



5v5 Youth Tournament and League Rules

PLAYING RULES EFFECTIVE 1/1/2016

1. **NUMBER OF PLAYERS; REQUIRED COACH.** The number of players on field is: 5v5 (4 + goalie). The minimum number of players required to play a game is 3. An adult coach must be on the team side for all games.
2. **GAME LENGTH.** The length of tournament games is 28 or 18 minutes, depending on tournament type. The length of league games is 40, 50 or 55 minutes, depending on the specific league.
3. **SUBSTITUTIONS.** Substitutions are unlimited and may be made when ball is out of play (any stoppage) or on the fly, provided the player has left the field at player's bench area before the substitute enters at same location. Violation of substitution rule will result in an indirect free kick (IFK) for opposing team at the spot of the infraction (where substitute coming on early affects play).
4. **START OF GAME.** A kickoff need not be played forward. If The Soccer Coliseum provides the ball, the team ready first will kick off; otherwise, the first team providing a suitable ball will kick off. The team ready on field first lines up to defend the goal it chooses. There is no coin toss.
5. **RESTARTS.** All restarts are indirect (must touch another player on either team for a goal to be scored on restart), except penalty kicks and free kicks for handling.
6. **KICK-INS.** When the ball goes over the touch line (sideline), play restarts with a kick-in. There are no throw-ins. A kick-in is taken properly only if the ball is placed on or within 1 yard of the touch line where it left the field, the ball is stationary when kicked, the player taking the kick takes no more than 1 step up to the ball and the player does not double touch the ball. Since the ball is already on the field of play, it is in play when it is kicked and moves; if it goes over the touch line after being kicked, there is no re-kick and the restart is a kick-in for the other team.
7. **GOALIE THROWS IN PLACE OF GOAL KICKS.** There are no goal-kicks. When the ball goes across the goal line, the goalie must retrieve the ball in hands and throw it into play from the penalty area to outside the penalty area within 4 seconds and not play it again until touched by another player. For violation of the 4 second rule, the other team will have an indirect kick from midfield.
8. **GOALIE RELEASE LIMITATIONS.** On a goalie throw (whether result of a save or goalie throw), the ball must touch the turf or a player before crossing midfield. If the ball goes over midfield line without touching the turf or a player from either team, the other team shall be awarded an indirect free kick from midfield. Goalie cannot punt the ball. Only on a save, a keeper may become a field player entitled to kick the ball in the air over the half-line if (a) goalie rolls the ball on the ground and it is outside the penalty area, or (b) goalie lets ball bounce twice outside the penalty area. Opposing team may challenge for the ball once it is on the ground.
9. **PASS TO GOALIE.** On a deliberate pass from a teammate, the goalie cannot use his hands, identical to outdoor rules.
10. **OBSTRUCTIONS.** If the ball strikes the ceiling or a light fixture, an indirect free kick shall be awarded from midfield to the team that did not last touch the ball.
11. **REQUIRED FAST RESTARTS.** The ball must be put into play from a restart within 4 seconds of it being ready for play. If not, at the referee's discretion, the ball will be given to the opposing team for delay of game (kick-in, kickoff or free kick to opposing team, corner kick and penalty kick become goalie throw).
12. **MINIMUM DISTANCE.** On free kicks, goalie throws, corner kicks, penalty kicks, kick-ins and kick-offs, opposing team must be 4 yards away from ball.
13. **FIELD MARKINGS.** The goal area and penalty area are the same area.
14. **FOULS/PENALTY KICKS.** All free kicks are indirect, with the exception of handballs. Penal fouls inside the penalty area still result in a penalty kick. Penalty kicks are taken from the penalty area marker (blue dot on penalty/goal area line on 5v5 field).
15. **SPITTING.** Spitting on the field is unsanitary and prohibited. Repeated violations will result in a caution.
16. **PLAYER EQUIPMENT.** Coaches and players are responsible before the games to insure that players are properly equipped (socks over shin guards, etc.) and are not wearing anything dangerous or prohibited (for example, **jewelry** and long pants on a field player are prohibited, while unpadded or insufficiently padded hard casts are dangerous). Casts or other hard protective devices are acceptable with sufficient padding, but players will be cautioned if the cast or other device is used aggressively. The decision of the referee or tournament director is final on those issues; we suggest the player be presented to the tournament director for approval upon team registration.

17. REFEREE AUTHORITY. Referees may act upon information received from other Soccer Coliseum referees and Tournament/League directors in taking any action in a game.
18. CAUTIONS. Players receiving a yellow card must serve a 2 minute penalty requiring the team to play short for the entire 2 minute time period; the 2 minutes start upon the ball being put back into play after the yellow card. If a coach receives a yellow card directly or a team caution under rule 29, the team will play short for 2 minutes as above with the coach's choice of which player to remove.
19. SEND OFFS. A player who is red carded is automatically ejected from remainder of the match; the team plays short remainder of game. All red carded players will sit (a) no additional games if red card was for denying a goal by handling; (b) 1 additional game if red card was for second caution; (c) balance of tournament if red card was for violent conduct; and (d) 2 additional games for all other red card offences. A coach who is red carded is ejected for the remainder of the match and (a) 1 additional game if red card for second caution or (b) 2 additional games for all other red card offences. Referees must report all red cards and the reason for them on the game card. If a coach is coaching more than one team in that tournament or league, the penalty is applicable to all games until the penalty is served for the team playing at the time the red card was issued. If a player is playing on more than one team in that tournament or league (which is only permitted as keeper per rule below), the penalty is applicable to all games until the penalty is served for the team playing at the time the red card was issued.
20. UNIFORMS. Each team should bring 2 sets of nominally identical jerseys. We appreciate your cooperation by either team changing jerseys as soon as a color conflict is known.
21. NO OFFSIDE. There is no off-side rule.
22. ADDED PLAYERS. When a team is down by a 5 goal margin in a game, they MUST add an extra player onto the field until there is a 4 goal margin, at which point the team goes back to even sides. When a 5 goal margin exists, referees will inform the coaches of the OBLIGATION of the team down by 5 goals to add an extra player; we require the added player in order to provide a competitive game for both teams. If a team refuses or is unable to add a player, the game will continue; a team refusing to add a player may not complain about an opponent's lack of sportsmanship in running up a score. When a 6 goal margin exists, another player may be added under the same philosophy and procedure. Please remember that we utilize/post only a 4 goal differential. **Good sportsmanship** dictates that a team winning by more than 4 goals do everything possible to limit further scoring and instead work on possession, passing, limited touches, maximizing consecutive touches and other methods to reduce the risk of making the experience of the losing team even less enjoyable. LEAGUE PLAY DIFFERENCES: In league play, an exception is made that if a 3 goal margin exists, the first extra player MUST be added at that time; a second additional player may be added at a 5 goal differential. In league play goal differential and goals against rarely come into play as tie breakers.
23. POINTS FOR RESULTS. Each win is 3 points; each tie is one point. A forfeit will count as a 4-0 win. We strongly encourage teams to avoid more than a 7 goal differential, which is generally regarded as the standard for sporting behavior. When a team scores a goal to result in a 7 goal differential, the referee before the kickoff will warn the winning team about running up the score. If a team continues to run up the score even after the opponent has added players and the coach has been warned, the referee may issue a caution to the coach resulting in the team playing short under Rule 18.
24. TIES IN STANDINGS. In case of a tie at end of the league season and tournament pool play, the tie will be broken as follows: (1) Head to head if only 2 teams tied at any stage of breaking ties. (2) Goal differential to maximum of 4 per game. (3) Least amount of goals allowed (max of 4 per game). (4) Most goals scored (max of 4 per game). (5) Coin toss.
3 or more Way Tie: Eliminate lowest team, beginning with goal differential (team with lowest goal differential is eliminated from contest; if 2 teams tied in this category, use head to head to break tie if applicable); then back to (1), (2), etc. for remaining two teams.

TIES IN PLAYOFFS. In the case of a tie at the end of a semifinal or final game, a sudden death (each round is one player each team) kicks from the penalty mark shootout will begin IMMEDIATELY at the end of regulation time. Kickers and keeper need not be players on the field at the end of regulation time. All players on the team with the fewer number of eligible players and an equal number on the other team must kick before any players kicks twice; reduce to equate will not apply. Teams are advised that this process occurs as quickly as possible to keep all games on schedule.
25. NO CLEATS. The Soccer Coliseum permits rubber-soled or turf shoes only. Should the referee discover a player or players wearing cleats (including cleats sold as "artificial grass" cleats) or if brought to his attention, he will ask the offending player to leave the field. Should a team continue to field a player or players with cleats the ref will declare the game a forfeit. If referee forfeits both teams due to cleats on players, score will be recorded 0-0, with neither team receiving points in standings and both teams receiving -4 (minus 4) towards their goal differential and goals against.

26. **GAME START AND END.** Games start and end either with a horn or as counted down by the program director. Please move quickly on and off the field since lost time will not be made up. All game times begin as announced by The Soccer Coliseum staff and are not delayed or extended due to a team not being ready to play at the designated time.
27. **LIMITATIONS ON CERTAIN PHYSICAL PLAY.** Slide tackles, inappropriate shoulder charges, and excessive physical play are prohibited and result in an indirect kick. Indoor soccer and outdoor soccer are two different models that demand distinct and format-appropriate rules. As players are expected to operate in tighter quarters and under continuous pressure, we err on the side of safety and technical proficiency. Repeated violations of this rule will result in a caution to the offending player. In keeping with new USSF rule, heading is not permitted by U11 and younger players. NOTE: slides not near an opponent (such as to save a ball from going over a line) are permitted as they are not “slide tackles”. Keepers may slide or slide tackle to make a save only within penalty area.
28. **INQUIRIES/COMPLAINTS FROM TEAMS.** Any question or complaint from a team about a game or the tournament/league must be conducted in a civilized and thoughtful manner by one coach or manager to the program director. Only coaches and managers may approach Tournament Officials and Referees regarding all issues in the tournament or league.
29. **PROPER BEHAVIOR.** Coaches are responsible for the behavior of their players and fans. Only coaches and players are permitted on the playing floor. Disruptive behavior of coaches, player and/or spectators may result in a team yellow card by the referee or expulsion from the tournament and/or facility at the discretion of the program director for The Soccer Coliseum. A team yellow card results in a 2 minute penalty under Rule 18.
30. **SPORTSMANSHIP.** While it should be self-evident, The Soccer Coliseum makes it clear that Sportsmanship is expected from everyone and at all times. We honor the good values that are inherent in sports. We expect that every team will have a quality, even if not winning, experience every time at the Soccer Coliseum.
31. **ADDITIONAL POWERS/NO PROTESTS.** The Soccer Coliseum reserves the right to establish additional rules, policies and clarifications in the interest of promoting fair play and enjoyment at its facility as well as to interpret the rules in its sole discretion in furtherance of those interests. Protests of referee decisions are not permitted; nevertheless, The Soccer Coliseum reserves the right to decide all matters regarding its tournaments, leagues, and events and its decisions through its tournament and league directors are final.
32. **A SIMPLE SUMMARY.** Keeping it simple 4 you –
 - The goalie has 4 seconds to throw the ball into play on a save.
 - Defenders must stand at least 4 yards away from the ball during a kick-in, free-kick, corner-kick, penalty-kick, kick-off, and goalie throw (all restarts except dropped ball).
 - The ball must be put into play from a restart within 4 seconds.
 - There is a 4 goal maximum goal-differential for score keeping/posting purposes. See rule 22 for more detail on added players.
 - Forfeits are recorded as a 4-0 score.

REGISTRATION ON DAY OF GAME(S)

TOURNAMENTS. For tournaments, every team must present (a) official team roster; (b) player passes or other proof of age; and (c) referee fee (in cash only – please have exact change) to the tournament director at least 30 minutes before game time. All players must have a waiver completed for them online by a parent or guardian; visit www.soccercoliseum.com for appropriate link. Tournament staff reserves the right to require a team to produce one or more players along with proof of age and identity at any time to verify eligibility. Age groupings at The Soccer Coliseum follow NJYSA rules for permitted birthdates within an age group.

LEAGUES. For league games, all teams must complete an online roster through the link sent from EZ Facility as a result of team registration. For each player, a parent or guardian must complete an online waiver from the link generated by the roster. At each game, the team must pay the referee fee (in cash only) to the official before the game; please have exact change. Each team must carry with it proof of age and identity for all players. League staff reserves the right to require a team to produce one or more players along with proof of age and identity at any time to verify eligibility.

ROSTERS. Only players on a team’s roster may play for that team. A player may play for only 1 team in a tournament or league; the only exception is that a goalkeeper may play for both parts of a split team (single rostered team that splits into 2 teams for indoor play), but only as goalkeeper on both teams.

HOUSE/FACILITY RULES

These rules are designed to make the games the primary focus and to allow for the greatest enjoyment of the games by as many people as possible:

- A. Teams (coaches, subs) will take a position along the netting side of the field. Since space is limited, teams may bring to the side of the field only drinks and a small coach’s bag. There is no need to have multiple balls there. All other items (such as players’

bags, jackets, pants, and other footwear) must be placed in the stands in the care of others with the team. This is to provide sufficient room for the safety of the players.

- B. When teams first come into The Soccer Coliseum, they should find where their first game is being played and place their bags in the stands in that area. Players should get ready (shinguards, socks, footwear, removal of jackets) in the stands. Bags and jackets should never be placed anywhere on the floor area of The Soccer Coliseum, whether near a field or anywhere else.
- C. The areas near the 4 exit doors may be used for player warm-ups and must be shared by all teams wanting access to the area. Bags and other materials may not be placed there as these are also fire exits which must not be blocked in any way.
- D. ALL spectators must watch the games from within the stands. The stairways in the stands must be kept clear for everyone's access. Spectators may not stand around the fields in any area to watch the games. All blue carpeted areas must be kept clear so people may move about the facility (for example, to get to another field, to get to the concession stand or bathrooms, or to exit). Spectators may not stand or sit by the video games since they must be available to those (usually children) who want to use them and may be afraid to ask an adult to move. The space in front of the concession area is tight so spectators may not stand there. The area in front of the triple doors is where schedules and results are posted, drawing many people to that area so neither teams nor spectators may congregate in that area. Our stands fit over 1000 people so there is plenty of room in the stands for everyone.
- E. The reason we are at the Soccer Coliseum is because of the games being played. Please understand that during game times, the GAME is the ONLY thing that matters – everything else is a distant second consideration. When you are moving about The Soccer Coliseum or leaving at the end of your games, be very conscious of the games in progress and avoid any interference including walking even near the fields. For example, you should walk single file to move along the blue turf so people can pass in both directions without going on the field. If people stop in front of you, please wait instead of going around them onto the field of play. As you leave, do not stop to talk along the blue turf nor in the entry areas until well away from the field (near the doors). When moving from one area to another, you may not cross playing fields during or between games; you must take the path around the fields, past the concession stand and video games.
- F. The first row of the stands adjacent to Field A has been removed to provide an unobstructed path leading to the registration and staff area. The row must be kept clear in order to allow continuous open access both for staff to get in and out as well as for others to get to and from the registration desk/area. In order to insure that the area is accessible, we have posted signs that (a) no one, no matter for whatever short period of time, may stand or otherwise occupy this area; (b) no one may sit on the ledge/foot area at the bottom of the first row of stands in this area; (c) nothing may be stored or placed for any amount of time in this pathway at any time; and (d) no one may sit and nothing may be placed at the last seat in the first row (which is broken) as it interferes with access to the staff area. The area behind the registration desk (where seats are marked "STAFF ONLY") is for use by staff only; no one may sit, stand or store anything in this area as our staff use the area for their belongings.
- G. For everyone's safety, there is no sitting on, climbing on or over, sliding on or down, lying on, passing kids or others over, or hanging over the walls and ledges around The Soccer Coliseum.
- H. The Soccer Coliseum is located in the Teaneck Armory, an active military installation. Our use is limited to the main floor of the facility and the public parking lot adjacent to the sides of the building (not behind the gates at the rear (east side) of the building). Patrons must obey all designated and prohibited parking signs and striped parking locations. Overflow parking is located on the front lawn and street. All other areas of the facility are off limits; all doors to those areas are marked that access is prohibited - this includes the balcony. The foyer, the area behind the triple wooden doors next to the concession stands and video games, has limited access ONLY in the company of The Soccer Coliseum personnel for awards or other use specifically authorized only by The Soccer Coliseum Tournament or League Directors.
- I. Please dispose of all trash in the appropriate trash receptacles at the bottom of every stairwell of the stands. We have several successive tournaments throughout the day and it is not possible to clean the stands during the day while games are in progress. Teams MUST clean up all drinks and other debris in the team areas after every game; removing your own drinks after the game will help insure a safer facility for the players. Anything left in the team area upon conclusion of a game will be thrown away.
- J. The Soccer Coliseum has limited first aid materials available for the convenience of teams playing: cold packs, band aids, tape, disinfecting wipes and other small items. There is no medical personnel on site. The nearest hospital is Holy Name Hospital, about 2 miles south on Teaneck Road. Coaches are responsible for providing appropriate medical care to players, just as they would for outdoor games.
- K. All persons entering The Soccer Coliseum are responsible for their own belongings; The Soccer Coliseum accepts no responsibility for items left at the facility. Any belongings left where they do not belong (for example, along fields, in entryways, along the stands, in the areas near the concession stand and video games or elsewhere other than in the stands) will be moved by The Soccer Coliseum personnel to a nearby acceptable area.
- L. Under no circumstances are The Soccer Coliseum and its staff responsible for any expenses incurred by any team in connection with any league, tournament or other event.
- M. Smoking, alcohol and pets (except service animals) are prohibited within the Soccer Coliseum and within 100 feet of the building.
- N. There is absolutely NO soliciting or recruiting of players permitted within The Soccer Coliseum.

KNOWLEDGE OF THESE RULES

ALL COACHES, MANAGERS OR WHOEVER WAS RESPONSIBLE FOR REGISTERING THE TEAM FOR THE TOURNAMENT OR LEAGUE IS RESPONSIBLE TO MAKE CERTAIN EVERYONE (PLAYERS, SPECTATORS, ANYONE CONNECTED TO THE TEAM) IS MADE AWARE OF ALL RULES.