

- **1. Ball Size**

1.1. Size #5: U-13 through adult

1.2. Size #4: U-9 to U-12

1.3. Size #3: U-8 and under

1.4. Outside balls are prohibited. Arena Sports will provide all balls.

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2. Number of Players

	<i>Redmond LAX & Main Field</i>	<i>Redmond Side Field</i>	<i>SODO Seattle</i>	<i>Magnuson</i>	<i>Issaquah</i>	<i>Mill Creek</i>
U6 & U7 (1/3 or 1/4 Field)	4 players with no goalkeeper (1/4 field)	---	4 players with no goalkeeper (1/4 field)	4 players with no goalkeeper (1/3 field)	4 players with no goalkeeper (1/3 field)	4 players with no goalkeeper (1/3 field)
U8 (Half Field)	4 players plus a goalkeeper	---	4 players plus a goalkeeper			
U9 to U15	7 players, one of whom is a goalkeeper	7 players, one of whom is a goalkeeper	7 players, one of whom is a goalkeeper	7 players, one of whom is a goalkeeper	7 players, one of whom is a goalkeeper	7 players, one of whom is a goalkeeper
U16 to High School	6 players, one of whom is a goalkeeper	5 players, one of whom is a goalkeeper	6 players, 3 men and 3 women	6 players, 3 men and 3 women	6 players, one of whom is a goalkeeper	6 players, one of whom is a goalkeeper
Men's/Women's Adult	6 players, one of whom is a goalkeeper	5 players, one of whom is a goalkeeper	6 players, one of whom is a goalkeeper	6 players, one of whom is a goalkeeper	6 players, one of whom is a goalkeeper	6 players, one of whom is a goalkeeper
Coed Adult	6 players, 3 men and 3 women	5 players, <u>at</u> <u>least 2 women</u> <u>field players.</u>	6 players, 3 men and 3 women	6 players, 3 men and 3 women	6 players, 3 men and 3 women	6 players, <u>at</u> <u>least 3 women</u> <u>field players.</u>

2.1. Minimum Number of Players: The minimum number of players for the start of the game is 4 players, one of which is a goalkeeper.

2.2. Coed Leagues, Minimum Number of Women: In Coed Leagues, at least 1 player must be a woman to start a game.

2.3 Guest Player Policy: A team is allowed to use non-rostered guest players as long as the player has a current Arena Sports membership (or pays the 1 day membership temp fee) AND MUST ask the opposing team's permission prior to the substitute entering the game. Failure to follow this policy results in forfeiture for the team using non-rostered players.

2.4. Arena Sports Membership: All players must have a current Arena Sports membership and be on their team's roster before the start of each game.

2.5. Adult Age Specific Leagues: Adults must be the age of their league during the session (i.e. over 30 etc.).

2.6. Liability Waivers: All players must have a signed waiver on file at an Arena Sports facility. Youth Players must have a parent or legal guardian sign on their behalf. Waivers must be re-signed each year.

2.7. Ability Level Restrictions: "A" level players cannot play at the "D" and can only play at the "C" level with permission from Arena management. "A" level players are defined as players that have played professionally, in college, or premier.

2.8. Coed Substitution Restrictions: Male players may not substitute for female players, however, females may play in place of males.

2.9. Special Rules Affecting Number of Players:

2.9.1. Adult League 3 Goal Differential: If any team is down by 3 goals or more they may add an additional player. This includes combination leagues.

2.9.2. Youth Mixed Age Leagues: The younger team in a mixed age league should add one player.

2.9.3. Club Select Teams: Club select teams not playing in WSYDL or higher must play up 1 year but play with the same amount of players.

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3. Players' Equipment

3.1 Flat-soled or small rubber studded turf shoes. No outdoor cleats will be allowed. Examples:

Allowed



**Not
Allowed**



3.2. The goalkeeper must wear colors that distinguish them from all other players.

3.3. All team members must wear the same color jerseys to distinguish them from the other the opposing team and the referee. Players are asked to bring an alternate shirt (dark and light). In the event both teams are the same color, the home team must change.

3.4. Shin guards are REQUIRED for all players. Socks must be worn over shin guards and be pulled up to completely cover the shin guards. Goalkeepers or any other players wearing any kind of protective gear (i.e. knee pads) must wear the soft cushioned type.

3.5. All players with casts must have them wrapped in a manner acceptable to the referee. All other equipment the referee deems dangerous to players or opponents will not be allowed. By allowing them to play, Arena Sports in no way accepts responsibility for any aggravation of the injury that may occur-

3.6. A player may not wear jewelry (watches, bracelets, etc.) which is dangerous to themselves or other players.

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4. The Referee

- 4.1. Enforces Arena Sports Rules;
- 4.2. Controls the match;
- 4.3. Ensures that the players' equipment meets the requirements of Law 3;
- 4.4. Acts as timekeeper and keeps a record of the match;
- 4.5. Stops, suspends or terminates the match, at his discretion, for any infringements of the Laws;
- 4.6. Stops, suspends or terminates the match because of outside interference of any kind;
- 4.7. Stops the match if, in his opinion, a player is seriously injured and ensures that he is removed from the field of play. An injured player may only return to the field of play after the match has restarted;

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5. Duration of Match

- 5.1. Length of Halves: All Adult games consist of two 22.5 minute halves. Youth games consist of two 20 minute halves.
- 5.2. Half-Time Interval: The half-time interval will be 30 seconds. In the interest of time constraints the half-time may be shortened to catch up on lost time due to injuries or other stoppages in play.
- 5.3. Time Between Games: Time between games shall be 1 ½ minutes and teams are required to be ready to play. Time constraints may also require this interval to be shortened.
- 5.4. Game Start Times: The game clock will be started at the scheduled game start time regardless of the number of available players on the field.
- 5.5. Substitution Required: When time is stopped for an injury, the injured player must leave the game for a substitute.
- 5.6. Goalkeeper Exception: If an injured goalkeeper require the clock to be stopped, and the keeper is able to continue to play, they may forgo substitution and continue to play.

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6. Start and Stop of Play

6.1. Forfeit Declared: A forfeit is declared when a team is unable to put the minimum number of players on the field within 5 minutes after the game start time. The game clock will continue to run while the team is attempting to field their players and the time elapsed will not be reinstated.

6.2. Forfeits Not Rescheduled: Forfeits are rescheduled only if it was an administrative error. Please call to see if games are still on in extreme weather conditions.

6.3. Any forfeited game will be recorded as 3-0 loss against the forfeiting team.

6.4. Whistle Signals Start: A whistle by the referee is necessary for taking kickoffs.

6.5. Half Time Switch: At each half, teams will switch sides.

6.6. Kick-Off Direction: On a kickoff the ball may be kicked in any direction.

6.7. Players Must Be On Own Side: All players must be on their own side of the field at the start of each kickoff. The referee may signal play ready at his discretion.

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7. Ball In/Out of Play

7.1. Out of Bounds: The ball is out of play when it touches the netting above the perimeter wall or goes completely over the wall.

7.2. Kick In: When the ball passes over the perimeter wall or the netting, it shall be kicked in from the point where it passed over the wall or hit the netting, and within 3 feet of the wall. The ball may be kicked in any direction by the team not touching the ball last. The ball shall be in play immediately after it has traveled half of its circumference.

7.3. Throw In: When the ball hits the netting over the end perimeter wall between the corner marks, and having last been played by the attacking team, play shall be restarted with a goalkeeper throw-in from any point within the penalty arc. The ball must be distributed to another player outside the penalty arc within 5 seconds.

7.4. Injury Stoppage: Play will restart with the team in possession the moment the injury occurs. If neither team had clear possession, the game will be restarted with a drop ball.

7.5. Corner Kick: When the ball hits the netting over the end perimeter wall between the corner marks, and having last been played by a player on the defending team, play shall be restarted with a corner kick. The ball will be placed on the corner spot nearest the point where the ball made contact with the netting. A goal may be scored directly from such a kick.

7.6. Ceiling Out of Bounds: The ball is out of play when it makes contact with the ceiling. It is then placed on the red line nearest to where the ball was last kicked, and a free kick is awarded to the opposing team.

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8. Three Line Violation

8.1. Defined: A three-line violation is defined as the ball having crossed, in the air, over both red lines without touching a wall, the ground, or a player between the two red lines. Passing the ball three lines toward your own goal is allowed. There is no violation for kicks taken from the red line.

8.2. Penalty: Violations will result in a Direct Free Kick by the opposing team from the first line the ball crossed.

8.3. Exception: Any team playing with two players less than the opposing team will not be penalized for a three line violation.

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9. Restarts

9.1. Indirect Free Kicks: Kickoffs and restarts after an injury time out are Indirect Free Kicks. All other re-starts are Direct Free Kicks.

9.2. Free Kicks: The following apply to all restarts:

9.2.1. No Second Touch: The player taking the kick cannot be the first to play the ball after it has traveled half its circumference.

9.2.2. 5 Second Rule: If a player taking a kick delays longer than 5 seconds after having placed the ball for restart, the ball will be turned over to the opposing team to take the restart.

9.3. Penalty Kicks:

9.3.1. PK Awarded: Penalty kicks are awarded at the referee's discretion when a defensive physical foul takes place in the goal box or is an attempt to deny an obvious scoring opportunity. A Penalty kick may result in an automatic blue card or higher.

9.3.2. Top of Arc: Penalty kicks shall be taken from the top of the arc.

9.3.3. Clock Not a Factor: If the clock stops for half-time or the end of the game, prior to the penalty kick, then the penalty kick will still be taken.

9.3.4. Players Behind Red Line: All players, other than the goalkeeper and the kicker, must be behind the red line until the ball has been played.

9.3.5. Referee's Whistle Signals Start: Once the ball has been spotted and the goalkeeper has stated that they are ready the referee will blow their whistle to signal the restart. The kicking player has five seconds to play the ball. Failure to play the ball within five seconds will result in a goalkeeper's throw-in.

9.3.6. GK Stays on Goal Line: The goalkeeper cannot leave the goal line prior to the ball being struck, but may move side to side as long as they stay on the goal line.

9.3.7. Penalty if GK leaves Goal Line Early: If the goalkeeper leaves the goal line early and a goal is scored the goal will count. If the shot is missed or blocked the shot is retaken.

9.4. Penalty Arc Restarts: The following goalkeeper violations shall cause the referee to stop play and award a direct free kick to the opponents at the top of the arc.

9.4.1. Pass Back to Hands: The goalkeeper may not use their hands when the ball is passed or intentionally deflected, with the foot, to them from a teammate.

9.4.2. 5 Second Violation: The goalkeeper with the ball in their hands has five seconds to distribute the ball outside the box.

9.4.3. Play Ball into Box: The goalkeeper may not dribble the ball from outside the box, into the box and then play it with their hands.

9.4.4. Non-Physical Defensive Fouls: Any foul committed by a defensive player in his/her goal box which does not result in a card being issued. This shall be restarted by the attacking team from the penalty spot, with a wall.

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10. Substitutions

Substitutions are made during the play of the game. The referee will not stop either the game, or the time for a substitution.

10.1. Within 10 Feet of Players' Box: Substitutions must be made within 10 feet of your own player box area, except in the case of injury.

10.2. Possible Penalty: If the player entering the field of play gets involved in playing the ball before the player exiting is off the field this will result in a free kick for the opposing team..

10.3. Goalkeeper substitutions: A team can change its GK either during the play of the game as stated above, or teams may request the referee for a goalkeeper change at the next dead ball. If this occurs the referee will hold play (when doing so will not take away an advantage for the opposing team) while the goalkeeper change is made within a reasonable time frame (10 - 15 seconds).

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11. Fouls & Misconduct

A player who commits any of the following offenses shall be penalized by the referee awarding a direct free kick to be taken by the opposing team from the point of infraction, at the referee's discretion. There will be no whistle to restart, unless directed by the referee.

11.1. Kicking: Inadvertently kicks an opponent while attempting to strike the ball.

11.2. Tripping: Inadvertently trips and opponent while attempting to play the ball.

11.3. Charging: Inadvertently charges into an opponent while attempting to play the ball.

11.4. Obstructing: When not playing the ball, intentionally obstructs an opponent by standing between the opponent and the ball so as to form an obstacle. Obstruction is not called when a

player has a ball and is shielding so as to prevent an opposing player from stealing the ball, or if the ball is kicked down the field and a player attempts to run through an opponent whose has established position.

11.5. Pushing: Pushes a player in an attempt to prevent them from getting to the ball.

11.6. Dangerous Play: Playing in such a manner as to be out of control or endangering the safety of an opponent.

11.7. Charging the Goalkeeper: Charging into the goalkeeper.

11.8. Playing Ball While on the Ground: Except for the goalkeeper in his own goal box, playing the ball, offensively or defensively, while on the ground or while having a part of your body, other than your feet (3-point rule) on the ground.

11.9. Hand Ball: Intentionally plays the ball with the hand or arm, or gains an advantage or control from the handball with the hand or arm in an unnatural position.

11.10. Holding: Holds an opponent to prevent them from playing the ball or defending.

11.11. Striking: Unintentionally strikes an opponent.

11.12. Advantage: Advantage is to be used at the referee's discretion.

11.13. GK Handball: The goalkeeper may not reach outside the goal box and use their hands, even if they are standing inside the goal box.

11.14. GK Slide: If the goalkeeper begins a slide inside the box (allowed) and as a result of their slide goes outside the box they will be called for a foul.

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12. Time Penalties

Penalties assessed to players during the game shall be divided into the following categories:

	Blue	Yellow	Red
Duration	2 minutes	4 minutes	5 minutes
If Opponent	Team returns to full	Team returns to full	Team remains short-handed for
Scores	strength	strength	entire duration

Individual Foul	Serves duration off field	Serves duration off field	Ejected. Must exit building promptly
Team Foul	Player serving penalty may return	Player serving penalty may return	N/A

Time penalties may be assessed against players regardless of whether or not play is in progress.

Time penalties that do not expire by the end of the first half are continued in the second half.

If a player accumulates multiple cards in a single game, that player will earn the card above the highest card already earned. Ex.: blue + blue = yellow, yellow + blue = red.

12.1. Blue Card Penalties: A player who commits any of the following offenses shall be penalized by the referee issuing a blue card that will result in the player serving a two minute penalty. Once the blue card has been issued the penalty time will not begin until the player has left the field. Calls are at the referee's discretion. (For Youth games, a blue card will result in the offending player needing to sub out for the duration of the two minute penalty, but the team will not need to play down a player).

12.1.1. Intent: Any foul defined in section 12, which in the referee's judgment was intentional may result in a Blue Card or more severe penalty.

12.1.2. Boarding: Propels an opponent into the boards in a violent manner. A trip that inadvertently causes a player to make contact with the boards may not result in a blue card.

12.1.3. Sliding: Any slide, whether offensive or defensive, where a player slides toward the ball or another player in an attempt to gain possession or kick the ball is not allowed and may result in a blue card. This also applies to a goalkeeper who begins their slide outside the box. A reach for the ball by going to one knee could be considered a slide.

12.1.4. Unsporting Behavior: Unsporting behavior includes, but is not limited, to the following:

12.1.4.1. Persistent Infringement: Persistent disregard for the rules.

12.1.4.2. Dissent: Any dissent by word or action regarding a referee's decision.

12.1.4.3. Taunting: Taunting another team/player in a manner so as to cause a confrontation.

12.1.4.4. Encouraging Harm: Encouraging players by word or action to foul, harm or retaliate against an opponent.

12.1.5. GK Obstruction: Obstructing the goalkeeper in any manner, as they attempt to distribute the ball may result in a blue card.

12.1.6. Intentionally Distracting: Making a loud noise or action intended to distract an opponent.

12.1.7. Illegal Substitution: Making an illegal substitution (as defined above).

12.1.8. 6th Foul in a Half: A team will be issued a 2 minute bench penalty for every sixth foul committed in a half.

12.1.9. GK Protection: Kicking or striking the goalkeeper while the keeper has possession of the ball.

12.1.10. Failure to Yield: Fails to retreat 10 feet from the ball by the time it is put into play. If after giving 10 feet, the player moves towards the ball and is struck by the ball, they will serve a penalty.

12.1.11. Failure to leave Field: If a player does not immediately leave the field after receiving a blue card, they are subject to further card accumulation up until an ejection if necessary.

12.2. Yellow Cards Penalties: A player who commits any of the following shall be penalized by the referee issuing a yellow card which will result in the player serving a 4 minute penalty. Any player receiving another card after a yellow card will be issued a red card and ejected from the game.

12.2.1. Persistent Dissent: A player persistently dissents by word or action any referee's decisions.

12.2.2. Persistent Unsportsmanlike Conduct: A player is guilty of persistent unsportsmanlike conduct.

12.2.3. Aggravated Manner: Commits any act defined in section 13.1 intentionally and in an aggravated manner that is more likely to cause harm to an opposing player.

12.3. Red Card Penalties: Red cards are issued for the following infractions followed by ejection from the game. A player issued a red card will be required to leave the premises. Any player refusing to leave after being asked by the person in charge, whether it is a referee or office personnel, may result in the police being called and a complaint filed.

- 12.3.1. Violently Kicks: Kicks or attempts to kick an opponent in a violent manner, when not attempting to play the ball, or in retaliation for a perceived foul.
- 12.3.2. Spits: Spits at an opponent or on the field, or intentionally expels other bodily fluids on the field.
- 12.3.3. Strikes: Strikes or attempts to strike an opponent whether as the aggressor or in retaliation for a perceived foul.
- 12.3.4. Violent Conduct: Is guilty of a violent conduct or serious foul play.
- 12.3.5. Foul or Abusive Language: Uses foul or abusive language in a confrontational manner.
- 12.3.6. Fighting: Fighting, regardless of the reason.
- 12.3.7. Leaves Bench: Any player who leaves the bench to become involved in a fight, even if their intent is to break up the fight.
- 12.3.8. Bench Clears: If more than one player from a team leaves the bench, the players who left the bench will be issued red cards. The game will be stopped and the team whose players left the bench will be assessed a forfeit for the game.
- 12.3.9. Dual Abandonment: In the event that players from both teams leave the bench, the players that left the bench will be issued red cards, and the game will be stopped. Both teams are issued forfeits for the game.
- 12.3.10. Referee Abuse: Any abuse of the referee whether verbal or physical. Verbal abuse may be defined, but is not limited to, swearing at or threatening a referee, or disputing a call in an overly aggressive manner, in an attempt to intimidate the referee.
- 12.3.11. Seasonal Card Accumulation: If 4 or more cards are accumulated in any one season by the same player, they may be suspended for 1 game at the discretion of the disciplinary board.

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13. Serving Penalties

- 13.1. Serve Your Own: All players, including the goalkeeper, must serve their own penalties.

13.2. After Opponent Scores: If a goal is scored against a team that is playing shorthanded, except when a red card is issued, then that team may return one player to the field, but the player who was penalized (including the goalkeeper) must continue to serve their penalty.

13.3. Playing Short by 2: When a team has two players who have received cards and the opposing team scores a goal, only the first player penalized can be replaced. If another goal is scored then the second player may also be replaced even though both players must serve out their penalties.

13.4. Both Teams Serving Penalties: If one player from each team is serving a penalty or an equal number of time penalties are being elapsed when a goal is scored, teams continue to play shorthanded until the penalties are served.

13.5. Play Shorthanded: In all cases where a 2 minute penalty is issued the team will play shorthanded.

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14. Ejections and Suspensions

14.1. Red Card is Automatic Ejection: A person receiving a red card will be ejected from the game and must leave the premises. The person will be suspended through at least one additional division game. The suspension includes all play at all facilities, including play with other teams, for the duration of the suspension.

14.2. Fighting 1 Year Ejection: A person receiving a red card for fighting will be suspended from all play at all facilities for a period up to one year.

14.3. Referee Intimidation 1 Year Ejection: A person who makes an attempt to intimidate the referee by threat of physical abuse, pushing or attempting to make contact with the referee will be suspended from all play at all facilities for a period of at least one year.

14.4. Striking an Arena Sports Employee Permanent Ejection: A person who strikes or attempts to strike any Arena Sports employee shall receive a permanent suspension from all facilities and will be excluded from any event at Arena Sports, including tournaments. Arena Sports will also file a criminal complaint with the police whenever an employee is struck in the conduct of their duties.

14.5. Ejections Carry Over Season to Season: In all instances, where necessary, suspensions will carry over into the next session.

14.6. Failure to Provide Name: When a player receives a card they must give the referee their full name. Failure to do so will result in a forfeit of the game for the team with which the player was playing on.

14.7. Suspension Discretion: Suspensions can be extended beyond what is listed above for repeat offenders or depending on the circumstances.

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15. Tie Games

15.1. No Tie Breakers During Regular Season: Games resulting in a tie during regular season play end in a tie.

15.2. Shots for the Mark Rules: If a championship game ends in a tie, shots from the top of the arc are used to break the tie. Penalty kick rules apply as follows:

15.3. Extension of Shoot-out: If the game is still tied the remaining players including the goalkeeper alternate shots in a defined order until one team makes one more shot than the other after an equal number of shots.

15.4. Equal Number of Players: Both teams must have an equal number of players participating in the shootout. If one team has more players than the other, the team with more players must exclude the number of players necessary to equate to the second team's headcount.

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16. Special Rules

16.1.1. Youth Mercy Rule: If a team is up by 3 goals or more, any shot taken and scored from inside the white arc by the leading team will not be allowed. The team that is behind is also allowed an extra player.

16.1.2. Restart: The restart on a disallowed goal is a throw in by the goalkeeper.

16.2 Youth Leagues - Indirect Kicks - All U-11 and younger leagues will have indirect free kicks from the team's offensive red line and forward. This excludes penalty kicks. All U-11 and younger leagues will not allow intentional heading of the ball. This will result in a free kick for the opposing team at the spot of the header.

16.3 Coed Macho Rule: The intent of this rule is to protect female players from uncontrolled and unreasonably aggressive play by male players. If the referee feels that a male player intimidates or threatens a female player, on his team or the opposing team, through aggressive or forceful play, a foul may be called and a direct free kick awarded. This includes:

16.3.1. High/Hard Kicks: Any kick (or goalkeeper throw) taken with excessive force in the direction of a female player, and within an arc described by her arm span, and which rises above waist level in relation to that player. The ball need not make contact with the player for a foul to be called.

16.3.2. Physical or Verbal Intimidation: Any attempt to take advantage of gender differences through physical or verbal intimidation.

16.3.3. Restarts: When a female is in goal in Coed C or Coed D leagues, all restarts taken from the attacking red line and forward must be taken by a female player.

16.3.4 Adult Combination League: If a league is a combination of two ability level leagues, the macho rule of the lower league will apply.

Application of Macho Rule

	Coed A	Coed B	Coed C	Coed D	Coed Beginner
Field Player	No	Yes	Yes	Yes	Yes
Goalkeeper	No	No	Yes	Yes	Yes

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17. Other Rules

17.1. Players' Box: No one except coaches and players currently playing are allowed in the team boxes (maximum of 2 coaches). No children other than those playing the present game are allowed in the boxes.

17.2. Photography: No videotaping or photography is allowed from inside the player's boxes.

17.3. Glass Containers Prohibited: No glass containers in the boxes.

17.4. No Alcohol or Prohibited Food Products: Smoking, chewing tobacco, gum and alcohol are prohibited on the premises.

17.5. No players or coaches may be under the influence of drugs or alcohol.

17.6 Any time a player leaves their feet, without landing back on their feet, while attempting to play a ball, or otherwise, can be called a foul at the discretion of the referee.