



# Erie Premier Sports

## YOUTH INDOOR LEAGUE RULES

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### ROSTERS

- **Roster Size:** Maximum of 18 players per team.
  - Players may not be rostered on more than one team per age division.
  - **Only goalkeepers are permitted to roster for the same school within the same division and must be noted on all team rosters. That player must play goalkeeper for both teams.**
- **School District:** Teams must consist of players from the same school district.
- **Guest Players:** Two guest player per team are permitted - as long as that player's school district is not participating in the league.
- **Signed Roster:** The official league roster must be submitted in full prior to the team's first game. All players must sign the roster form - or parent/legal guardian if the player is under 18 years of age at the start of the league.
- **Roster Additions:** Players may be added until the team's second game. Teams playing with illegal players will forfeit the game (0-5).
- **Adult Coach:** All teams must have a coach or adult team representative at least 18 years of age on the bench area at all times.

### GAME REGULATIONS

- **Game Length:** 2 x 25 minutes, with 2-min half-time. Running clock will be set at 27-minutes.
  - Note: At the end of the game, please vacate the field promptly to allow the oncoming teams to prepare for the next game.
- **Clock Stoppages:** The clock will not stop for an injury except during the last minute of play and only on the discretion from the referee.
  - The game officials may stop the clock and adjust game times for major injuries.
  - Games that are stopped after half time, and cannot be completed, will be considered final. This will be of the discretion of the official and league manager.
- **Home Team:** The home team receives the opening kickoff, and will change or wear pinnies in case of similarly colored uniforms.
- **Game Ball:** A properly inflated, regulation size, soccer ball must be provided by the teams and approved by the referee.
- **Jerseys:** All players must have the same color jersey.
  - The goalkeeper jerseys should be different color from both team's jerseys.
- **Shin Guards:** Shin guards are mandatory and must be covered by socks.
- **Casts / Splints:** No casts or splints, unless approved by the referee.
- **Jewelry:** No jewelry, rubber wristbands or similar items may be worn, unless approved by the referee.
- **Footwear:** Plastic or rubber cleats, turf shoes, or flats are permitted - no metal.
- **Officials Fees:** Cash payment to officials must be made prior to the start of the game.

- **Number of Players:**

Division	EPS West & EPS East	EPS Pennbriar
High School, 7th-8th Grade	6 v 6 (5 + GK)	7 v 7 (6 + GK)
5th-6th Grade	7 v 7 (6 + GK)	8 v 8 (7 + GK)
3rd-4th Grade	6 v 6 (5 + GK) - on 2/3 <sup>rd</sup> field	--
1st-2nd Grade	5 v 5 (4 + GK) - on 1/3 <sup>rd</sup> field	---
K-1st Grade	4 v 4 (3 + GK) - on 1/3 <sup>rd</sup> field	---

- 8 v 8 and 7 v 7: A minimum of 4 + GK are required to start/finish a game.
- 6 v 6 and 5 v 5: A minimum of 3 + GK are required to start/finish a game.
- Failure to have the minimum required players will result in a forfeit (0-5).
- **Fair Play Rule:** Any team leading by 6 goals must take one player off the field. Once the score is back to a difference of 5, the team may add a player back onto the field.

## GAME RULES

Standard soccer rules are used with the following modifications for EPS indoor play.

- **Sliding / Slide Tackling:** Slide tackling to win the ball from an opponent is prohibited.
  - Sliding to get to or save the ball when no opponent is involved is permitted.
- **Offside Rule:** There will be no offside penalties.
- **Goalkeeper Rules:**
  - The ball must be put back into play within 6 seconds of goalkeeper control with their hands.
  - The goalkeeper cannot bring the ball from outside to inside the penalty area and use their hands.
- **Free Kicks / Restarts:** All free kicks are indirect (with exception of penalty kicks).
  - The ball must be put back into play within 6 seconds of the referee's signal.
  - Kick-offs may be played into either half of the field.
  - Opponents must be at least 3 yards away on free kicks.
- **Throw-Ins:**
  - **EPS West & EPS East:** Throw-ins cannot land directly inside the opponent's penalty area, unless hitting a player or the ground outside the area first.
    - Spiking the ball is a foul throw and will result in a throw for your opponent.
    - An infraction results in an indirect kick for the opposing team.
    - Opponent must be at least 1 yard away on throw-ins.
  - **EPS Pennbriar:** No restrictions on throw-ins into the opponent's penalty area.
- **Ball Hitting Net / Ceiling:** Any ball hitting the netting or ceiling structure will result in a free kick for the opposing team underneath the point of contact.
  - Should the point of contact be within the opponent's penalty area, an indirect free kick will be taken from the penalty spot.
- **Penalty Kicks:** Fouls inside the team's own penalty area will result in a penalty kick.
  - All players must be outside the penalty area. Players cannot enter the area until the ball is kicked.

- The ball is in play once kicked.
- **Substitutions:** Unlimited substitutions at any stoppage of play based on the discretion of the referee.
  - Substitutions must occur from the halfway line.
  - Illegal substitutions may result in a yellow card to the player(s) involved.
- **Pass Back to Goalkeeper:** The goalkeeper may not use hands on intentional foot passes from teammates. Infractions will result in a free kick from the penalty spot (indirect).
- **Heading for Youth Players:**
  - The league will follow the implementation guidelines for U.S. Soccer's Player Safety Campaign: Concussion Initiatives & Heading for Youth Players. Players in U-11 programs and younger (10 years old and younger) shall not engage in heading, either in practices or in games.
    - <http://usclubsoccer.org/2016/03/14/implementation-guidelines-for-u-s-soccers-player-safety-campaign-concussion-initiatives-heading-for-youth-players/>
  - 3rd-4th, 1st-2nd, and K-1st Grade age groups are not permitted to head the ball.
  - 5th-6th Grade divisions are permitted to head the ball. However, teams should be aware of circumstances in which individual consideration is needed. For example: A U11 player (10 years old and younger) playing in this division should not head the ball at all. This will be responsibility of the coach, and not enforced by the referee.
    - When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.
- **Yellow Cards:**
  - Any player receiving a yellow card must serve a 5-minute time penalty.
  - The team may replace the player.
  - Two yellow cards in one game equal a red card.
- **Red Cards:**
  - Any player receiving a red card is disqualified from the game and his/her team will play short for the remainder of the game.
  - A player receiving a red card will receive a 1-game suspension unless staff determines further sanctions apply. This applies to the team's next game in that division.
  - A player receiving more than one red card in a season, will receive a multiple-game suspension per ruling from the League Managers.

## BRACKETING, SCORING AND STANDINGS

- **Bracketing:**
  - Number of divisions and teams per division will be determined by the number of accepted teams. Divisions may be combined if necessary.
  - Each division will consist of round-robin play, followed by a championship game. Playoff games may also be used if necessary.
- **Scoring:**
  - 3 points for a win
  - 1 point for a tie
  - 0 points for a loss

- **Standings:**
  - Most points in the division
  - Head to head result (if more than 2 teams are tied, skip to goal differential)
  - Goal differential (max of +10 per game)
  - Total goals scored
  - Fewest goals against
  - Most shutout wins
  - If teams are still tied, result in a coin toss
- **Game Score Maximum:**
  - A maximum of +10 in goal differential per game will be recorded in the results and standings.
  - For example, a score of 12-0 will be posted as 10-0. A score of 14-2 will be posted as 12-2.

## OVERTIME AND PENALTY KICKS

Group play games may end in a tie. Playoff games will result in overtime and penalty kicks as necessary.

- **Overtime Period:** 1 x 5-minute, golden goal, overtime period. All divisions will play with one less field player and a goalkeeper.
- **Best of 3 Penalty Kicks:** Best of 3 penalty kicks, with a coin flip to determine who shoots first.
- **Sudden Death Penalty Kicks:** If after best of 3, the score is still tied, The teams will take one kick at a time in a sudden death situation.
  - The total number of kickers will be determined by the team with the least number of active players.

## FACILITY REGULATIONS

- **Behavior:** Coaches and team captains are responsible for overall behavior and conduct of their players, coaches and spectators. Any disruptive behavior during games, to the facility, staff or officials will result in that person(s) being removed from the league and/or facility. Persistent or overall unruly behavior may result in the team being disqualified.
- **Spectator Seating:** There are designated benches along the wall for spectators. Only rostered players and coaches are permitted in the team bench area.
- **Warm-Up Areas:** Players are permitted to jog and stretch behind the field. Warm-up with the ball is not permitted.
  - Players are not permitted to warm-up in the hallways or common areas.

These rules are subject to change based on the best interest of the players, teams, officials and fair play. All decisions made by the Erie Premier Sports staff are final.