



# **NOLENSVILLE SPORTS ARENA**

## **Adult Men's Soccer Rules**

### **GOVERNING BODY**

1. The governing body of this league will be the assigned representative of the Nolensville Sports Arena (NSA).
2. Items not covered by these by-laws will be ruled on by the assigned representative of NSA.

### **ELIGIBILITY**

1. League registration fees (in order to have league participation) will be paid prior to start of play.
2. All players must be eighteen years old.
3. All players must have a NSA Universal card prior to participation. NSA Universal card includes the signing of all required waiver paperwork.
4. All team rosters must be completed and returned prior to the start of the first game.
  - a. Teams may have up to fifteen team members on their rosters. No exceptions.
  - b. Added players must sign the roster/player contract before playing in a game.
5. Teams not qualifying for league play prior to the start of the season will have their registration fees returned.
6. No refunds once the season begins.
7. Players are allowed to play as a guest player for other teams during the regular season only. Only rostered team members are allowed for post-season play.
8. All protests of eligibility will be brought to the attention of the official(s) before the game begins or the protest will not be allowed.

## **PLAYER & TEAM CONDUCT**

1. Everyone must follow all of the facility rules!
2. Teams are required to inform spectators that they must remain in the seating area during the game. Anyone not wishing to abide by this rule will be asked to leave the facility.
3. Only one spokesperson per team is permitted. This is the designated captain of the team (must be designated on the roster) or, in the event that the team captain is not present, the alternate must be assigned prior to the start of the game). He or she will accept full responsibility for the team's actions.
4. If a team defaults/forfeits two games during a season, they will be reviewed by the NSA Staff regarding their continued participation in the league.
5. Two red card violations, per team, of any nature called during a game will result in a forfeited game. Misconduct will not be tolerated. This is a recreational league.
6. An individual, player, coach, or spectator behaving in a threatening way to an official, supervisor, league participant or spectator will be required to leave the facility and will be suspended indefinitely from all NSA recreation activities.
  - a. NSA Universal card must be turned in at time of suspension
7. Anyone intoxicated or thought to be under the influence will be asked to leave the facility immediately.
8. All players involved in fighting will be suspended immediately and police will be called. Players or spectators involved in fights or threatening behavior to NSA Staff, officials, or opposing players, will be removed from the premises and will be restricted from all future NSA activities and facilities.
  - a. NSA Universal card must be turned in at time of suspension

## **UNIFORMS & PLAYER EQUIPMENT**

1. SHOES: all players must wear indoor soccer shoes or sneakers - no molded cleats. Any completely even/flat sole is allowed
  - a. NSA officials have the final say on defining legality of shoes
2. JERSEYS: All jerseys should have a different number on the back, if possible.
  - a. Purpose of jersey numbers is to differentiate players during run of play. It is also for keeping up with warnings and cards. If no numbers are on jersey's, a player's NSA Universal card will be used as source of record.
  - b. In case of conflict in uniform color, the home team (team listed first on schedule) will be required to change. All teams should bring alternate jerseys or be prepared to wear pennies.
3. BALL: the game ball will consist of a regulation size FOUR/FIVE ball.

4. SHIN GUARDS: are mandatory and must cover the entire shin. The player may not return to the game until his or her shin guards meet the requirements.

## **TIMING & TEAMS**

1. CLOCK: will have two 25 minute halves with a 2 minute halftime.
  - a. The clock will start at the scheduled game time. The buzzer will sound signaling the clock starting.
  - b. The clock does not stop except for injury (If there is time).
  - c. We will have a 5 minute grace period for the first game only
2. Mercy Rule: If a team is up by 5 goals or more at the 3 minute mark, NSA may end the game at their discretion
3. SCHEDULED TIMES: games will start on time according to the published schedule; this means both teams must have players on the field and ready to play! The clock will start regardless of whether a team and or player(s) are ready to begin. If games begin running over their allotted times, administration or supervisors may, at their discretion:
  - a. Reduce the scheduled time between games.
  - b. Reduce the amount of time allotted for half-time.
  - c. Reduce overall game time in order to finish by the scheduled time. For example, if the game is running long, up to five minutes may be taken off the clock; however, the time taken off must leave at least two minutes remaining in the game.
4. OVERTIME: there is no overtime during the regular season.
  - a. Overtime in tournament play consists of a five minute period.
  - b. If a winner is not established during overtime, a shootout will follow. Teams will designate five players for PKs. A coin toss will determine who kicks first.
    - a) If a winner is not established after one round, PKs will then be sudden death
    - b) All players on a team must take one PK before any player shoots twice
5. FORFEITS: If a team does not have four players present within three minutes of the scheduled game time, the game will be declared a forfeit. Additional time may be given at the discretion of NSA employees.
  - a. Any team that fails to show for two games during the season will be reviewed by NSA and could lead to being dropped from the league (NO REFUNDS).
  - b. NSA will not reschedule games in the event of a forfeit.
6. TEAM MAKEUP: Men's League, six field players plus one goalkeeper
  - a. Teams must have a minimum of five players to start the first half.
  - b. By the halftime: at least 5 players must be on the field at all times
  - c. If at any time the number of players drops below the minimum required, the game will be declared a forfeit and the opposing team will be awarded the victory (Unless it is because of injury)

## GAME PLAY

1. **GUIDELINES:** All NSA rules are the number one guideline for league play. The rules of USSF, FIFA, MISL, and all other by-laws will be the guidelines for league play.
2. **LEAGUE POINTS:** will be awarded as follows: three points for a win, one point for a tie and zero points for a loss.
  - a. Point tie-breakers will be determined by:
    - i. Head-to-head match-up
    - ii. Point differential for the full regular season
3. **KICK-OFFS & FREE KICKS:** when kickoffs or free kicks are taken, the defending team must be at least four feet from the ball; the ball may be played forward or backward. After a goal is scored, the game is restarted with a kickoff from the center line.
4. **OFFSIDE RULE:** is NOT in effect.
5. **THREE LINE RULE:** is NOT in effect.
6. **GOALKEEPER:**
  - a. Goalkeepers may only retain possession of the ball with his hands for a period of six seconds. A dead ball must be played in six seconds or be turned over to the opposing team.
  - b. Goalkeepers may not punt the ball, only throw-ins or grounded passes will be allowed.
  - c. The goalkeeper may not use his or her body illegally (ie. No sliding outside the goalie box)
7. **END LINE:** a ball which passes over the end line:
  - a. Having been last played by a player defending that end of the field will result in a “corner kick” - a direct kick taken from the corner spot by the attacking team.
  - b. Having been last played by a player attacking that end will result in a “goal kick” - an indirect kick taken from any point within 8 feet of the goal by the defending team.
8. **OUT OF BOUNDS:**
  - a. A ball crossing a touch line will result in an indirect free kick where the ball crossed the touch line (“Kick-in”). Opponents must respect or immediately attempt to respect a 4 foot distance from the ball on restart.
  - b. A ball which contacts the ceiling or any item attached to the ceiling will result in an indirect free kick from the nearest yellow line on the field. The ball must be played from the yellow line -- failure to do so will result in the ball being turned over to the opposing team.
9. **FREE SUBSTITUTION:**
  - a. Substitution will be on the fly as the game is in progress. Attempts will be made to make the substitutions from the center of the field.

## **INFRACTIONS**

1. FIFA defined Indirect Free kick infractions and NSA Indirect Free kick infractions:
  - a. Indirect free kick infractions awarded inside the penalty area will be taken from the nearest point outside the penalty area.
  - b. Substitution infractions will result in an indirect free kick for the opposing team, and a caution for the substitute. A substitute may not enter the field and/or play the ball until the field player, being substituted for, leaves the field of play where the normal substitutions occur.
  - c. Slide Tackles:
    - i. Field players may not slide tackle at any time on any part of the field.
    - ii. Goalkeepers may slide only in their own penalty area. Outside the penalty area, the keeper is considered a field player and may not slide tackle.
    - iii. Infringement of this provision will result in an indirect free kick, and the referee may caution or send-off the player committing the infraction at his/her discretion.
    - iv. The referee, at his sole discretion, determines when a “reach for the ball” or “toe poke” is a slide tackle.
2. FIFA defined Direct Free Kick infractions:
  - a. FIFA defined Direct Free kick infractions awarded inside the penalty area will be taken as a penalty kick from the attacking yellow line. The goalkeeper lines up on his or her goal line, the PK kicker lines up at the ball and the remaining players from both teams line up behind the center line. At the whistle, the kicker may dribble forward and shoot, the goalkeeper may come off his or her line, and the remainder of the players may run towards the goal. Play is live at the whistle and the ball may be touched multiple times.
  - b. FIFA defined Direct Free kick infractions awarded outside the penalty area will be restarted as an indirect free kick at the point of infraction.
3. CAUTIONABLE OFFENSES (yellow cards):
  - a. The referee will issue cautions for FIFA defined infractions
  - b. The referee, with no prior warning to the player(s), may issue a caution for delay to a player that does immediately respect or attempt to respect the 4 foot distance on a free kick, kickoff, or “kick-in” restart.
    - i. The referee, with no prior warning to the player(s), may issue a caution for delay to a player that attempts to impede a restart by a Goalkeeper.
  - c. Any yellow card given will force the player receiving the yellow card to the bench. The team does not play a man down, but the cautioned player must be substituted immediately and must sit for two minutes minimum.
4. SEND-OFF OFFENSES (Red Card):
  - a. The referee will send-off (red card) players for FIFA defined infractions
  - b. The referee will send-off (red card) players receiving a second caution.
  - c. Teams may not replace a player who has been sent-off.