



Adult Sports Leagues Office
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<http://play.chulavistaca.gov>

ARENA SOCCER

FEES

\$400/team

DISCIPLINARY & COMPETITION COMMITTEE

A committee of 3-4 members will be established each season to act upon disciplinary measures for violators of acceptable conduct set forth in this rules packet, as well as assist in the evaluation of players and teams to ensure safe and balanced competition. The committee will consist of the City of Chula Vista Athletic Director, 1 or 2 players/managers who were nominated or delegated, and a representative from the official's organization.

ARENA DIVISIONS

Below is an **anticipated** matrix of divisions available.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salt Creek Arena		Men's Recreational (8 teams)		Coed Recreational (8 teams)	
Game Times		6:00pm-10:00pm		6:00pm-10:00pm	

The Athletics Section reserves the right to modify any rule without notice, move a team from one field to another with notice, and make the final decision on all rulings not associated with the actual game play, in which case, the umpire has full authority, unless there is a call that is validly protested.

I. REGISTRATION INFORMATION

A. TEAM FEE

The team fee is for an 8-10 game regular season and a postseason. \$400 per team

Referee fees due before each game (\$14 per team)

B. PAYMENT OF FEES

The entire registration fee must be paid at the time of registration.

C. WAITING LIST

When the maximum number of teams allowable has been registered or after the registration deadline, the remaining teams will be placed on a waiting list in order of first come first serve priority. Teams that are contacted will have two days to submit the entry fee.

D. REFUNDS

No refunds unless league is cancelled

II. GENERAL INFORMATION

A. ROSTERS

- i. All players must be on the official roster before playing in a game. All players must sign the team roster before they play. Each roster may have a **maximum** of fifteen players throughout the season.
- ii. Home Team: The home team is the second team listed on the game schedule.
- iii. **Player additions** after the fifth game of the season are not permitted.
- iv. Players must be at least 18 years old.
- v. Players must have a valid California Identification card, or a California Driver's License, or a copy of an identification card with an identifiable picture (**It is under the discretion of the League Coordinator to determine if the picture is identifiable**) in order to play in the League.

B. PLAYERS AND SUBSTITUTIONS

- i. Teams are comprised of 6 players per side, including the goalkeeper. Teams must have a minimum of 4 total players to start play.
- ii. **Co-Rec:** The game shall be played between 2 teams of 6 players, with any of the following ratios for men and women 3:3, 4:2, 2:4, 3:2, 2:3, 2:2 (in all scenarios a goal keeper must be present)
- iii. Flying substitutions will be used:
 1. A field player can enter/exit the field of play without notifying the referee.
 2. The exiting player must exit the field before the substitute enters.
 3. Improper substitutions are a cautionable offense.
 4. Teams are allowed an unlimited amount of substitutions.
 5. Players may not jump over the boards during a substitution (this will result in a blue card)
 6. The goalkeeper must notify the referee and can only substitute during a stoppage in play.

C. Equipment

- i. Illegal Equipment/Jewelry: Standard shin guards are allowed and recommended (any player wearing shin guards must cover them with socks). However, Referees will not permit any player to wear equipment which in his/her judgment is dangerous or confusing to other players or is not appropriate. Illegal items include, but are not limited to:
 1. A guard, cast or brace made of made of hard and unyielding leather, plaster, pliable (soft) plastic, metal, or any other hard material. Even if covered by soft padding, these items are not allowed when worn on the elbow, hand, finger, wrist, or forearm. Leg braces and knee braces must be covered with at least one half of an inch of slow recovery rubber or other similar padding so that no metal or hard edges are exposed.
 2. Head decorations, headwear and jewelry, including earrings, wedding rings or bands, other rings, necklaces, bracelets, rubber bands, soft bracelets, metal barrettes, bandanas, baseball caps, and headgear with a bill or hard, unyielding outer surface.
 3. **Exception:** Medical alert bracelets or necklaces may be worn if taped down. Also, a headband no wider than two (2) inches and made of non-abrasive, unadorned single-colored cloth, elastic, fiber, soft leather or rubber may be worn. Rubber/cloth elastic bands used to control hair may be worn.
 4. Referees will not permit any player to participate if, in his/her judgment, items such as a player's
- ii. Jerseys: Each team must wear the same color jersey/t-shirt. Each team must have a home and away jersey, and must bring both to each game.
- iii. Shorts/Pants: Players must wear basketball or athletic type shorts/pants.
- iv. Shoes: All players must wear closed-toed shoes or cleats. Standard sneakers, molded one-piece rubber soled shoes or cleats and multi-turf shoes are permitted. **Shoes which have any exposed metal are illegal.**
- v. Ball: Each team must provide their own soccer ball. The best ball will be used. If an agreement cannot be reached between the two teams, the official will decide which ball to use by either using the best ball or a ball from the Adult Sports Program will be provided. Only size 5 balls will be used for the league.
- vi. Mouth guards are recommended for all participants.

D. Length & Game Time

- i. The clock will begin running at game time! Teams not present with the required minimum number of players ready to play ten minutes after start time will forfeit the game and it will not be played.
- ii. Games will consist of two (2), twenty (20) minute halves with clock running continuously. Time shall be extended to permit a penalty kick to be taken if needed. Halftime will be three (3) minutes long.
- iii. No extra periods will be played during league play in the regular season. All games will end as a draw if the score is tied at the end of regulation.
- iv. During the playoffs, games tied at the end of regulation will play one, 5 minute golden goal overtime period. The first team to score wins. After the overtime, penalty kicks will be used. The first period will have five penalty kicks for each team. If the game is tied after that, teams will alternate penalty kicks until one team scores and the other does not. The scoring team will be declared the winner. Only players left on the field at the end of regulation will be permitted to compete in the penalty shootout.
- v. **Time-outs:** No time-outs will be granted. The clock will stop only at the official's discretion.

E. FORFEIT

A team that cannot field 3 field players and 1 goalkeeper at game time (coed must have an equal number of men and women: 2 men and 2 women) will have a mandatory ten-minute grace period to field proper roster. This grace period will be deducted from the game time. If a team does not comply after the grace period, a forfeit shall be declared.

A forfeit will be declared if a player is **not** able to show proof of eligibility as indicated above.

A team using an ineligible player, in whatever sense of the word ineligibility may have, may be forced to forfeit the game or games in which the ineligible player played in. The Adult Sports Staff/Officials will make this decision.

F. PROTEST

The following procedure must be followed in order to have a protest considered:

- i. The manager of the protesting team must notify the following people **immediately**
 1. Head Referee
 2. Opposing manager
 3. League Supervisor
- ii. The full protest must be typed and submitted to the Salt Creek Recreation Center Office within two days of the game in question. Protests must be accompanied by \$20.00, to be refunded only if the protest is judged valid.
 1. Protests may be judged valid but not necessarily enforced.
 2. Protest will not be considered if it concerns a decision based solely on the accuracy of the judgment on the part of referees.

G. PLAYER CODE OF CONDUCT

- i. A player ejected from a game shall leave the area of the field immediately. If ejected for unsportsmanlike behavior, the player will be required to leave the bleacher area and the park (sight and sound). Failure to do so may cause the player's team to forfeit the game.
- ii. **A player ejected from a game will face a one game suspension which will be enforced the following game.** If the player's actions warrant it, they may be required to meet with the League Coordinator and the Recreation Supervisor. Depending on the severity of the action, the player may face suspension from the league, or worse. The League Coordinator has the final decision.
- iii. A player who is ejected from a game a second time shall be ineligible from further participation this season.
- iv. A team is responsible for its own fans. Failure to control an obnoxious or unruly fan may cause the team to forfeit the game. The referee will warn the team(s) first before forfeiting the game.
- v. **Any player determined to have been drinking before or during the game will not be allowed to play.** Trash talk, taunting and foul language will not be tolerated. Any violation of this rule will result in ejection.

III. CITY OF CHULA VISTA LEAGUE RULES AND REGULATIONS

A. All games will follow United States Indoor Soccer Association (USISA) rules including the following, plus additional modifications listed below:

The Referee: The decisions of the Referee regarding facts connected with play and interpretations of the Rules are final.

Insurance: Players are responsible for providing their own insurance.

Placing: Team placing is done at the discretion of the Adult Sports Staff.

Start and Restart of Play:

A kickoff from the center mark starts play at the beginning of each half and after every goal. A player who starts play may not again play the ball until it touches another player.

The home team takes the kickoff for the first half and the visiting team takes the kickoff for the second half.

Restarts take place by a kickoff, free kick, goalkeeper throw-in, or dropped ball. Other than for kickoffs or as listed below, restarts occur within 3 feet from the spot of the ball at moment of stoppage.

A team receives a free kick after stoppages other than when a dropped ball or goalkeeper throw-in is required. Before the team takes the free kick, the ball must be stationary. All opposing players must be at least 15 feet from the spot of the free kick (or, if within 15 feet of the opponent's goal, along the goal line). The spot of the free kick is 3 feet of the ball's location from moment of stoppage, except:

Within own penalty arch: from any spot within

Within opponent's penalty arch: at the Top of the Arch

Delayed Penalty: according to the ensuing stoppage, as normally would be played

Kick-in: from the point on the touch line nearest where the ball crossed over the perimeter wall

Three-line violation: from the offending team's restart mark

If neither team has clear possession of the ball at a stoppage, the referee restarts play with a dropped ball. A dropped ball caused while the ball is inside a penalty arch takes place at the top of the penalty arch.

Play restarts with a goalkeeper throw-in anywhere within the penalty arch after an attacking player has last touched the ball. The goal keeper must also adhere to the three line violation rule.

Three-line violation: A three-line violation occurs when a player kicks the ball in the air across the two end lines and the halfway line toward the opponent's goal without touching the perimeter wall, another player or a referee on the field of play.

Scoring: A team scores a goal when the entire ball legally crosses over the goal line. A goal may be scored directly from a kickoff or restart.

Foul: A foul occurs if a player:

holds an opponent

handles the ball (except by the goalkeeper within his/her penalty arch)

plays in a dangerous manner

slides

impedes the progress of an opponent (obstruction)

prevents the goalkeeper from releasing the ball from his hands

and when a player commits the following in a manner that the referee considers careless, serious, reckless, or involving excessive force:

kicks an opponent

trips an opponent

jumps at an opponent

charges an opponent

strikes or elbows an opponent

pushes an opponent

Every 6th foul: Beginning with the 6th foul on the offending team, the opposing team will receive a shootout. The foul counter will be reset for the offending team and once the 6th foul is reached again, the opposing team will receive another shootout.

Unsporting behavior: A free kick results for the following offenses:

Leverage: using the body of a teammate or any part of the field to gain an advantage

Encroachment: entering the protected area of an opposing player taking a free kick

Dissent: referee abuse, etc.

Other: behavior, which, in the referee's discretion, does not warrant another category of penalty (e.g., taunting, foul language, etc.)

Goalkeeper violations: The opposing team receives a free kick for the following violations by a goalkeeper:

Illegal handling: bringing the ball from outside of the penalty arch to his/her hand within it, or receiving the ball again after a goalkeeper distribution without the ball's having first touched another player (e.g., bouncing the ball)

Pass back: handling the ball, having been passed deliberately and directly to him by a teammate, except that the goalkeeper may handle a ball which a teammate passes to him by the head, chest or knee.

5-seconds: controlling the ball with either his/her hand or foot inside of his/her penalty arch for over 5 seconds.

Team violations: The referee issues a team penalty for the violations by a team or unidentified person:

Leaving the team bench: players leave a team bench to join a confrontation with the opposition or a game official

Bench dissent: after an initial warning, one or more unidentifiable players verbally abuse the referee

Other: unsporting behavior, which, in the referee's discretion, does not warrant another category of penalty.

Advantage rule: The referee allows play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from an existing offensive advantage.

Flagrant fouls: A shootout is awarded for the following fouls committed by a defender in his or her defensive half of the field:

A foul within the penalty arch or goal for which he receives a time penalty (as described below)

A foul from behind against an attacking player, having control of the ball and one or no defensive players between him/herself and the goal

Any foul where he/she is the last player on the team between the attacking player with the ball and the goal

Blue Card offenses: unless otherwise provided below, the referee issues a blue card for serious fouls and for:

Deliberate handball or handball by a goalkeeper

Goalkeeper endangerment

Boarding

Unsporting behavior by a player

Team violations

Slide Tackles: Sliding is not allowed by any player. Sliding can be defined as any player playing the ball without the intent of staying on both feet when finished. **Intentional slides are punishable by a minimum of a blue card (2 minute penalty) and up to a red card.** Goalies may slide in an attempt to possess the ball; however, they may not slide feet first. All sliding penalties are issued at the referee's discretion and judgement.

Yellow Card (cautionable) offenses: The referee issues a yellow card for reckless fouls and offenses described directly above, and for the following:

Second blue card

Unsporting behavior by any non-player personnel

Provoking altercation: making physical contact with an opponent (e.g., pushing or poking), short of fighting, or using the ball in so doing

Red Card (ejectionable) offenses: a person receives a red card for fouls and offenses described directly above, which the referee considers violent or use of excessive force, and for:

Third time-penalty

Player receives 2 yellow cards
Elbowing: intentionally elbowing an opponent above the shoulder
Vicious slide-tackling: a tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering the player
Fighting
Leaving team bench or penalty area to engage in an altercation or confrontation with the opposition or game official
Extreme unsporting behavior: committing particularly despicable behavior including:
 Spitting at an opponent or any other person
 Persistent use of extremely abusive language or behavior toward a game official
 Contact with a game official in dissent

Time penalties: The following penalties apply to offenses for which a card is issued (subject to further action by the Athletics Supervisor):

Blue Card: 2 minutes in the penalty area
Yellow Card: 4 minutes in the penalty area
Red Card: Immediate ejection

Players are designated by their teams to serve time penalties of their team, their goalkeeper, non-player personnel, and of teammates who receive red cards. Otherwise, the person who commits the carded offense serves the penalty. Players serving time penalties serve their time penalties, seated, until their expiration and the referee/scorekeeper permits their release.

Short handed play: For each time penalty being served by a player, their team plays with one fewer field players until its expiration, provided that a team may not have fewer than the minimum required, regardless of the number serving time penalties. Should a player receive a time penalty, while two or more teammates are already in the penalty area, his team continues to play with the minimum while he joins his teammates in the penalty area.

Exceptions: Under the following circumstances, time penalties either expire prior to their completed countdown, or have the beginning of their countdowns delayed:

Power play goal: If a team is scored upon having fewer players on the field of play, due to one or more players serving time penalties, all players from the team who were scored upon are released from the penalty area into the field of play (only players receiving Blue Card time penalties will be immediately released back onto the field of play. Any player(s) receiving Yellow Card Time penalties will serve their full penalty time regardless of a goal being scored by the opposing team).

Multiple penalties: If two teammates are serving time penalties and a third teammate is penalized, his/her time penalty does not begin to count down until at least one of the teammates' already serving a time penalty has expired.

Maximum time penalty: No player may receive more than 5 minutes for penalties arising at the same time on the game clock, irrespective of the number or nature of accumulated offenses or the fact that one or more teammates may be designated to serve such time.

End of game: All time penalties carry over between periods and expire at the end of the game.

Delayed penalty: In instances where the referee would issue a blue card or a yellow card, but for the advantage rule, he acknowledges the offense by holding the card above his head until the earlier to occur of the following:

Opponent's possession: the team of the offending player gains control of the ball
Stoppage: the referee stops the play for any reason

Once play is stopped, the offense is recorded and assessed. In the event of a power play goal, the time penalty is not served and the provisions above regarding early release from the penalty area remain applicable.

Shootouts and Penalty Kicks:

Shootouts: For a shootout:

Any player may take the shootout
All players serving time penalties are seated in their appropriate penalty area. All players of the attacking team stand behind the halfway line and outside of the center circle. Players of the defending team stand behind the halfway line and inside of the center circle
The ball is placed at the restart mark nearer the attacking goal

The goalkeeper has at least one foot on his goal line and may not move off of it until after the referee whistles the shootout to begin

Once the referee whistles the shootout to begin, the ball is “in play” and the player taking the shootout plays the ball

Penalty kick: A penalty kick proceeds the same as a shootout except:

The ball is placed at the top of the penalty arc

The goalkeeper has at least one foot on his goal line until the ball is in play

The player taking the penalty kick may not touch the ball again until after touching another player.

Delay of Game Penalties: A player may not kick the ball out of bounds intentionally (referee’s judgment). The penalty will be two-minute penalty for the infracting player. A team that kicks the ball out of the arena (intentionally or unintentionally) will be required to retrieve the ball. Failure to do so will result in a two-minute penalty for the player who kicked the ball out of the arena.

Free Kicks: All free kicks are direct (including the kickoff). A team will have five (5) seconds to take a free kick. Fifteen (15) feet is required by the defending team. A defender will receive a two-minute penalty (no warning needed) if he/she blocks a free kick while obviously inside this 15-foot required distance (delay of game penalty).

Tournament Play: The top four teams in the league are eligible for the playoffs (This can be adjusted depending on league size). League rules stand for post-season play. For a player to be eligible for the playoffs, they must play in half of the games during the season.

Tiebreakers in the standings will be decided using this criteria and in this order: a) head to head record, b) total goals head to head, c) least goals allowed, d) most goals scored, and e) play-off game.

Tied-games: If a game is tied after game time during the regular season, the game will end in a tie. Each team will receive a ½ win, ½ loss. There will be no extra time. In the event the game is tied in the postseason, a 3 minute sudden death period will be played to determine a winner. If the game is still tied after the sudden death period, additional 2-minute sudden death overtimes will be played until a winner is declared.

Standings: Standings will be with the scorekeeper each week and be available online.

Drinking and playing: No player determined to be drinking before or during the game will be allowed to play.

Smoking: Smoking is prohibited in all public parks within the City of Chula Vista.

Glass containers: No glass beverage containers are allowed in City parks.

Gum: No gum is allowed while on the playing surface or in the player’s bench area.

Children: Children may not be left unattended in the City Parks. Also, children may not be in the bench area.

Pets: Pets may not be left unattended in the City parks. Pets are not allowed within the Soccer Arena. This includes the player benches, and walkways.

Sportsmanship: Trash talk, taunting, and foul language will not be tolerated. Disruptive behavior will be punished.