side netting, it is placed on the ground 3 ft. from the boards where the ball touched the net.
- B. If the ball hits the ceiling, it is placed at the center of the nearest (red or white) line or centerline from where the **original kick** took place.

House Rules & Number of Players

- A. PLEASE ask your Soccer Manager for a set of the facility’s “exceptions” to the Vetta Rule Handbook & number of players

Neutral Zone Pass Back Rule

This restricts the goalkeeper from using their hands if:

- *Their teammate*, outside the red line, intentionally passes the ball back to the keeper
- *Their teammate* in the neutral zone carries the ball back, across the red line, and passes to their keeper
- *Their teammate* in the neutral zone passes to another *team mate* in the defensive zone and they in turn pass to their keeper

- **In all youth games, 8th grade and below, the goalie can use their hands on all pass packs from ANYWHERE on the field**

Substitutions

Adults

- Teams are to substitute without referee involvement.

Youth up to 8th grade

- Substitutions can be made “on the fly”, or on ANY dead ball situation. The referee must give permission first and has the authority to wave off a substitution request by the team without the ball if he or she feels that the team with the free kick has an advantage or wants a fast restart.

Restarts & Free-Kicks

We use a one-whistle system at Vetta

- A. On the kick off, the ball *does not* have to go forward. Every thing is direct. You can score directly on the kick off
- B. Ball must be stationary before the free kick is taken
- C. Except for a drop ball, the same player who takes a restart may not again make contact with the ball until touched by another player
- D. For restarts by a team within its own goalkeepers box, the ball is not

- “in play” until the ball leaves the area. If touched, the kick is retaken
- E. Players will not receive a second whistle unless the referee specifies. If the referee stops play to move the wall, the play can only restart with a second whistle
 - F. If a “quick restart” is attempted by the offense, any defender still inside the required 10 feet may not attempt to play the ball (e.g. stick a foot out to block it)
 - G. Only the player taking the restart may request 10 feet, not other teammates.
 - H. Attacking players may not stand in the GK’s crease during restarts

Dangerous Play

- A. High kick - called when the foot or leg endangers an opponent
- B. Playing with the sole of your foot up, facing the opponent
- C. Going into a play with your back turned
- D. Sliding/ slide tackling
- E. Playing the ball on while on the ground

Sliding/Slide Tackling/Playing on the Ground

- A. No intentional sliding please! ***Not Allowed Indoors!***
- B. Slide “tackling” in High School or adult games carry a mandatory 2:00 blue card and may result with a yellow or red card, based on the intent and severity of the play.
- C. Slide “tackling” in youth games, will be whistled as a foul and may result with a blue card based on the intent and severity.
- D. If a player plays the ball first and then falls to the ground it may be considered “no foul” provided the player did not endanger an opponent.
- E. If one knee touches the ground during play, in most cases, it will be called a dangerous play. It is the player’s responsibility to stay on his/her feet.
- F. A player may not play the ball from the ground, even without an opponent around.

Kicking the ball from behind the opponent

Not permitted

- This includes kicking the ball from behind, through, in between, and around the back of legs of the person who has possession of the ball.
- **The defender may shadow the player with the ball but not strike from behind, or through the legs for the ball.**
- In advanced competition, a referee may allow a defenseman to hold their position with a light hand check on the offensive player shielding the ball.
- The chances of striking the opponent’s ankles or knees are far greater from

behind than a “clean” strike of the ball from the front of the player.

- This rule will be enforced 100% in High School and adult games, even if the ball is struck cleanly with no contact to the legs or ankles.
- In YOUTH GAMES (K thru 8th grade), a foul shall be called **IF** the defending player makes **ANY** contact to the player with the ball.

Handling the Ball

- The FIFA rule of “handling the ball” instructs the referee to call a foul only when the hand PROPELS or plays the ball.
- If the “Ball plays the hand” (for example, the ball hits the arm in the natural playing position), no foul shall be called, REGARDLESS of where the ball goes after.
- If you block your face with your hands and the ball hits them, no foul shall be called as long as you did not direct the ball to you or your teammates intentionally.
- A deliberate handball (for example, a player knocks the ball out of the air with his/her hand purposely) may result in a 2:00 blue card penalty.

Goalkeeper Rules

- A. Goalkeepers must start their slide inside the box **and** make contact with the ball inside the box.
- B. Goalkeepers have 5 seconds to distribute the ball from their hands. They **may** bounce the ball while in their possession.
- C. Goalkeepers may dribble the ball into the box and pick it up, as long as this does not violate the neutral zone pass back rule.
- D. A deliberate handball by the keeper, outside the penalty box, may result in a two-minute penalty and a penalty kick. An intentional handball is a free kick at the point of infraction.
- E. In Co-ed, if a GK crosses the half-line, a foul shall be called with a restart taking place at the half-line center dot
- F. There has been some confusion about a handball outside the goalkeeper’s box.
- G. What matters is if the ball and hands are inside or outside of the box. If they are on the line or inside the box at the moment of contact it cannot be a handball. If the goalkeeper’s entire body is lying outside the box, but his hands are on the ball, which is inside the box or on the line, it is NOT a handball.
- H. Goalkeepers serve ALL of their own timed penalties including:
 - a. Blue card 2:00 penalties
 - b. Yellow card 2:00 dissent and unsporting behavior penalties

Fouls and Penalties

- A foul, resulting in a free kick, is assessed to a player who commits any of the following offenses:
 - Kicking
 - Holding
 - Tripping
 - Pushing

- Charging
- Handling the ball
- Dangerous play
- Boarding
- Jumping
- Obstruction
- Elbowing

A timed penalty, (2:00 blue card) should be assessed when any of the above offenses are deemed by the referee to be careless, reckless or **involves** excessive force.

Blue card is issued for:

- Playing in a careless, reckless or dangerous manner
- The team plays shorthanded for two minutes unless a goal scored
- A delayed 2:00 penalty may be given in the event of an advantage

Yellow card is issued for:

- 2nd blue card to the same player
- An intentional or serious foul deemed by the referee. A 2:00 blue card MUST be issued FIRST for the original infraction with the yellow card to follow for the intent
- Unsporting Behavior & Dissent (usually happens after or away from the play)
 - The player(s) serve the entire 2:00, HOWEVER the team(s) does not play short handed
 - A 2:00 Blue Card CANNOT be issued for Unsporting Behavior or Dissent

Red card is issued for:

- 2nd yellow card or 3rd blue card
- Fighting, spitting on or striking an opponent
- Vicious or an extremely dangerous play
 - Player ejected team plays short for the entire 5:00 unless a goal is scored
 - Players who receive a red card for 2 yellow cards for dissent or unsporting behavior, their team does not play short handed.
- The referee has the right to eject a player, coach, or spectator, before, during, or after the game and request they leave the premises.

Suspensions for players/ coaches, who receive a RED card:

- **In all cases, Management has the discretion to issue a MORE or LESS severe suspension than listed below**
 - A red card is a minimum one game suspension, for that particular league and that night
 - Anyone receiving a 2nd red card within a six-month period, is suspended for a minimum of 2 weeks.
 - Anyone receiving a 3rd red card within 1-year period is suspended for a minimum of 4 weeks.

- **FIGHTING/ ALTERCATION SUSPENSIONS**
 - ALL player(s) involved, in an altercation on the field, will be reviewed
 - Any person who strikes (open or closed fist) another person will be suspended for a minimum of 8 weeks
 - Any player defending him or herself, without striking an opponent will be reviewed
 - Those players/ coaches who instigate an altercation on the field will receive a minimum of 2 games

Penalty Kicks

A penalty kick is **ONLY** awarded when:

- A. A 2:00 penalty (Blue Card) is issued to a defensive player for a foul that was committed inside the box
- B. A clear goal scoring opportunity was lost due to a foul, that occurred outside of the box and a 2:00 penalty (Blue Card) was issued
- C. The timed penalty begins after the penalty kick is taken. The ball is live after the kick
- D. The ball is placed at the dot inside the box
- E. **In ALL cases, for a PK to be awarded, a 2:00 (blue card) must be issued first**

Coed Rules

- A. No more than 2 males may enter the offensive 3rd of the field at one time.
 - a. If a 3rd male enters the offensive 3rd, including the goalie, a restart at the white line by the defensive team is awarded.
- B. In order to score a goal the ball must be “live”. To make the ball “live”, a female on the offensive team must touch the ball in the offensive half of the field. The ball remains “live” until the ball is cleared out of the offensive half. Each time the ball is cleared out, it must be made “live” again before a goal may be scored.
- C. A *female* must kick all restarts in the offensive half. Anyone may take restarts in the defensive half.
- D. An “own goal” when the ball is not live is NOT a goal. A corner kick is awarded. An intentional own goal with the ball not live is a two-minute penalty, plus a penalty kick.
- E. Penalty kicks can be taken by either gender regardless of who was fouled in the box. A 2:00 blue card **MUST** be given for the foul in the box for a PK to be awarded.
- F. If the goalie crosses the half line, a foul shall be called and the restart will be awarded at the half line