



Playing the Game... Respecting the Game

INDOOR SOCCER LEAGUE RULES, INFORMATION & FACILITY POLICIES

(Revised Aug. 2019)

GENERAL SPECTATOR/PLAYER/COACHES INFORMATION, EXPECTATIONS AND CONSIDERATIONS

1. SAFETY AND RESPECT OF OTHERS AROUND YOU

- 1.1 As with all recreational activities, indoor soccer has inherent risks associated with participation. Adult players as well as youth players and their parents/guardian accept such risks as the result of their participation in our facility. All participants must complete a proper Consent Form to participate.
- 1.2 Due to the nature of indoor soccer, balls may exit the field of play. Break Away is not responsible for damage to property and/or for injuries to spectators, coaches and players while attending an activity of/at Break Away Sports Center, Inc.
- 1.3 **PARENTS ARE RESPONSIBLE FOR SUPERVISING THEIR CHILDREN ON AND OFF THE FIELD!**
- 1.4 Soccer is a game of skill, technique, physical endurance, competition, sportsmanship, fun and fair play. Nevertheless, it is a contact sport along with other occurrences (see Consent Form). If for any reason you feel you may get hurt while playing, we recommend that you do not participate.
- 1.5 Our locker room changing area is provided for your convenience. We suggest you bring a lock for lockers to secure your personal belongings or leave it with a member associated with your team during your stay. Break Away is not responsible for lost or stolen property and can not supervise any of your personal property. Break Away will not keep your valuables or other materials behind our desk or in our office at any time or for later pick up by others.
- 1.6 **ABSOLUTELY NO FOOD OR BEVERAGE IS ALLOWED ON THE FIELD. ONLY BEVERAGES COVERED SECURELY ARE ALLOWED IN THE BENCH AREA.**
- 1.7 Anyone found willfully damaging Break Away property will be banned from Break Away Sports facilities and legal action will follow.

2. SPORTSMANSHIP & RESPECT OF THE GAME

- 2.1 PLEASE SHOW RESPECT & COURTESY and respect to other players, coaches and spectators, by **ACTING WITH GOOD SPORTSMANSHIP ON AND OFF THE FIELD**. This includes: refraining from inappropriate profane or abusive language and/or dissent (verbally or through action) to any spectator, player, coach, official, or employee.
 - 2.1.1 **NEW** Break Away games are **different than outdoor soccer and proud of it**. While we share a variety of rules with outdoor soccer, we have inserted several of our own rules to modify the game for indoor soccer play at Break Away Sports emphasizing foot skills and reduced physical contact in a recreational and social atmosphere. This approach provides more respect for the game and a better environment for developing better soccer skills. **WE LOVE TO SERVICE EVERYONE** interested in enjoying recreational soccer. All skill levels, all ages.
 - 2.1.2 **NEW** Games at our facility are **NOT THE WORLD CUP**. Our officials are **NOT WORLD CUP OFFICIALS**. In addition, unlike World Cup Officials, our officials do **NOT have the luxury of an Assistant Referee's (AR), a 4th official, an end line Additional Assistant Referee (AAR), OR Video Replay (AR)**. Likewise, our clientele are **NOT WORLD CUP PLAYERS**.
 - 2.1.3 **NEW** We are just a small business hoping to offer recreational soccer to those who want to find some time to exercise, socialize, and/or develop soccer skills. This includes playing games without the overly competitive **MUST** win mentality that is at the expense of respecting those involved in the game. Please respect the opponent, the official, the laws of the game, the spectators and lastly, respect yourself by acting appropriately.
- 2.2 Anyone taking such inappropriate action may be required to leave the facility immediately.

3. TEAM

- 3.1 All teams and individual players, as well as associated parents or guardians, are required to play under the rules and policies of Break Away Sports Center, Inc. It is the responsibility of the team manager to inform their players and parents of this policy.
- 3.2 **ALL YOUTH PARENTS OR ADULT PLAYERS MUST SIGN & HAVE ON FILE THE REQUIRED CURRENT PLAYER CONSENT FORM IN ORDER TO PLAY!**
- 3.3 Team Roster must be completed PRIOR TO PLAYING (see "Number of Players/Roster")
- 3.4 A **parent** coach/manager **MUST** be present on bench at ALL youth and high school games.
- 3.5 All players **MUST** meet the AGE and/or GENDER criteria for the league/tournament to be eligible for play. All adult players **MUST BE 18** years of age and out of high school. Proof of age must be available for all youth and adult teams. Proof shall be in the form of a birth certificate, driver's license or other suitable record approved by Break Away management. The team manager/coach is responsible for playing with eligible players only. Teams/managers/players not complying with this procedure will result in a forfeited game, and possible removal from the league.
- 3.6 Established youth teams may be allowed to play only one age group up with approval of Break Away Sports Center, Inc. management. Independent players **MUST** participate at their age level! **U9 teams are NOT allowed to play in the U10/U11 League.**
- 3.7 **ANY TEAM PLAYING WITH ILLEGAL PLAYERS MAY FACE REMOVAL FROM THE SESSION OR TOURNAMENT WITHOUT REFUND!**
- 3.8 **POST GAME TEAM GATHERINGS MUST BE DONE IN THE SPECTATOR AREAS (IE. OFF FIELD AND OUT OF BENCH AREAS).**

OFFICIAL INDOOR RULES OF BREAK AWAY SPORTS CENTER

4. LEAGUE MODIFICATIONS

- 4.1 **YOUTH:** All youth ages are grouped covering two age groups. The title of most youth ages indicates the ages that the players must be “under” before Jan 1st in order to participate. Break Away allows classmates in the same grade to play with one another, with the exception of a combined grade classroom that does not meet the age/grade criteria of Break Away leagues. (example grades 2/3 classroom). In this case only date of birth is allowed.
- 4.1.1 **Under 6/7** (Use size 3 soccer ball) This “league” consists of the registration of individual participants. It is a 45minute program consisting of a warmup, topic for training and separating the attending players into teams each week for play. Play time is adjusted each week based on the interest level of players. The instructors shall guide play and give young players the opportunity to have fun playing soccer with minimum interruption.
- 4.1.2 **Under7/8 Small-Sided:** (Use size 3 soccer ball) This league has been created to give young players the opportunity to have fun playing soccer with minimum interruption. The game and rules are determined in a coach facilitated process. All rules are the same as our regular indoor rules except for the following:
- 4.1.2.1 Number of field players should be 4/team plus a goalie at any given time with substitutions at least every 5 minutes or sooner
- 4.1.2.2 The game is scheduled in a 1hr time slot to warm up and play. A suggested format: 10-minute warmup then a 4 x 10-minute game with 1 to 2 minutes max between quarters. Games must end on time.
- 4.1.2.3 1 coach is allowed on the field during the game to supervise and “officiate” the game. Another parent or coach on the bench supervising the players off the field and making substitutions. The time kept by “coach/official”.
- 4.1.2.4 This game should allow minimal to no contact and NO CONTACT near the dasherboards. There is no 3-line infraction, all free kicks are indirect.
- 4.1.2.5 Goals are set against end pads separating the fields. (5’x 9’). No one is allowed to pass between the goal and the end boards. Any ball settling in back of goals shall be a goal kick or from the goalie’s hands.
- 4.1.3 **Under 9/10 Small-Sided:** (Use of size 4) soccer ball - For greater ball contact, simpler decision making and scoring opportunity, this league will be played in our smaller field size set up. All rules are the same as our regular indoor rules except for the following:
- 4.1.3.1 Number of field players should be 4/team plus a goalie at any given time.
- 4.1.3.2 Break Away shall provide a game official for all matches. The time and score is kept by official.
- 4.1.3.3 This game should allow minimal to no contact and NO CONTACT near the playing walls (dasher-boards). There is no 3 line infraction.
- 4.1.3.4 Goals are set against end pads separating the fields. (5’x 9’). No one is allowed to pass between the goal and the end boards. Any ball settling in back of goals shall be a goal kick or from the goalie’s hands.
- 4.1.4 **GIRLS HIGH SCHOOL SKILLED LEAGUE:** This league may be combined with the Women’s Skilled League.
- 4.1.5 **HIGH SCHOOL COED LEAGUE:** All teams must have a minimum of 2 female field players on the field at all times. This is a VERY SOCIAL LEAGUE. A chance for HS players to enjoy socializing with friends, school mates and other teams. Any player/coach or parent/spectator that exhibits unsporting or inappropriate behavior that is disrespectful of others or contrary to a social atmosphere shall be removed from play and the facility.
- 4.2 **ADULT:** Players must be at least age 17 AND out of high school. Additional restriction(s) are indicated by league descriptions.
- 4.2.1 **WOMEN’S SKILLED:** This league may be combined with the Girls High School Skilled League.
- 4.2.2 **WOMEN’S 30 & OVER:** This is a very recreational league.
- 4.2.2.1 All players **MUST** be at least 30 years of age are eligible to play with the exception of those players 29-years-old that were rostered on the same team in the 2018-19 season. In the Fall of the 2020-21 season, all players **MUST BE** 30 years of age. No Exceptions.
- 4.2.2.2 Dangerous Balls above the waist shall be enforced (see Coed description below).
- 4.2.2.3 Non Social Foul: Player Control and Dangerous Play infringement shall be enforced when overly physical/aggressive/dangerous play occurs.
- 4.2.2.4 **NEW** Teams shall stay defending the same half of the field at the end nearest to their bench end.
- 4.2.3 **NEW WOMEN’S 40 & OVER:** This is a very recreational league.
- 4.2.3.1 Women **MUST BE OVER** 40 years of age to participate.
- 4.2.3.2 Dangerous Balls above the waist shall be enforced (see Coed description below).
- 4.2.3.3 Teams shall stay defending the same half of the field at the end nearest to their bench end.
- 4.2.3.4 <see Over 50 League below 4.2.3.2 – 4.2.3.8 below>
- 4.2.4 **OVER 50 LEAGUE:** Open to men and women.
- 4.2.4.1 All players **MUST** be at least 50 years of age.
- 4.2.4.2 **Teams register as a “mini-team”.** A single mini-team roster shall consist of 5 to 10 maximum. Two mini-teams will be combined and scheduled to compete with other **paired mini-teams**.
- 4.2.4.3 **Combined roster - 2 designated mini teams:** A team manager may register 2 mini teams (Co-mini team or Duo Roster) and place on one roster with 8 to 14 players listed on one roster. The manager of the team may designate any 6 players listed on the roster to participate with either mini team that the roster represents.
- 4.2.4.4 **5 player mini-teams suggested:** Teams are strongly encouraged to bring 5 players only (including goalies) so that everyone can benefit with more playing time, however, a mini-team is allowed to **bring up to 6 players/game INCLUDING any goalies**, regardless of how few the other mini-team might bring, for a maximum of 12 participants. (if more than 1 goalie, each shall split time with others accordingly).
- 4.2.4.5 **Added guest players** are only allowed in accordance with our “Guest Player” Policy (see rule 8.5) and **ONLY IF BOTH MINI TEAM MANAGERS AGREE**.

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LEAGUE MODIFICATIONS - ADULT (Continued)

OVER 50 LEAGUE: (continued)

4.2.4.6 **NON SOCIAL FOUL:** This league will be officiated with limited contact and recreation in mind. Player Control and Dangerous Play infringement shall be enforced when overly physical/aggressive/dangerous play occurs.

4.2.4.7 Teams shall stay defending the same half of the field at the end nearest to their bench end.

4.2.4.8 White colored shirts are required. The game official shall assign a team as green in color and provide pullovers for color distinction. Players are welcome to bring their own green shirt to wear if assigned green along with their required white shirt.

4.2.5 **ADULT COED SOCIAL LEAGUES:** This is a VERY SOCIAL LEAGUE.

4.2.5.1 All teams must have a minimum of 2 female field players on the field at all times. (The goalie shall not represent one of the two female field players.)

4.2.5.2 **NON SOCIAL FOUL:** This league will be officiated with limited contact and recreation in mind. Players Control and Dangerous Play infringement shall be enforced when overly physical/aggressive/dangerous play occurs.

4.3 **DANGEROUS BALL ABOVE THE WAIST – Known as DBAW. (Rule used in Adult Coed Social and Women’s Over 30 Social leagues):**

4.3.1 A **kicked ball** (or thrown by the goalie) shall be considered a DBAW, if **players from either team** are in the “general vicinity” of the ball. This includes any ball coming off the wall in a dangerous manner with players in the general vicinity of the flighted ball. The exception to this rule is if **A.)** any arching or chipped ball within the “general vicinity” that does not make contact with players AND causes no threat or “near miss” in the opinion of the official **B.)** a kicked ball clearly delivered above the heads of all players AND beyond the vicinity of players causing no threat or “near miss” in the opinion of the official, and **C.)** A kicked ball above the waist when the goalie is the **ONLY** player in the general direction of the ball flight.

4.3.2 **DBAW With Contact:** Any ball that makes contact above the waist with ANY player shall be considered a Dangerous Ball, based on its trajectory and velocity (unless the contact is the result of a light/trivial contact or unintentional deflection).

4.3.3 The DBAW rules will be called very tight near or inside the penalty areas and at the discretion of the official.

4.3.4 Either infraction shall be an indirect free kick for the opposing team at the spot where the driven ball took place. The official has the discretion to award a direct kick **IF** the official feels that the ball was delivered as described above with deliberate or reckless disregard for others.

4.3.5 A rest, penalty, caution or ejection may be assessed to any player/team that persists in these infractions or is reckless with their behavior.

FIFA’s “Laws of the Game” are used as a guideline for general rules of play along with our customized rules and interpretations for indoor and recreational play.

5. THE REFEREES

5.1. The referee on the field is responsible for control of the game and has full authority while on premises at Break Away Sports Center.

5.2. The referee's decisions regarding play are final.

5.3. Referee or management has the authority at its discretion to shorten or end a game early. (see rule 9.4)

5.4. Management has the authority, at its discretion, to add an additional referee on or off the field to train, assist and/or control a game being played. This additional referee may initiate their authority at any time during the course of a game & has full authority of the original referee.

5.5. During and after a game both the player(s) and the official potentially have heightened emotions. This is not an appropriate time for criticism or feedback. We consider this as dissent and unsporting behavior. As such, we will take the appropriate action which could lead to a player suspension. However, our **management is very interested in the evaluation or feedback** of a referee from our customers as long as such discussions are done in a composed & proper manner, usually after 24 hrs of reflection. The best way is for the team manager to gather feedback from the teams and either email or more preferably, call the General Manager for game feedback.

6. PLAYER EQUIPMENT

6.1. **JERSEY REQUIREMENTS:** All players **MUST** have the proper color and **shade of jersey/shirt to participate**. If the shade of a players’ shirt causes conflict or cannot easily be distinguished from the opponent’s shirt color, the official shall have the discretion to remove that player from participation until the color (shade) has been corrected to the official’s satisfaction. **PULLOVERS WILL NOT BE GIVEN OUT TO INDIVIDUALS. NO EXCEPTIONS!**

6.2. To minimize the exchange of sweat, a jersey **SHOULD HAVE SLEEVES!** Break Away reserves the right to require any player with a sleeveless shirt to change into a sleeved shirt in accordance with our sleeve rule.

6.3. **Teams must bring an alternate jersey color to every game in case of conflicting colors.**

6.4. Goalkeepers must be in a different colored shirt from either team.

6.5. **FOOTWEAR REQUIREMENTS:** Customer feedback has indicated a strong preference to play with regular indoor or turf shoes. Due to maintaining the turf surfaces and player safety, indoor footwear will be restricted to indoor soccer shoes or gym shoes, soccer turf shoes or **ROUND** molded cleats with the following restrictions: **FLAT BOTTOM SHOES:** includes most athletic, court, cross training shoes. **TURF SHOES:** must be of a traditional soccer specific turf shoe with a maximum depth of 5/16” (8mm). **CLEATS:** must be made of continuous molded cleat. No metal, metal composite or longer soft ground cleats will be allowed.

6.5.1. **U14 & younger** leagues shall be allowed to wear any molded soccer cleats (including bladed, oblong or elongated).

6.5.2. **U15 & above leagues: CLEATS MUST BE ROUND (ANY other configuration is not allowed)** There must be at least 6 round cleats with a maximum cleat depth of 1/2” and minimum diameter of 3/8” (10mm) at the tip of cleat. Any questions must be directed to Break Away Sports management for approval (Youth teams playing up must abide by this rule).

6.6. All players are required to wear covered shin guards.

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PLAYER EQUIPMENT (continued)

- 6.7. Due to the close proximity of play, a player shall not participate with the following items unless properly **COVERED AND PADDED to the official's/management's satisfaction:**
 - 6.7.1. **Jewelry/devices:** such as but not limited to: rings with exposed edges, dangling ear rings, watches, heart rate or exercise monitors, facial jewelry (studs/rings), and necklaces that are not secured inside the shirt.
 - 6.7.2. Metal/dangerous knee braces, non-padded or inadequately padded casts, or other equipment that are deemed dangerous to another player by an official or Break Away Management. Any padding **MUST** be approved by management on a case-by-case and game-by-game basis. This approval may be rescinded by any of the Break Away staff based on the observed safety concern for any participant(s).
 - 6.7.3. Baseball or brimmed hats are not allowed.
- 6.8. An oversight by an official in one game does not preclude the correct enforcement of the rules in future games.
- 6.9. A player may be removed at any time during the game for infringement of an equipment infraction. Any player/team consistently attempting to participate with illegal equipment during a game or re-occurring over multiple games may be assessed a 2 minute penalty or ejected from the game.

7. BENCH AREA REQUIREMENTS

- 7.1. Players from the next game are not allowed in the bench area (between fields to spectator area doors) until the completion of the previous game. Players preparing to **enter the field for the next game shall do so through the door on the opposite side of the field from the bench area.**
- 7.2. **ONLY PARTICIPATING PLAYERS & TWO (2) ADULT COACHES ARE ALLOWED IN THE BENCH AREAS** (spectators, siblings, or other children are not allowed on the bench).
- 7.3. A parent coach/manager **MUST** be present **ON BENCH** at ALL youth and high school games with the exception of the High School Coed League. A parent is required to be present for each HS Coed teams but not required in the bench area. In the event that player(s) from a HS Coed team act inappropriately, the official shall require a parent to be in the bench for any remaining games or unless otherwise indicated by Break Away management.
- 7.4. Designated **HOME TEAM** shall occupy the home team bench (the end nearest to the concession area). Home team is the first team listed in game schedule.
- 7.5. **Players shall not jump over the boards. If a team is warned for such action, a 2 minute penalty will be assessed for additional violations.**
- 7.6. ***POST GAME TEAM GATHERINGS MUST BE DONE IN THE SPECTATOR AREAS IMMEDIATELY OFF THE FIELD. This includes vacating the area BETWEEN the fields on either end of the benches.***

8. ROSTER / NUMBER OF PLAYERS/

- 8.1. All Rosters must be properly completed and kept on file at Break Away Sports prior to first game.
- 8.2. Roster requirements:
 - 8.2.1. Roster size: A minimum of 7 active players; maximum is unlimited. (Over 50 league, see League Modifications)
 - 8.2.2. All players must meet the age (and/or grade) and gender criteria. **NEW** Break Away Sports believes in providing an opportunity for everyone to enjoy playing indoor soccer with a common goal of community and balance in play. This common goal can only be achieved with consideration to everyone's safety and enjoyment in mind. Break Away shall permit transgender or non-binary players to play for the gender specific team consistent with their gender identity, when approved by Break Away Sports General Manager. Such decisions shall be evaluated and decided on a case-by-case basis. Any information and request for play **MUST** be submitted to Break Away for review **PRIOR** to the start of participation. Failure to disclose information prior to the session may result in the player potentially being removed from league play for the remainder of the session for proper processing of information for future play.
 - 8.2.3. Each player has a current signed consent form on file at Break Away Sports.
 - 8.2.4. Each player and coach/manager must sign the roster in order to play or coach for that team.
 - 8.2.5. A player may only sign with one team within the same league division or tournament. Players are bound to play with that team for the duration of the session/tournament.
- 8.3. Proper number of players with one designated as the team goalie:
U6, U7/U8 & U9/U10 (4+goalie), U11/U12 (6+goalie), U13/U14 & older (5+goalie)
 - 8.3.1. The minimum number of players allowed to start the game shall be one less than the proper number of players listed above.
 - 8.3.2. A team may not fall below the minimum number of players during the game or it shall be determined a forfeit. If a team has only the minimum amount of players any rest or penalty to a player will result in a game forfeit.
 - 8.3.3. Any team forfeiting a game(s) shall be considered for removal of remaining games scheduled without refund.
- 8.4. **"5-8"** rule (may not include tournament). If a team is behind by 5 or more goals, they may add an additional player onto the field. An additional player can remain on the field until the goal differential has been reduced to less than 5. This occurs again at an 8 goal deficit.
- 8.5. **Substitute/guest players:** a team will be allowed to use "guest" players from other teams within the league to achieve up to 3 subs on the bench provided it does not change the anticipated balance of competition (Coed Leagues: teams may have up to 2 females and 2 males). Teams should seek guest players from the opposing team first.
 - 8.5.1. **Guest players are especially required to play within the spirit of the league and level of play.** Break Away staff has the right to adjust the participation of specific players, or the amount of guest players, during the progress of the game, in consideration with the spirit of the competition (e.g. guest player tips the balance of play, overloads one team with more subs than the opponents, regular team players come late causing subs on sideline to be more than 3).
 - 8.5.2. **Any ejected player shall additionally be suspended from participation as a guest player during their suspension.**

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9. LENGTH OF GAME

- 9.1. Time clock will start at designated game time. THERE WILL BE NO GRACE PERIOD! If the start of the game is delayed, the official shall start the clock and the game will either be shortened and/or considered as a forfeit. A friendly game may be played. Warm up and/or halftime may be limited or eliminated if games are running behind schedule. Teams/players are not permitted on the field or in bench area before designated time.
- 9.2. All games are played with running time: U7/U8; 4 x 10min, U11 & above; 2 x 25min. (tournament times shall be specific to tournament).
- 9.3. ALL leagues shall/must change ends on the field at half time, with the exception of Adult Over 50 and Women's Over 30.
- 9.4. Games may be shortened or ended at the discretion of the official or management and will not be rescheduled or refunded. This includes but not limited to: injury, unfair, unsporting and/or dangerous play, or other circumstances beyond our control. In the case of ending a game early due to offensive behavior from one team, the non-offending team shall get the field to scrimmage without an official for the remainder of the allotted time left.
- 9.5. ONLY REFEREES, TIMEKEEPERS or Break Away employees are permitted to operate time clock. ONLY THE REFEREE can request another party to start or stop the time clock. UNAUTHORIZED STOPPAGE of the time clock by coaches or players will result in a two-minute bench penalty/ejection assessed to the team or a forfeiture of the game at the discretion of the official(s) of the game.
- 9.6. At the referee's discretion, the clock may be stopped for an extended injury, lost ball or in the last TWO (2) minutes of a game if he/she feels a team is purposely wasting time. The clock will not stop every time a ball goes out of bounds.

10. OUT OF PLAY, FREE-KICKS & RESTARTS

- 10.1. The ball starts at a spot at the center of the field to start each half or after a goal has been scored. The ball may be played in any direction - indirect kick
- 10.2. Any restart shall start with a dead-ball and must be touched by the foot of kicking team to be considered in play. Restarts include:
 - 10.2.1. A **Side kick-in** within **6 ft. of the wall** nearest to where the ball went out of play when hitting side netting, ceiling or traveling out of the play area at the side (Ex. Bench area). Restart - Indirect kick
 - 10.2.2. **NEW A Goal Kick (GK)** shall be taken anywhere from within the penalty box whenever the attacking team last touches the ball into the end netting between corner kick markings on their offensive end of the field.
 - 10.2.2.1. Team mates of the GK, may be inside the penalty box.
 - 10.2.2.2. The opposing teams must retreat outside of the penalty box until the GK is touched into play. Opposing players shall make a reasonable effort to retreat outside the penalty box for the GK. Failure to do so may result in the official awarding a re-kick for delay of game or encroachment. Once the ball is touched, any player may play the ball.
 - 10.2.2.3. Any player taking the kick shall place the ball at least 12 ft away from any opposing players positioned outside the penalty box. The official shall refrain from calling encroachment if he/she feels the restart was improperly placed too close to the opposing player(s).
 - 10.2.3. A **Corner Kick** from the corner marking (Corner Kick) whenever the defensive team last touches the ball into the end netting between corner kick markings on their defensive end of the field. Restart - Direct Kick.
 - 10.2.4. **Free-Kicks** shall be taken from the spot which the foul occurred (see Fouls & Misconduct). A Indirect Free Kick in the penalty box for the attacking team shall be a minimum of 12 ft from the goal box
 - 10.2.5. **3 Line Pass** shall be taken at the center yellow spot on the yellow line in the attacking end (see 3 Line Violation). Indirect.
 - 10.2.6. **Illegal Substitutions** shall be taken 6ft from the wall on the bench side on the yellow line of the attacking end (see Substitutions). Indirect.
 - 10.2.7. **Within 6 seconds.** The Official shall have the discretion to start such a count when he/she feels a team has had adequate time to put the ball back into play. Restart – Indirect free kick for opposing team.
 - 10.2.8. **Penalty Kicks** shall be taken from a spot centered at the top of the penalty box.
- 10.3. Any player intentionally or recklessly kicking a ball into the ceiling shall be assessed a yellow card and a 2-minute penalty.
- 10.4. The opposing team must **IMMEDIATELY** and automatically be 12 ft (4 yards) from any restart. Any delays or infringements from the defensive team may result in a rest or 2 minute penalty. ***A re-kick shall be awarded if the official determines that the opposing team is encroaching on the free-kick OR reduces the kicking teams opportunity to put the ball into play. This may be enforced REGARDLESS of whether the kicking team has restarted the ball.***
- 10.5. A **Re-Start Whistle** is required for the following:
 - 10.5.1. Start of either half
 - 10.5.2. After a goal has been scored
 - 10.5.3. Penalty Kick
 - 10.5.4. After a foul or stoppage in which the official indicates a second whistle is required

11. SUBSTITUTIONS

- 11.1. Substitutions may occur on an unlimited basis if:
 - 11.1.1. The substitution occurs while the ball is in play ("on the fly") at their own team door - **Doors MUST remain closed/latched** until the player(s) leaving the field is within **12 feet of their own bench area** (between yellow and center white lines of team bench). **NEW ANY EARLY ENTRY ONTO THE FIELD OR DOORS OPEN PRIOR TO THE SUBSTITUTION SHALL BE CONSIDERED AN ILLEGAL SUBSTITUTION.** The player exiting the field shall not attempt to participate in the game while the player entering the field comes onto the field if they are simultaneously on the surface of play.
 - 11.1.2. After a goal has been scored by either team. The official shall delay the restart as long as substitutions are completed quickly.
 - 11.1.3. A restart has not been put back into play (team with restart has no obligation to wait for the opposing team other than after a goal).
 - 11.1.4. Any players leaving the field shall do so as quickly as possible and at their assigned bench doors.
- 11.2. An official may stop a fair substitution if he/she feels the ball is in the immediate vicinity of the exchange or the open door(s) poses a potential of endangering players. This shall be restarted by a drop ball.

11.3. Any infringement shall be an Indirect Free-kick for the opposing team 6 ft from the bench side wall on their offensive yellow line. (with the exception to rule 7.2)

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SUBSTITUTIONS (continued)

- 11.4. Goalkeepers may be substituted during the game under the following circumstances:
 - 11.4.1. The new goalkeeper abides by the substitution laws stated above and is properly attired.
 - 11.4.2. A field player shall be allowed to change positions with the goalie on the field during the course of play provided that neither player is actively involved in the play and the newly designated goalie immediately becomes **properly/completely outfitted with distinguishing goalie shirt before playing any ball.**
 - 11.4.2.1. **Direct Free Kick or Penalty shot:** if new or previous goalie does not possess the distinguishing shirt and handles ball.
 - 11.4.2.2. **Illegal Substitution:** if either new or former goalie possesses but is not properly/completely wearing goalie shirt
 - 11.4.2.3. There shall only be one distinguishing/designated goalie shirt per team on the field of play at any time unless as part of a legal goalie substitution described in Rule 7.1.

12. THREE LINE VIOLATION

- 12.1. The ball shall not travel forward across both yellow lines and the white (center) line, unless it has touched a player, an official, or the wall between the three lines & prior to the farthest yellow line from kick, or played directly from the goalies hands.
- 12.2. Any infringement shall be an indirect free-kick for the opposing team at the center yellow spot on their offensive yellow line.

13. GOALKEEPERS

- 13.1. A goalkeeper has possession any time he/she has a part of his/her body covering or in contact with the ball unless he/she is using his/her feet as a field player.
 - 13.1.1. Once in possession of the ball the goalie has 6 seconds to release the ball into play (“spirit of the game”).
 - 13.1.2. A goalie that intentionally parries a catchable ball has 6 seconds to put the ball into play from the time when the ball was parried (“spirit of the game”).
- 13.2. A goalkeeper intentionally handling the ball outside their penalty box may be assessed a 2 minute penalty.
- 13.3. A goalkeeper shall not slide tackle or slide into an opponent from outside their penalty box. Indirect free-kick.
- 13.4. The goalie shall be allowed to distribute the ball without interference by an opponent.
 - 13.4.1. A goalie is not allowed to punt the ball. Indirect free-kick.
 - 13.4.2. A goalie is allowed to “drop kick” a ball. A drop kick is defined as a ball dropped down and kicked within one stride of the first bounce.
- 13.5. A goalkeeper shall not handle a ball in their penalty area intentionally kicked toward them by a team-mate. Indirect Free Kick
- 13.6. Goalkeepers shall serve their own penalty and be replaced by another designated goalie (different shirt color), and the offending team must play “short-handed” during this time (see “Minor Penalty”). The penalized goalie may only return to the field after serving the full penalty (see “Minor Penalty”) and may re-enter the game in accordance with proper substitution (See “Substitutions”).
- 13.7. Goalie may only be substituted in accordance with substitution rules (see “Substitutions” - 7.4).

14. PLAYER INJURY

- 14.1. A game shall be stopped at any time by the official if he/she feels that a stoppage is necessary. Such stoppage will depend on the severity of the injury, age of the individual, and/or the game situation.
- 14.2. The game shall be restarted with a drop ball if the game was stopped during run of play. If the game was already stopped, the game shall resume with the appropriate restart.
- 14.3. **Concussions:** Concussions/head traumas are a very serious health concern. Break Away fully supports the education of staff, parents and athletes about the assessment and danger signs/symptoms for head trauma. As such, we reserve the right to remove any player from participation, at ANY TIME, if we feel they are showing signs or symptoms of sustaining a head injury. In such cases, a youth player **MUST** not participate again until a qualified healthcare provider has given written clearance stating the athlete can resume full participation. (see our [Concussion Information Sheet](#) found on our [Consent Form](#))

15. FOULS & MISCONDUCTS

- 15.1. Any flagrant or continual infringements of the laws by a player or team may result in a 2 MINUTE rest, penalty and/or ejection against the offending player/team.
- 15.2. **Indirect Free kick:** A team shall be awarded an INDIRECT free kick when an opposing player:
 - 15.2.1. Obstructs, jumps at, uses two hands on the wall to gain advantage, runs into the wall in a dangerous manner, is playing out of control for the situation or plays in a dangerous manner.
 - 15.2.2. Slide tackles or slides at, across the path or near an opponent.
 - 15.2.3. Illegally substitutes, illegally passes back to goalie, a 3-line pass violation, acts unsportingly
 - 15.2.4. Is “posting-up” or setting a screen on the opposing goalie that obstructs, impedes, or infringes on the opportunity of the goalie to play the ball, especially in the goal box.
- 15.3. **Direct Free kick:** A team shall be awarded a DIRECT free kick when an opponent intentionally:
 - 15.3.1. Jumps into, pushes, strikes, trips, kicks or illegally charges an opponent, checking an opponent and/or handles the ball
 - 15.3.1.1. Contact with an opponent forcing them into the wall shall be watched closely!
 - 15.3.1.2. Hands on a player’s back while defending (“hand checking”) shall be a pushing violation.
 - 15.3.2. Any infringement (Direct) committed in the defending team’s penalty box shall result in a penalty kick (except U7/U8)
- 15.4. Contact from behind, hand checking and/or checking someone into wall will be called very closely and result in an indirect or direct free kick depending on the nature of the foul.
- 15.5. **Penalty Kicks:** A penalty kick is awarded whenever a Direct Kick infraction occurs inside the penalty Area. The penalty kick Shall be taken from a spot centered at the top of the penalty area.
 - 15.5.1. Other than the penalty kicker and the goalie, all players shall stand behind the closest cross line until the designated kicker makes contact the ball.
 - 15.5.2. The goalie shall remain on the goal line until the opponent makes contact with the ball.
 - 15.5.3. Any infringement of the Penalty Kick procedure shall be in accordance with FIFA rules.

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- 15.6. **DISSENT**; *Any player or team participating in dissent, verbal or non verbal (ie. through gestures) to an official, opponent or staff (such as, but not limited to; questioning calls, and/or objection to call) will lead to Player Rest, Penalty and/or ejection. TRASH TALKING WILL NOT BE TOLERATED. Trash talking shall include, but not limited to intimidating: unwanted and/or aggressive speech, profanity, action or gestures toward an opponent, coach, spectator, official or staff member.*
- 15.7. **FIGHTING, INSTIGATING, and/or ATTEMPTING TO INSTIGATE A FIGHT WILL NOT BE TOLERATED.** *Failure to move immediately away from an opponent or act in a hostile manner towards or near an opponent, after a play or stoppage of play, may be construed as attempting to instigate a fight or unsporting behavior.*
- 15.7.1. **Players or teams participating in such violence, WHETHER STARTING THE ALTERCATION OR NOT, MAY BE REMOVED FROM ANY FURTHER PARTICIPATION.**
- 15.7.2. **ANY PLAYER MAKING CONTACT WITH THE OFFICIAL SHALL RESULT IN AN IMMEDIATE EJECTION AND EXPULSION FROM FUTURE PLAY.**

16. SANCTIONS:

- 16.1. *The following progression is a guideline for an official to use. IT IS NOT A REQUIRED ORDER! The official can at any time decide, due to the nature of the foul or conduct of the player/team, to bypass a lesser punishment for one that is more severe.*
- 16.2. **Player rest “Take A Break”:** This is used to indicate to a player or team that this kind of play is inappropriate. It allows a player the chance to evaluate their play, calm themselves or the coach a chance to discuss the inappropriate play with the player at fault. The official may assign a time duration for the rest.
- 16.3. **Minor Penalty;** if issued, shall result in a TWO (2) MINUTE time penalty to be served by the offending player(s). A team shall remain short-handed during the remainder of the penalty or until a goal has been scored. The offending player must not return to the field until his full penalty time has been served. More than one penalty can be served at any one time. If an additional penalty is assessed to the team while a previous penalty is being served, the second penalty will not start until the first penalty is completed. The individual with the second penalty will not participate until his/her penalty has been entirely served including sitting out the duration of the first penalty.
- 16.4. **Official Caution (Yellow Card):** Shall be applied to a player or coach before, during or after a game, while on our property, who has continued to display behavior that is inappropriate, such as but not limited to: persistence in fouls, dissent and/or aggressive behavior OR has displayed blatantly inappropriate behavior so **inconsistent with our philosophy of sportsmanship & fair play** so as to require an immediate caution. A 2 MINUTE penalty may be assessed to the player and team from a result of the Caution.
- 16.5. **Ejection (Red Card):** Shall be applied to a player or coach **before, during or after a game**, while on our property, who has continued to display behavior that is inappropriate, such as but not limited to: persistence in fouls, dissent and/or aggressive behavior OR has displayed blatantly inappropriate behavior so **inconsistent with our philosophy of sportsmanship & fair play** so as to require an immediate ejection. (see player/coach suspension).
- 16.5.1. **A Coach and/or Player may be ejected before, during, or after a game for behavior inconsistent with our philosophy of sportsmanship & fair play.** Coach/Player(s) ejected from game must leave the bench area **immediately** before the game will restart. Failure to do so will result in a forfeit of the game! The official or management reserves the right to require the ejected player to leave the premises.
- 16.5.2. A 2 MINUTE penalty may be assessed to the team with the ejected player(s).
- 16.5.3. Any ejected player/coach/manager shall be suspended from participation (see Rule 17.1 -17.9)

17. IMPORTANT! PLAYER/TEAM SUSPENSIONS

- 17.1. **BREAK AWAY SPORTS CENTER, INC. HAS A ZERO TOLERANCE FOR FIGHTING, VIOLENT OR OTHER INAPPROPRIATE BEHAVIOR!**
- 17.2. **PLAYERS, COACHES, & SPECTATORS ARE RESPONSIBLE FOR THEIR ACTIONS.**
- 17.3. **COACHES/MANAGERS ARE RESPONSIBLE FOR THE CONDUCT OF PLAYERS/PARENTS/SPECTATORS OF THEIR TEAM.**
- 17.4. **Players or coaches using profanity, abusive or other unacceptable behavior towards officials, employees or management will be suspended from the facility.**
- 17.5. **Sportsmanlike behavior is required at all times ON and OFF the soccer field. Break Away Sports Center, Inc. reserves the right to expel any disruptive people from the facility and refuse to allow such person(s) from further entry into our facility.**
- 17.6. Players or coaches receiving a red card or ejected before, during or after a game are automatically suspended for at least one league game **AND** one week of play. A player(s)/coach who is serving a suspension is not permitted to participate, coach, or be in bench area for ANY TEAM (including youth teams) for the duration of the suspension.
- 17.7. These individuals may be suspended for additional games pending a referee report and/or ANY past history of inappropriate and/or unsportsmanlike behavior at Break Away Sports Center.
- 17.8. Any team playing with suspended players, coaches or bench personnel shall forfeit the game, and such players shall be suspended for the REMAINDER of the session without refund.
- 17.9. **Break Away Sports Center, Inc. is NOT RESPONSIBLE for ANY REFUNDS for individuals or team having to miss play as the result of suspension(s), and/or removal from league(s).**

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18. GENERAL LEAGUE/TOURNAMENT REGISTRATION INFORMATION

- 18.1. Complete the registration form and return it with the appropriate team or participant fee(s). All fees include tax. No confirmation calls will be made.
- 18.2. NO REFUNDS for teams/individuals 2 weeks before start of the session dates indicated.
- 18.3. Many leagues have limited space! Registrants are accepted on a first registration basis. Acceptance into one session or program DOES NOT RESERVE OR GUARANTEE placement into additional sessions or programs. We recommend teams or individuals pre-register by completing additional registration form(s) and paying session fee(s) associated with the desired program as early as possible.
- 18.4. A minimum deposit for each session is required to register any team for league play. The deposit is non-refundable and is applied to the total team fee. This deposit does NOT qualify the team for any specials or discounts.
- 18.5. All team fees must be paid in full by 1st game. Failure to pay in full will result in removal of the team and manager from any further league play. Teams registering with a partial payment MUST complete all credit card information in the Registration Form. Any team fees remaining after the first game will AUTOMATICALLY BE CHARGED to the credit card.
- 18.6. IMPORTANT: Teams registering after the "Early Bird" Registration Date are subject to our Regular Fees. After the Regular Fee Deadline there is an additional Late Fee.
- 18.7. Team manager must pick up a team packet and the rules at Break Away office. This includes the Rules, Team Roster, and Player Consent Forms.

19. SCHEDULING

- 19.1. **ALL GAME TIMES ARE FINAL:** Teams/players registering for league/tournament play must be prepared to play during any of the days and times indicated in the league/tournament information. Alternate game days may be required and assigned without notice. Break Away Sports is not obligated for re-scheduling conflicts or forfeited games. Days & times may vary from session to session. Schedules are subject to change without team/manager approval.
- 19.2. **Schedule Requests:** There are many complexities that go into scheduling (for all of the divisions, in all of the leagues, on all of the days). While we accept requests/preferences, we will not guarantee either due to the limitations inherent in scheduling. Every customer is important to us. As such, we treat all requests and preferences as equally as possible in the scheduling process. Scheduling requests should be made on or attached to registration at time of registration or by email (follow up call should be made to confirm the request). Requests are less likely to be accommodated if received after the scheduling process has started.
- 19.3. **League Divisions:** Many variables go into aligning divisions. Team skill level information, although important, does not guarantee the division your team is placed into. League alignments may vary from session to session in an attempt to balance leagues. Every effort will be made to equalize opponent skill levels. However, Break Away does not guarantee level of competition in play!
- 19.4. **Forfeiting Teams:** Break Away reserves the right to require a team with a history of forfeits to submit a deposit of GOOD FAITH. This deposit will be surrendered in the event the team does not show up for a game. If the team does show up for all games, the Good Faith deposit is refunded. Teams forfeiting games may be removed from remaining scheduled games without any refund.
- 19.5. **Snow Cancellations:** The majority of our games take place during the winter months. While we understand driving during inclement weather requires extra care, most of the time, we will continue to have programs on as scheduled. Our customers should give themselves plenty of time to travel and make their own decisions on attendance. There are times that necessitate cancellation of games due to excessively heavy and/or blizzard snow/ice. Decisions are made 1.5 to 2hrs in advance of game time. In the event that a team decides NOT to travel to their game, Break Away is not responsible to make up any game. This is considered a forfeited game. As such, the opponent willing to travel to the game shall have the field available to use for the scheduled time of the game. In the event we do cancel game(s) due to weather/snow, team managers are contacted by phone or email to inform their teams. The cancellation is also placed on our website homepage. Break Away will make every effort to re-scheduled games to a time that is reasonable or practical for all parties, however, a canceled game may be required to be re-scheduled at the end of the Winter 3 session and may require an alternative day. Weather/Snow make up will not be credited or refunded.

