



SOCCKER RULEBOOK

League Overview

Objective:

Our league aims to provide a fun, competitive, and safe environment for players of all skill levels. The Adult Leagues are for players 18 years and older, while the Youth Leagues are for ages 6 to 18.

Age Groups and Divisions:

Adult Division: CO-ED Competitive, CO-ED Recreational, Women's Competitive, Women's Recreational, Men's Competitive, Men's Recreational, and Men's 30+.

Youth Divisions: Boys - U8, U9, U10, U11, U12, U13, U14, High School (14-18)
Girls - U8, U9, U10, U11, U12, U13, U14, High School (14-18)

League age groupings may be combined.

General Rules

Sportsmanship and Conduct:

All players, coaches, and spectators are expected to maintain good sportsmanship and behavior. There will be **ZERO** tolerance for violence, abusive language, or harassment toward officials, players, and other spectators. This is a family-friendly environment, and even competitive leagues require respect for teammates, opponents, referees, spectators, and staff. Hub Staff has the right to remove and ban people from the Hub.

Footwear:

Athletes are expected to have the required footwear to play the sport. Outdoor soccer cleats, sneakers, and turf cleats are all acceptable footwear. Cleats with **METAL** spikes or studs are not allowed.

Attire:

Teams are required to have matching jerseys/shirts during games. Each team is required to both have a light and dark jersey/shirt in case of color conflict. The Hub will not provide jerseys or bibs to teams. Goalies are required to wear a different color shirt from their team and referee.

Equipment:

Youth - shinguards are required. All players not wearing shinguards will not be allowed to participate in the game.

Adult - shinguards are recommended.

NO JEWELRY IS TO BE WORN DURING GAMES.

Officials:

The referee's decision is final. Arguing with officials can result in a penalty or possibly time off the field. Officials and Field Marshals will be working together to ensure the game goes smoothly.

Field Marshals:

Field Marshals are responsible for making sure that the league games start as scheduled and all participants are registered and/or rostered, have paid their player fee, and are in good standing with the facility. They are responsible for informing teams which field they are playing on and checking team rosters to ensure that all members of the team have been checked in. If a team has a guest player, they will need to check in with the front desk, sign waivers, and pay for their session. If they have not done so before the game, the Field Marshal will direct them to the front desk to do so.

Facility Specific Gameplay Rules

Game Duration:

All Leagues: Two halves, each lasting 25 minutes, with a 3-minute half-time. There is no extra time.

Playing Fields

Field 1, 2, 3 | 180' x 110' | 7v7

Field 1A, 1B, 2A, 2B, 3A, 3B | 110' x 72' | 5v5

Team Size and Substitution

Team rosters will vary from league to league. The roster minimum for our leagues is 3 players more than what is required on the field. The roster minimum ensures that teams will have enough players each week to play a game. If teams are in need of a player, we do allow teams to invite guest players, these players will need to check in, register, and pay before they play in the game.

Yellow and Red Cards

A player who is issued the card has to exit the field for a minimum of two minutes. This player can be subbed out for a new player and the team can continue to play at full strength.

A player who receives their second yellow card of the game will result in an automatic red card, that player will be sent off and must leave the facility for the remainder of the day. The team will not be allowed to sub for that player and will need to play down the remainder of the game.

A player who is issued an automatic red card will be sent off and leave the facility for the remainder of the day. That player will be suspended from playing the next game scheduled for that team.

A player who has been issued **TWO RED CARDS** in the same session will be suspended for the remainder of the session and will be reviewed by hub staff for participation in future sessions.

The HUB staff reserves the right to review all incidents and determine more severe punishment if necessary.

Roster Minimums:

5v5 Leagues - 8

7v7 Leagues - 10

*Coed Teams - Teams must have a minimum of 2 on the field unless agreed upon otherwise.

Substitutions:

Subs are on the fly. Players entering or leaving the field of play must be within 3 yards of the midfield. If play is disrupted in any manner by a substitute, or if a substitute's timing or location gains a competitive advantage, an indirect free kick will be awarded to the opposing team. The referee is not responsible for getting players on and off the field.

Recreational League Scoring:

Recreational leagues keep score during each game but no standings are kept.

Competitive League Scoring:

Goals are worth 1 point. A goal is scored when the ball crosses over the whole goal line. During the regular session, games ending in a tie will remain tied. Competitive Leagues will have standings.

#1 Seed vs. #2 Seed (Championship)

#3 Seed vs. #4 Seed

#5 Seed vs #6 Seed etc. etc.

If there is a tie of points at the end of the regular season then the following will apply:

- a. Head to head.
- b. Goal difference.
- c. Goals scored.
- d. Goals conceded.

In the event of a tie during a playoff game, there will be a 5-minute "Golden Goal" overtime. If there is no goal during the 5-minute overtime period, the game is then decided by a sudden death penalty shoot-out.

Any changes to the playoff format will be determined before the start of the game and the participating teams will be notified.

Facility Specific Rules

- There are no offsides.
- All free kicks are indirect except for penalty kicks and corner kicks
- Field players are not allowed to slide
- No watches, hoop earrings, or necklaces are allowed

Penalty Kicks and Free Kicks:

All players must be 6 feet from the ball. On all free kicks, 5 seconds will be allowed to put the ball back into play. If a team fails to put the ball in play, they will lose possession and a free kick will be awarded to the opposing team. This 5-second count begins when there is no encroachment.

Penalty Kicks follow the same guidelines for fouls and procedures set up in a USSF Law of the Game.

The goalkeeper must touch the goal line with some part of their shoes until the ball is kicked. The player taking the kick will not be permitted to play the ball until the keeper is ready and the referee signals the kick to be taken. The play is live if the ball is saved or hits off the frame of the goal.

Unique 5v5 Small-Sided Game Rules

- Pass-ins (instead of throw-ins) are used to get the ball back in play after it goes out of a sideline.
- If a team has a pass-in from within their defensive half, the opposing team must retreat to their own defensive half.
 - They may enter the attacking half once the ball is put into play.
- Goal Kicks - the opposing team must retreat to their own half until the ball is put into play.
- Any team losing by 4 goals should play with 1 more player on the field than the opposing team.
- Any team losing by 6 goals should play with 2 more players on the field than the opposing team.
- If a team is winning by 4 or more goals, they cannot score from outside the goal area.

- The opposing team must retreat to their own defensive half when there is a goal kick.
 - They may re-enter the attacking half once the ball is put in play.
- There is no sliding by field players.
 - A slide is defined as a player going to ground with momentum.
 - This includes any slide tackles and non-contact slides (keeping a ball in-bounds).

Unique 7v7 Game Rules

- Pass-ins (instead of throw-ins) are used to get the ball back in play after it goes out of a sideline.
- Any team losing by 4 goals should play with 1 more player on the field than the opposing team.
- Any team losing by 6 goals should play with 2 more players on the field than the opposing team.
- There is no sliding by field players.
 - A slide is defined as a player going to ground with momentum.
 - This includes any slide tackles and non-contact slides (keeping a ball in-bounds).
 - Goalies are allowed to slide to make saves with hands or feet but will be called for any associated foul.