



Winchester **I**ndoor **S**occer **L**eague

RULES

Updated 9/1/2018

General Rules

- Individuals utilizing this facility do so at their own risk. The property owner (s), WISL operators, officers and owners and staff of the Sportsplex assume no liability for any injuries or accidents, which may occur.
- Conduct within the facility and on the field should be conducted in the spirit of good sportsmanship.
- No food, drinks, chewing tobacco, chewing gum, metal cleats are permitted on the playing surface. No sunflower seed or similar type products are permitted in the facility.
- No glass containers on the field or in the player boxes.
- WISL and Sportsplex reserves the right to refuse play or service to anyone.
- Any fighting will result in permanent banishment from the facility.

Sign Up Guidelines and Fees:

- Teams sign up on a first come, first serve basis.
- In order for a team to sign up, they **MUST** provide a full roster with Team Name, Team Coaches (an adult over 21 years of age or older with email and phone), List of all players with (email and phone), and put down \$180 non-refundable deposit.
- Teams can sign up at any time before the session deadline date.
- To guarantee your team spot, a team **MUST** register every player on the roster and final payment is required prior to the deadline date. Payment will only be refunded if WISL does not have a league spot available for your team.

- Age Checks **MAY** be administered if WISL officials question the age of a rostered player. Proof of age includes: birth certificates, school id, passports, and VYSA, WVYSA, or MSYSA sanctioned player cards.
- If full payment is made after the deadline, a \$50 late fee may be charged if WISL officials allow your team to play.
- No registered team will be allowed to participate in any WISL games until all forms have been properly completed and signed and the team fees paid.
- Individuals that sign up will be placed in a WISL database where other teams may contact you to recruit you for their team. If you still are not on a team, WISL may create a team from all the individuals in the WISL database if available.

Numbered Jerseys:

- ***All players are required to have a shirt with a permanent number on the back, and at least 6" long.*** The referee has the right not to start the game until at least 4 players have numbered jerseys. Any player who does not have a numbered jersey will not be allowed to play. ***Tape numbers are not permitted.***
- The reason for the strict rules is to keep track of red and yellow cards as well as rostered players.
- In the event of a color conflict the home team must wear scrimmage vests. These vests will be provided by the WISL officials. Every attempt will be made to post each team's jersey color on the schedule and team captains will be responsible for checking to see if there is a color conflict.

Player Roster:

- Final team rosters must be turned in prior to the registration deadline. Failure to comply will result in forfeiture of all games played with illegal player(s) and the team may be subject to removal

from the league. Players may only be added after the registration deadline by approval of the WISL director or if a player is injured and removed from the roster for the remainder of the season. Proof of injury must be provided. Acceptable proof shall be a doctor's note.

- WISL officials reserve the right to check the identification of any player on a player roster to check to see if they are legal players.
- Referees or WISL officials may check the names and numbers of players prior to the start of any WISL game. If a player is caught with a different number than the one on the roster sheet, that game may be forfeited.

Equipment:

- Rubber molded cleats or turf shoes are only allowed.
- Teams must be dressed with visible numbers. No player will be allowed to participate without a numbered shirt that matches the number on the roster he or she turned in. The number must be visible and permanent. Visible numbers are at least four inches tall and placed somewhere the referee can see. Taped numbers are not allowed.
- All players **MUST** wear shin guards.

Official Games:

- A game is considered “official” after one completed half of play. If there is an injury or other unforeseen circumstance, the current score will stand as official once a half has been played.

Forfeits

- If a team shows up to play and the opposing team does not show up, then the team present will win by forfeit. Teams that forfeit two games will be automatically be pulled from the league.
- A forfeit will be incurred if a team has failed to field a minimum number of players (4 player minimum for 6v6, 5 player minimum for 7v7) within ten minutes from the start of the game clock. If a team arrives within the ten-minute grace period, the clock shall NOT BE reset. Any team no show will result in a 3-0 victory for the opposing team and no rescheduled game will be given.

Sportsmanship:

- Individuals are expected to play under control and within the rules of the game, and to the best of their ability to avoid causing injury to themselves and other persons using the facility.
- Referees appointed to officiate each game have complete authority on the field of play, and their decisions on points of fact connected with the game are final. Officiating will be monitored and assessed periodically and WISL officials will always try to provide quality officiating during league play. Constructive comments regarding officiating are welcome and encouraged. Please submit any such comments in writing. Complaints regarding officials should be submitted in writing, contain points of fact, and have your name and name of your team at the top. Teams may not discuss the officiating in a game immediately following their game. Teams

may email a referee complaint to the WISL officials. The WISL league director will take seriously all complaints written and turned in 24 hours after a game. The WISL league director will not take seriously complaints immediately after a game, verbal or written. The WISL director will not overturn any calls made by the referee during the course of a game. If a team suspects an illegal player or other illegal activity associated with another team, they should inform the WISL director immediately. If this activity is discovered after the game is completed, the team should file a formal protest to the WISL director. Please read our rules below to understand how to file a formal protest. **Do not discuss officiating or the officials with the Sportsplex facility staff during or immediately after your game.**

Blue Card Policy:

- WISL uses Blue Cards to help control the game. A Blue Card is used as a warning and constitutes a soft 2-minute penalty. The soft penalty means that a player must sit out for 2 minutes unless the opposing team scores a goal in that 2- minute period. At this point the team playing down a player may return to full strength.

Yellow Card Policy:

- WISL uses Yellow Cards to help control the game. A Yellow Card is used as a warning and constitutes a hard 3-minute penalty. The hard penalty means that a player must sit out for 3 minutes regardless if the opposing team scores a goal in that 3-minute period.
- Yellow Cards will not be kept track of by the WISL director, however, in the event that a player receives two yellow cards in any one game, that player will be suspended from the rest of the game and the following game. The following is a list of fouls that can be punished by a Yellow Card:

- Illegal Equipment (i.e. playing without shin guards, no number on jersey or playing with metal cleats, etc.)
- Any Major Foul – May also be punishable by yellow or red card at referee’s discretion.
- Delay of Game – after whistle is blown for a violation, opposing team has 3 seconds to retreat 10 feet from the sport of the foul. If the opposing team does not retreat the required 10 feet in those three seconds a yellow card will be given to the player violating the 10-foot rule. That also applies to holding the ball and not allowing restart of play or any other delay of game as seen by the referee.
- Unsportsmanlike Conduct - May also be punishable by yellow or red card at referee’s discretion.
- Bench Misconduct – Use of Foul Language, Trash talking to opposing team or referee from the bench or any other misconduct as seen by the referee.
- Breach of House Rules – Use of Chewing Gum, Tobacco, Spitting, etc.

Red Card Policy:

- WISL has a ZERO TOLERANCE POLICY towards fighting. Anyone fighting will be ejected and they will be banned from the Sportsplex Indoor Sports and Events Center permanently. This means that a player cannot participate or spectate at the Sportsplex Indoor Sports and Events Center.
- A player or coach sent off in (or after) a game by a referee (red carded) will automatically be suspended from the next game. The player’s team will have to play down a player for the rest of that game. If a player is ejected in the last game of the session (he/she)

will be prohibited from playing in the first game after he/she registers for another session.

- A player or coach red carded for the offense of “foul and abusive language” will be suspended as outlined above.
- A player red carded for the offense of “persistent infraction of the rules after receiving a caution (yellow card) or a second 3 minute time penalty” will be suspended as outlined above.
- A player or coach red carded for the offense of “violent conduct” (including, but not limited to: spitting, threatening, continued rough play, etc.) will be suspended as outlined above and, in addition, will be suspended for one additional game and subject to further disciplinary action as decided by the WISL director.
- A player or coach red carded for “assaulting an official” will automatically be suspended from any further activities at Body Renew.
- Any player or coach who accumulates two red cards will be banned from the rest of the session play.
- Should a coach of a team be unable to control his/her player’s actions after a red card is issued, the coach will also be suspended as outlined above.
- A player jumping from the player box onto the field to break up or participate in a fight will automatically be ejected from the game and will be subject to the same penalties as outlined above.
- It is the responsibility of each player and the player’s team representative to be aware of the total status of their player’s infractions. Failure to comply may result in further disciplinary measures, which may include suspension of the coach/rep. and

forfeiture of game, which that player participated.

Protest:

- Intention to file a protest must be noted in writing immediately following the game. A formal written protest must be submitted to the WISL director within 24 hours after the end of a game. The WISL director will review and have the final authority on all protests. **ALL DECISIONS MADE BY THE WISL DIRECTOR ARE FINAL.** Only violations of the laws of the game, rules or guidelines of WISL as published are matters for protest. Any protests regarding fielding of illegal players must be brought to the attention of the game referee prior to the suspected player(s) leaving the field of play.

INDOOR SOCCER RULEBOOK

- Note: The Rules below are either substituted for, or supplemental to FIFA soccer rules. Any situations not covered below fall under the jurisdiction of FIFA.
- **Game Length:**
 - High School Division:
 - All games are 50 minutes long with a two-minute half time.
 - Youth Division:
 - All games are 50 minutes long with a two-minute half time.

- **Warm-Up Area:**
 - WISL does not guarantee any areas for teams to warm-up prior to their games. Teams will have approximately two minutes to warm-up prior to the start of the game.

- **Levels of Competition:**
 - WISL will offer the following divisional structure for youth teams:
 - **Premier:** division for varsity, travel, select teams in NSCL, CCL, and some upper level classic teams.
 - **Recreational:** division for JV teams, some lower level NCSL, classic teams, recreational teams, upper level ODSL teams.

- WISL reserves the right to make the necessary changes within league divisions to ensure an equal level of ability and competition.

- The following guidelines represent the parameters for Youth Competition. The divisions are gender and grade specific for High School and Middle School youth divisions. The *High School* division is for any boy/girl in *9th-12th grades*. The *Youth Divisions* are for any boy/girl born in the years of *2005-2012*. Any player caught playing in a younger age group will forfeit all the team games in that age group. WISL officials reserve the right to check players identifications at any time.

- Players may only be on one roster in a given division and league.

Roster Size:

- The Minimum Roster size is 10 players. There will be no **GUEST PLAYERS ALLOWED**. If a team has an injury whereby they lose a rostered player, that player must be removed from the roster

for the remainder of the season and an added player can take that player's roster spot. Proof of injury must be provided. Acceptable proof shall be a doctor's note. Failure to comply will result in forfeiture of all game played with illegal player(s).

- High School Divisions: ALL TEAMS will play 5v5 with a goalkeeper.
- Youth Divisions: ALL TEAMS will play 6v6 with a goalkeeper.
- All youth teams must have an adult representative on their bench during all games. This adult must be at least 21 years of age or older and must be listed on the official Roster Sheet. Any team caught violating this rule will automatically forfeit their season and be subject to banishment form the facility.
- No more than 20 people may be in the player's box at any given time (15-18 players, three coaches, and an assistant coach).

Guest Players:

- There will be no GUEST PLAYERS ALLOWED.

Kick-Off:

- Kick-off will be awarded to the home team. A goal can be scored directly on a kick- off. Kick-off can travel forwards or backwards.

Substitutions:

- Substitutions are free and unlimited, as long as such substitutes do not interfere with the flow of the game. Furthermore, each and every substitute must wait until the player they are substituting for is off the field before they can enter. Teams that violate this rule will be given a warning for having too many players on the field by the referee. If a team has been warned but continues to ignore this rule then the referee will award a direct kick o the opposing

team from the midfield mark. The referee has the right to issue a yellow card if the teams continue to ignore this rule.

- Teams may substitute for the goalkeeper during play. Play will not stop for goalkeeper changes. The referee should be notified of a change in goalkeeper. Penalty for failure to notify referee of goalkeeper substitution will result in a loss a possession.

Out of Bounds:

- Any ball touching the netting or entering the player box will be considered out of bounds and a direct kick will be awarded to the team that did not touch the ball last. The ball will be placed one yard off the wall from the spot closest to where the ball went out of bounds.
- On all free kicks, if the opposing team does not retreat the required 10 feet in five seconds a yellow card will be given to the player violating the 10-foot rule. That also applies to holding the ball and not allowing restart of play or any other delay of game as seen by the referee.
- Only one whistle will be sounded for free kicks. Failure to start the play within five seconds results in a turnover of possession and the opposing team will take the free kick from the same spot.
- On goal kicks the goalkeeper may choose to kick the ball from the goal box (smaller box) or throw the ball from the arc. In both situations the center line rule applies.

Center Line Rule:

- The centerline rule is in effect whenever the goalkeeper has possession of the ball with his hands. Prior to the crossing the centerline, the distributed ball must touch the floor outside the

penalty box, a sidewall, a teammate or an opposing player. The centerline rule will apply to drop kicks as well as throws by the keeper. If the ball crosses the centerline without touching one of the above descriptions, the result is a direct free kick from the centerline and on the side of the field. If the dribbles the ball outside the penalty box, the center rule no longer applies.

Slide Tackling:

- Slide tackling is illegal; repeat offenders are subject to yellow and or red cards.

Penalty Kicks:

- Penalty kicks shall be taken from the area near the top of the penalty box (top of circle). The goalkeeper must stand with heels on the goal line until the kick has been taken. When the whistle is blown, the kicker has five seconds to take the kick. If the player does not kick the ball within the five seconds, the penalty kick will be taken away and the opposing team will obtain possession of the ball. Player taking the penalty kick may take as many steps as desired, but may not stop the forward movement.
- If a penalty kick is awarded a yellow card may be given to a player committing the foul.

Goalkeepers:

- After gaining possession of the ball, goalkeepers must release it within five seconds. The goalkeeper may not pick up a ball that has been intentionally passed back to him off a teammate's foot. Any goalkeeper's infraction will result in a direct kick from the top of the arc near the penalty box. If there is obstruction or inadvertent charging committed against the goalkeeper, the referee will award a direct kick.

Goal Differential Rule:

- This rule is in place to keep the games competitive in WISL. During a game if a team trails by 5 goals or more they are allowed to add a player to the field of play to make it 7v6 situation. If the goal differential drop below 5 goals the team is required to pull off that player, evening the play at 6v6. At no time will there be a situation where the field of play would have more than a 7v6 situation.

Standings:

- Teams will receive 3 points for a win, 1 point for a tie, and 0 points for a loss. The top four teams in a division will participate in a playoff to determine the league champion. Any tiebreaker shall be determined in the following order:
 - The winner if any head to head league play
 - Least Goals allowed
 - Most Goals Scored
 - Common Opponent
 - Coin Flip

FIFA Rules:

- WISL will follow FIFA rules for all situations not otherwise covered in these rules.