



XL Sports World Richmond
Indoor Soccer – Youth
POLICIES, RULES & REGULATIONS

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GENERAL

XL Sports World Mission

Our leagues are designed to provide the best soccer experience possible. XL strives to have:

- Competitive divisions
- Well-refereed games
- A clean, safe facility
- Friendly efficient service
- Timely communication
- Convenient support services

Our Youth Objectives

- Develop physical fitness through soccer
- Develop individual soccer skills
- Assist in the youth soccer development of the local community
- Provide fun, safe means of exercise for kids

Customer's Rights

- A clean facility
- High quality facility and services which includes referees, schedules and programs.
- A trained, responsive, and courteous staff that is open to customer input.
- Timely information on XL's program changes or additions.

Customer's Responsibility

- Consider the safety of others and yourself as the highest priority
- Play for the fun and enjoyment of the game and always be a good sport
- Timely payments for services
- Maintain emotional control while participating or observing
- Respect the arena and help keep the facility clean

- Treat other players, teammates, and XL employees with respect
- Make XL management aware of any problems as soon as possible so we can fix them
- Keep yourself updated with the latest information
- Be on time for games and other scheduled events
- Shirts, covered shin guards, and appropriate shoes (NO CLEATS) are required on the field at all times.

Youth Leagues

Parent/Spectator/Player Guidelines:

In order for everyone to be able to enjoy their time here at XL Soccer World, we ask all persons to be respectful of spectators, players, coaches and officials.

Whether you are here to support your child, play a match with your team or learn to play, remember that everyone is here to do his or her best and have fun.

Apply the guidelines of good sportsmanship and fair play in all situations and don't forget that in the end, "it's just a game."

Parents please remember:

- Let the coaches do the coaching
- Provide positive support
- Kids make mistakes
- Most youth players are here to learn and get better at playing soccer
- Without an opponent to play against, there would be no match
- The person you may be shouting at is someone else's son/daughter
- The referee is facilitating the match and does not care about which team wins

Coach/Team Manager Guidelines:

ALL youth teams must have a coach or supervisor over the age of 21 on the sideline for every game. This rule applies to High School and under.

All league communication will be through email so it is very important to supply XL management with a valid email address.

Youth Coaches please remember that the fun and learning in a match comes from the challenge the opponent provides; We encourage all coaches to help facilitate a competitive environment where all players (from both teams) have moments of success and challenge. Please review the [7 Goal Rule](#) for expectations and suggestions to keep games competitive.

Team Managers

- The team manager is responsible for seeing that all team fees are paid on time and ensuring that his or her team is aware of the rules of the game, as well as all XL's policies and rules.
- The team manager is the representative for the team and is responsible for communicating any information that XL needs to pass on to each team.
- All communication will be primarily through email so it is very important to supply XL management with a valid email address.

Team Manager Daysmart Tips:

- **Inviting players to roster**
 - Players can be invited to join the team using the "invite" button on the team managers page. Invites are sent through email. All players must have an account in XL Richmond's Day Smart Recreation app/site.

The screenshot shows a team management interface for 'Team test' starting on Feb 18th, 2024, for the 'Season Youth Soccer Winter 2023/2024'. It displays 'Team Owes \$0.00' and 'Paid \$0.00'. At the bottom, there is a navigation bar with buttons for 'Message', 'Share', 'Invite', 'Team', and 'Manage'. The 'Invite' button is highlighted with a red box.

-
- **Player payments**

- Managers can assign payments to each player on their roster under the team management page (click manage). Under the "assigned" column, type in the fee amount next to each player's name. Click "save". This fee should not include membership price. Daysmart will autoprompt the player to choose their membership prior to checking out.

The screenshot shows a table for assigning payments to players. The table has columns for 'Team Roster', 'Player #', 'Suspended', 'Paid', 'Assigned', and 'Manager-Only Notes'. Two players are listed: '12 year Old' with an assigned amount of 1.00, and 'Ana Stevens' with an assigned amount of 0.00. The 'Assigned' column is highlighted with a red box. Below the table, there is a 'Total Assigned: 1.00' summary and 'Save' and 'Notify' buttons.

<input type="checkbox"/>	Team Roster	Player #	Suspended	Paid	Assigned	Manager-Only Notes
<input type="checkbox"/>	12 year Old				1.00	
<input type="checkbox"/>	Ana Stevens				0.00	

Total Assigned: 1.00

-
- Once players are assigned a fee, they can complete the payment through their own Day Smart Recreation account or pay at the front desk. When they log onto their account, they will see the "make your payment" button appear. Players will be prompted to pay their membership fee when they pay their team fee online.

12 year

The screenshot shows a team management interface for a youth soccer team. At the top, it says "Team test" and "Season Youth Soccer Winter 2023/2024". On the right, it says "Starting Feb 18th, 2024". Below this, there are two lines of text: "Team Owes \$1.00 Make Team Payment" and "Manager Assigned Amount \$1.00 Make Your Payment". The second line is highlighted with a red box. Below this, it says "Paid \$0.00". At the bottom, there are four buttons: "Message", "Share", "Invite", and "Team".

- **Player Memberships**

- All players are required to pay a membership fee. When the player pays their payment online they will be prompted to choose their membership prior to checking out. If a player pays at the counter, our staff will ask which membership option they would like.
- **Types of Memberships (Summer)**
 - 8 Week Seasonal Membership - YOUTH SOCCER
 - \$15
 - This membership will cover the player for **one** season at XL Sports world.
 - If Soccer is the only program player will participate in this summer, this membership is right for you.
 - FULL SUMMER Membership
 - \$25
 - If you plan to send your child to camp AND have them play soccer, this membership is right for you and will cover both programs.
 - Annual Individual Membership
 - \$40
 - This membership will cover the player for 1 year from purchase date for any program they participate in at XL during that year.
 - Annual Family Membership
 - \$100
 - This membership will cover a family, up to 7 membership, for 1 year from purchase date for any program they participate in at XL during that year.

7 Goal Rule

The fun and learning in a match comes from the challenge the opponent provides; We encourage all coaches to help facilitate a competitive environment where all players (from both teams) have moments of success and challenge.

XL Sports aims to address the challenge of very lopsided games by utilizing the initial games of a season for team strength evaluation and implementing creative scheduling. While complete elimination of such games is not always possible, we encourage team managers/coaches to proactively manage situations where one team significantly outperforms the other.

We encourage team managers or coaches to take action once the score of a match reaches a **7 goal differential or higher**.

Here are some ideas that can be applied to make the game more competitive.

- Adjusting the number of players on the field
 - The stronger team can take players off (e.g. 6 instead of 7, play without GK)
 - The weaker team can add additional players to the field
- The stronger team can implement additional challenges, such as scoring only on the first touch, requiring a forward pass before scoring, restricting goals to the weak foot, or prohibiting goals from inside the penalty box.

These are not required actions, but are allowed *if the referee is made aware*. The referee **must be informed** if you are adding an additional player.

Mutual agreement among managers is encouraged as it allows *both* teams to decide when the weaker team can add additional player(s) to the field. However, if a team falls behind by seven goals, they may unilaterally decide to add one extra player without the opposing coach's approval.

It is crucial to remember that if a team adds an additional player to the field at any point in the game, the game automatically results in a 7 goal loss.

When the score difference reduces to less than 7 goals, the referee will consult with the leading team to confirm if they are comfortable with the losing team maintaining the additional player. Conversely, the team playing with a numerical disadvantage can request, at any point with a score difference of less than 7, for the opposing team to reduce their player count.

At halftime, if the game is clearly non-competitive (with a score difference of 7 or more goals, even with additional players on the field), both coaches can agree to mix all players for the second half. This creates a new, enjoyable environment where players can establish new connections and learn from others with varying abilities. In this scenario, the game is recorded as a 7-goal win for the leading team at halftime, and the score of the new game (second half only) can be displayed on the scoreboard but will not be officially recorded.

AGE DIVISION

Sometimes we need to match teams of different ages in order to provide a variety of competition. We realize that a single year can make a big difference which is why we have the following policies:

- In accordance with [US Soccer](#), birth-year registration calendars will align with the start of the calendar year and run from January to December.
- XL uses the same age cut-off as the various youth leagues in Virginia. Our youth leagues that play in the winter and summer use the same age cutoff that the outdoor soccer leagues use in the previous fall. For consistency purposes, we ask all teams to register for the leagues that they played the previous outdoor fall session.

- XL does combine age groups in order to maximize registrations in each league. (example, U7/U8 is one league, U9/U10 is one league, and so forth).
 - High School Leagues are typically separated into JV (U15/U16) and Varsity (U15-U18) in the Winter League. However, if registration numbers prohibit the separation, then one High School League will be run consisting of U15-U18 teams.
 - Summer League time restraints make it so we can only offer 1 High School League for boys/coed and 1 High School League for girls only consisting of U15 - U18 teams. If we garner enough registrations to split the league in JV and Varsity, we will do so.
- XL will consider the wishes of the team if we have to schedule a team out of its age group
- Players may play up in age divisions but may not play down. Players wanting to play up will have to call XL Richmond to register
- Chesterfield County youth sports and XL Sports World Richmond do not require Youth ID for registration. We trust and expect team managers, coaches, and parents to register their team and players in the appropriate age division. However, if questions about a player's age arise, we reserve the right to ask for proof of age.
- High School Players may be asked for proof of current enrollment in school during winter leagues or proof of recent graduation in summer.
 - Eligible Proof of Age Documents
 - Birth Certificate
 - Drivers License/Permit
 - Gov. ID with picture and birthdate clearly shown
 - Eligible Proof of Enrollment Documents (documents without pictures may need to be supported with identification documents from above)
 - School issued ID card with picture, name, and current school year
 - Recent report card/transcript with name & current school year clearly shown
 - Letter from school admin with official school letterhead stating that student is enrolled in current school year
 - Screenshot of student portal (i.e. Student View) that shoes the students name/picture and current school year

Team Placement

XL Sports World would love to see every game determined by a single goal. This is our objective when we form leagues. To accomplish this XL will ask during the registration process for team managers to indicate where a majority of their team plays in the outdoor leagues. Players will also be asked individually where they play. From there, XL Sports will create various brackets, appropriately matching teams with similar competitiveness. XL will also use

the first 1 or 2 games (depending on the season) to assess each team and make schedule adjustments as necessary.

GIRLS ONLY VS BOYS/COED LEAGUE

- A GIRLS ONLY league and BOYS/COED league will be offered for all age groups U9-HighSchool
- Leagues labeled GIRLS ONLY are for teams made up of all girls players
- Leagues labeled BOYS/COED are open to coed teams as well as ALL BOYS teams.
- In some circumstances, if league registrations are low, XL may have to place ALL GIRLS teams in the BOYS/COED league for their age division. XL will not do so without the approval of the team manager.

U7/U8 SCRIMMAGE LEAGUE

The U7/U8 Scrimmage League will consist of small sided-games. Games will be played 4v4, no goalies. Teams will play 2 scrimmages each game day back to back. Each game will be 20 minutes long and there is a 5 minute break between the two games. The opponent of the second game is based on the results of the first game.

This League will be a CoEd League. Teams/brackets *may* be structured based on team strength if registrations allow.

Teams may have a maximum of 12 players on their roster.

Game scores **will not** be recorded via scoreboard or via DaySmart.

Other League Policies

- Unless otherwise noted, all leagues may be scheduled on various days to maximize arena use. Generally, most of your games during a season will take place on the same day of the week.
- Each team will be scheduled to play 8 regular season games. No playoffs will be held in youth leagues for the foreseeable future. Teams who finish in the top of the league will be winter league champions.
- As required to meet scheduling needs of 8 season games, teams may play two games in a day or a week.
- **Teams must turn in a roster prior to their first game. The roster can be updated anytime prior to the start of the 3rd game of that season.**
- XL Sports World reserves the right to relegate or promote teams and or players to leagues other than the requested league to ensure fun and competitive games.
- Players may play on more than one team in a division provided they are on both rosters. However, if two teams that a player is rostered for are scheduled to play against each other, a player can only play for one team in a single game. Players may not switch

teams once a game has started even if they are legally listed on each roster. However, once the game has officially ended, the player may play in another game if he/she is listed on the roster.

Team/Player Registration

- All teams must give notice to drop out of the league 7 days prior to the start of the current season in order to get a refund on their deposit. This notice must be confirmed by a member of XL management. Once a league schedule is posted all fees paid are **non-refundable**.
- Players may be added to a roster **up to the 3rd game**. All rosters are frozen after the 3rd game is played and all players not paid in full may not play in any future games in that session. **No players may be added to the roster after the 3rd game**.
- It is recommended to add players to the roster if they *may* be an “alternate” player at any point during the season. These “alternate” players will not be eligible to play after the 3rd game if they are not already on the roster.
- All players on the roster will be required to pay a membership fee.
- Full team payment is due prior to the start of the 3rd game. If payment is not made by the start of the 3rd game, the team will not be allowed to play any further games. Each member of a team is individually responsible for the full payment of their own player fee. Team managers are responsible for ensuring their players make payments on time.
- If a youth or adult team must withdraw from the league, after schedules have been released, for their own reasons or if they are suspended for violating XL rules and/or policies, the league fees will not be refunded.
- U9 - Adult League rosters have a **20 player maximum**. U7/U8 Scrimmage League teams have a **12 player maximum**

Forfeit Policies

- **Forfeits** will be declared for games involving ineligible players, suspended players, or players with expired or no membership.
- The score of a forfeit game will be recorded as **7-0**.
- The winning team in a forfeited game has the following options:
 1. Use the arena during the regularly scheduled game time for a closed practice where no referee is provided or
 2. Agree to scrimmage the forfeiting team by sharing players and/or allowing the forfeiting team to pick up non-roster players. In either case, no referee will be provided.
- **If a player’s age is in question, then XL will require a driver’s license, birth certificate, or a similar form of government issued picture ID for proof of age.**
- Teams will be given a **forfeit** for having less than four eligible players available at game time. If teams know they will not be able to field a minimum of four players for a scheduled game, we ask that the team manager notify XL management **no less than**

24 hours prior to the game to give management time to contact the opposing team and the referee. **Cancelation fees may be incurred if sufficient notice is not given.**

- A forfeit will be declared if a team is not ready five minutes after the referee has started a game clock. XL places importance in beginning matches at their designated start time. Please help this effort by being ready to start the match promptly at the time scheduled.
- Any individual posing as another person or using false information when joining XL will be considered an illegal player and all games involving that player will constitute a forfeit. The guilty player will also be suspended from further activity at XL pending an XL disciplinary committee ruling.
- Playing while knowingly suspended will result in a forfeit of the game and the guilty player will be suspended from further activity at XL pending a XL disciplinary committee ruling.
- Any person who is signing a waiver for a minor who cannot legally do so will cause the team with that minor player to forfeit the game and the person who signed the waiver on behalf of the minor and the minor will be suspended from further activity at XL pending an XL disciplinary committee ruling.

Schedules and Standings

- Final schedules may not be available until just prior to the first game. The schedules and standings are available on site and also on XL Sports World's website:
www.xlrichmond.com
- We make it a priority to keep the web site up-to-date. XL reserves the right to make schedule changes during a session with sufficient notice to all teams involved. *We ask that you please check the web site before calling the facility to ask for your game time.* However, if you must call, we are happy to give you any information you need.
- Standings will be determined by wins, losses, and ties for "total points". Tie breakers will be determined by "head-to-head" matches, then by goal differential. Points per game will be taken into account in the event that teams have not played the same amount of games by the conclusion of the season due to forfeits or cancelations.
- XL staff reserves the right to crown 'co-champions' in a league. This could happen if there is a tie in standings, or if top two teams have differing competitiveness in game schedules.

Reschedule policies:

- Teams will be allotted up to 2 conflicts that **MUST BE LISTED AT THE TIME OF REGISTRATION**. XL will not schedule your games on those 2 conflicting dates/weekends.
- Any other conflicts that arise are not guaranteed a make-up. IF XL has the power to schedule a makeup, we will attempt to do so, however the makeup is could be on a different day than your league usually plays.
- Teams with additional conflicts other than the original 2 given **MUST** give at least a seven (7) day notice. XL will investigate the possibility but cannot guarantee that the game will be rescheduled.

- In the event the game cannot be rescheduled, the requesting team must accept a forfeit.
- No refunds will be given for either the forfeiting team or their scheduled opponents.

Specific Elements of the Game:

Ball Size

- U-13 through adult - Size #5 ball
- U-9 through U-12 - Size #4 ball
- U-8 and under – Size #3 ball

Number of Players:

- U7/U8 Scrimmage League will play 4v4, no goalkeeper
- U9 through U12 shall play 7v7 including Goalkeeper
- U13 through High School shall play 6v6 including Goalkeeper

Players Equipment:

- NO CLEATS.
- Shin guards are mandatory. Socks must completely cover the shin guards
- Dangerous Equipment: Players shall not be permitted to wear anything deemed dangerous by the official.
- No metal or hard molded cleats
- No jewelry or watches

Players Safety:

- To keep all players safe, Head Balls will **not be allowed** for U7 - U12.
 - Head Balls will be allowed for U13+ as long as the ball is played safely.
- Any player who suffers a head injury will not be allowed to re-enter the game.
- Protocol for injured players during the game is as follows:
 - Ref stops play and summons the injured player's coach to assist their injured player. If the coach needs assistance with the injured player, XL will provide any and all assists that the coach or player's parent requests (ie. calling 911, getting ice or other first aid).
 - XL does not have certified trainers or medical staff on site.

Team Boxes

- Home vs Away teams are indicated on schedule. Home teams have a house next to their team name.
- The scoreboard will reflect which boxes the teams are sitting on. The first box is home and the second box is the visitor on both fields.
 - **TEAM MANAGERS: Please ensure your team is sitting on the correct bench, in order to ensure scores are accurately recorded.**
- Teams will switch sides of the field but not benches at halftime.
- No one, except two coaches and players currently playing on the team, is allowed in the team boxes.
- No children other than those playing the present game are allowed in the boxes or on the field before or after the game or during half time. XL managers and referees will strictly enforce this rule.
- Videotaping or photography is prohibited from the team boxes. Exception is XL Staff.
- Glass containers are prohibited in the team boxes and anywhere in the XL facility.
- Players are asked to exit the team box immediately after the game and hold player conferences, discussions, etc. in another part of the facility.
- Players are asked to pick up all of their belongings and trash immediately concluding the match.
- In order to minimize lobby traffic, we ask that teams who just concluded their game, exit along the edge of the building, NOT through the field. Teams who are playing next should enter through the field.

Game Clock

- The game is comprised of two (2) equal halves. Length of each half is generally 25 minutes but can be shortened during peak times of the year.
 - Note: Tournaments/playoffs may have differing time periods
- THERE WILL BE NO OVERTIME
 - Note: Tournaments/playoffs may have differing time periods
- The clock will run at all times
- The scoreboard is the official game time. The match is over when the scoreboard sounds.
- If stoppage time has been deemed necessary by the referee **for intentional delay of game** within the last 30 seconds of the game, the referee must then place the appropriate amount of time remaining on the score clock and start the play. This rule applies to both halves of the game.
- Halftime is no longer **than two minutes** in duration. In the interest of time constraints the half-time may be shortened to make up lost time due to injuries or other stoppages in play.
- Time between games shall be a maximum five minutes and teams are required to be ready to play. The score clock will be set between matches and when the display time

expires both teams must be prepared to start the match. The referee has the discretion to start the game clock at this time in order to keep games on schedule.

- The clock may be stopped for serious injuries only at the discretion of the referee.
- Any player who suffers a head injury will not be allowed to re-enter the game.
- If it is the goalkeeper whose injuries require the clock to be stopped and he/she is able to continue play a substitution is not required and the play may continue unless the injury is to the head as stated in rule #7 above.
- The referee may start the play clock before one or both teams are ready if the referee thinks the team is not adequately preparing themselves for the game or simply stalling. Any goals scored after the referee's whistle count regardless of the team's readiness.

Kickoff:

- All players must be in their own half
- Defenders must be outside the center circle
- The ball must be stationary in the center
- The referee gives a signal (whistle or verbal "play")
- The ball may go forward or backward
- A goal may be scored directly from a kickoff, only for U13 and up leagues. U12 and below, kick off is an indirect kick and therefore a goal may not be scored during kick off.

Ball Out of Play

- The ball is out of play when it touches any netting above the perimeter wall.
- When the ball hits the side netting, a free kick is awarded to the opposing team. The ball shall be placed approximately three feet out from the wall at the spot where the ball went out of play.
- When the ball hits the superstructure, lights or ceiling the opposing team is awarded a free kick at the closest white dot on the outside two white lines or the center white line from where the ball struck the object.
- Players have five seconds to put a free kick into play once the ball has been placed in the designated spot.
- The ball may be played to the goalkeeper on kick in, but he/she may not play it with their hands
- The ball is **still in play** when it hits the top of the wall or one of the corner wall pads.
- When the ball strikes a member of the team bench while still within the playing area (hands/arms over the boards) the opposing team will receive a free kick 1 yard from the spot where the ball hit the team member.
- If the ball strikes the referee, it is an uncontested drop ball for the team who was in possession, if the ball goes to the opposing team. A drop ball for U12 and under will be indirect, for U13 and up it is direct.
- All divisions no longer have a whistle restart for direct kicks inclusive of white dot kicks. However, the ball must come to a complete stop before play continues. A whistle restart is mandatory when the team in possession requests the required 5 yard distance from

the ball. **ONLY** kick-offs and shootouts **WILL** require a whistle restart.

Three Line Violation

- A three line violation is defined as the ball having crossed, in the air, over all three white lines without touching the perimeter wall or another player between the two lines. This could result from a player kicking the ball or a goalie throwing the ball.
- Passing the ball three lines toward your own goal is allowed.
- A three line violation will result in the opposing team being awarded a free kick from the designated white spot on the outside white line closest to the violating team's goal.
- Any team playing with **two** players less than the opposing team shall not be penalized for violating the three line rule.

Goal Clearance:

- The goalkeeper may throw or roll the ball. He may also kick a ball out of his goal area.
- No punts or dropkicks allowed. A bounce to volley the kick is different from a "dropkick."
- The goalkeeper has only 6 seconds to place the ball into play.
- You may throw past the halfway line. Players may not in any way make an attempt to block that kick or impede the keeper from making their kick. If the keeper puts the ball on the ground to play it out as a kick or pass, then the opposing team may pressure the keeper as they are now, essentially, a field player.

Goalkeeper:

- The goalkeeper must wear colors to distinguish him/her from all other players.
- Goalkeepers may NOT play the ball with the hands when intentionally passed back from the foot of a teammate.
- Goalkeepers may dribble the ball into their own penalty area and pick it up, unless he/she receives it from a teammate.
- The following goalkeeping restrictions shall cause the referee to stop the play and award a free kick to the opposing team at the top of the goal box
 - If the goalkeeper uses his/her hands when the ball is passed directly from the foot of a teammate.
 - The goalkeeper with the ball in his/her hands has five seconds to distribute the ball outside of the box. Dropping the ball to his/her feet inside the box does not stop the count but is allowed.
 - If the goalkeeper begins a slide inside the box (allowed) and as a result of his/her slide goes outside the box. This will be strictly enforced.
 - Any hand ball by a goalkeeper outside of his/her box, from anywhere on the field.
 - The goalkeeper must be standing when throwing the ball out of the box. This is to protect him/her from getting injured by another player.

- o Goalkeeper change during the game: No time shall be given. Changes will be made the same way as a field player.
- o The goalkeeper **DOES NOT** have to go off of the field when issued a Blue or Yellow card. A teammate has to go off for him/her. The exception to this rule is when a goalkeeper is involved in a simultaneous Blue or Yellow card penalty. In this event, the goalkeeper would serve his/her own penalty.
- o If the goalkeeper is involved in a simultaneous Blue card penalty, then the keeper **WILL** have to serve the 2 minute penalty and a field player will have to take over as goalkeeper.
- o The goalkeeper **DOES** have to go off of the field and out of the bench area if he/she is given a **Red card**.

Free Kicks:

- Opposing players shall quickly yield 15 feet from the ball. Dissent upon a request from the official shall result in a blue card being issued and the violating player being assessed a blue card.
- The player taking the kick cannot play the ball again until someone else touches the ball.
- If a player taking the kick delays longer than five seconds after having been signaled to play by the referee, the ball shall be turned over to the opposing team to take the restart.
- For U12 & Under: all free kicks are **indirect, including the kickoff**
- For U13 & Above: all free kicks are **direct kicks, including the kickoff**.

Shootout Penalties

- A shootout may be awarded if in the opinion of the referee, a team is denied an obvious goal scoring opportunity through an opponent's foul.
- The attacking team shall be awarded a shootout if the defending team receives a card due to a foul occurring in their own penalty area or by any deliberate handling violation by the defending team within their own penalty area.
- Any hand ball inside the arc by a defending player will result in a shootout

Shootouts during regulation play

- All defensive players will position themselves inside the half field circle on the opposite side of the field from the shooter.
- All offensive players will position themselves outside of the half field circle on the opposite side of the field from the shooter.
- Once the ball is spotted and the goalkeeper has stated that he/she is ready the player kicking the ball has 5 seconds to play the ball.
- Once the referee has blown the whistle, the other players at half field are free to enter the play.

Substitutions:

- o Substitutions may be made at any time on an unlimited basis during the game, provided the player substituted for is within one yard of the bench door and does not interfere with play at the time the replacing player enters the field of play. A team with too many players on the playing field will be penalized with a two (2) minute penalty not designated to any one specific player.'

FOULS, PENALTIES, CARDS

Fouls – That Do Not Warrant a Card

A free kick shall be awarded to the opposing team from the point of infraction, for a player who commits any of the following offenses. It is the discretion of the referee to serve a card depending on the severity of the fouls.

- Inadvertently kicks or attempts to kick an opponent while attempting to strike the ball.
- Inadvertently trips an opponent while attempting to play the ball.
- Inadvertently charges an opponent from behind while attempting to play the ball.
- Intentionally obstructs an opponent when not in possession of the ball.
 - This includes standing between the opponent and the ball so as to form an obstacle. Obstruction is not called when a player has a ball and is shielding so as to prevent an opposing player from stealing the ball or if the ball is kicked downfield and a player attempts to run through an opponent who has established position.
- Inadvertently pushes a player into the boards.
- Pushes a player in an attempt to prevent them from getting to the ball.
- Plays in such a manner so as to be deemed out of control.
- Charges the goalkeeper when he/she has possession of the ball.
- Plays the ball while lying on the ground or while having a hand/knee on the ground.
- Intentionally plays the ball with the hands.
- If a player holds an opponent in an effort to prevent them from going to the ball.
 - The advantage rule may be applied to allow play to continue when the team against which the foul has been committed will actually benefit from the referee not stopping play.
 - The referee will **not** whistle to restart play unless a player requests the referee measure the opposing team's wall distance.
- No slide tackling
 - If an unintentional slide occurs a warning will be issued by the official.
 - If a secondary offense is committed the official will issue a yellow card and a 2 minute penalty.
 - Additional offenses will be punishable at the discretion of the official

- Spitting will not be tolerated and can result in a **red card or automatic ejection**
- All foul calls are at the discretion of the referee.
- All of the above calls may result in a time penalty (blue, yellow or red card) depending upon the intent or degree of the violating player, as determined by the referee.

Time Penalties:

Time penalties result in the violating player having to remove themselves from play for the designated time. The violating player's team may not replace that player on the field until the full time penalty has been served. Time penalties are broken into the following categories:

- | | |
|-----------------------------|--------------|
| • Bench time penalties | two minutes |
| • Unsportsmanlike conduct | two minutes |
| • Incidental foul language | two minutes |
| • Cautionary time penalties | four minutes |
| • Ejectable time penalties | five minutes |

BLUE CARDS (2 minutes):

- Bench and unsportsmanlike conduct time penalties shall be indicated by the referees showing a blue card and announcing to the player that he/she will be serving a time penalty, as well as the nature of the penalty.
- The player must serve the full 2 minutes of his/her penalty.
- A player receiving two blue cards in the same game will be issued a yellow card.
- Any player receiving three blue cards in the same game will be issued a red card.

Blue Card Penalties

A player who commits any of the following offenses shall be penalized by the referee, issuing a blue card which will result in the player serving a two-minute penalty. Once a blue card has been issued the penalty time will not begin until the player has entered the penalty box. Calls are at the referee's discretion.

- Incidental foul language or spitting on the field will result in a blue card being issued and that player receiving a two-minute penalty. The team may substitute for that player while he/she is in the penalty box.
- Spitting on the playing surface or in the team box will result in a blue card penalty. Continued violation will result in a red card. Please use the garbage cans in the team boxes.
- Intentionally trips an opponent.
- Charges an opponent in a violent or dangerous manner.

- Intentionally uses his/her hand to play the ball. If this occurs in the penalty area a shoot-out will be awarded.
- Holds an opponent in an attempt to prevent him/her from playing the ball.
- Intentionally pushes a player to knock him/her off the ball or after he/she has been fouled.
- Propels an opponent into the boards in a violent manner. A trip which inadvertently causes a player to make contact with the boards would not result in a boarding call.
- **ANY SLIDE whether offensive or defensive, where a player slides towards the ball or another player in an effort to steal or kick the ball is not allowed. A slide could be considered to reach for the ball by having to go to one knee.**
- Forcefully kicks or strikes the goalkeeper in possession of the ball while attempting to play the ball.
- Fails to stand 15 feet from the ball after it is spotted and then struck by the ball. If after giving 15 feet, the opposing player moves toward the ball and is struck with the ball they will serve a penalty. The opposing player must have a reasonable amount of time to yield the 15 feet before there is an infraction.
- Once issued a blue card, a player who does not immediately proceed to the players box. The delay will result in a second blue card which will be accompanied by a yellow card. If a player continues to refuse or delays the game, he/she will be issued a third blue card accompanied by a red card and an ejection from the game.
- A team with too many players on the field of play will be penalized with a two-minute penalty not designated to any one specific player.
- Unsportsmanlike conduct will result in a time penalty where unsportsmanlike conduct includes but is not limited to the following.
 - Persistent disregard for the rules
 - Any dissent by word or action of a referee's decision
 - Taunting the opposing team in a manner so as to cause confrontations
 - Encouraging players by word or action to foul, harm or retaliate against the opposing team
 - Obstructing the goalie in any manner, as they attempt to distribute the ball with his/her hands
 - Making a loud noise or action intended to distract a player on a free kick or a penalty kick

YELLOW CARD (4 minutes):

- Cautionary time penalties shall be indicated by the referee showing a yellow card and announcing to the player that he/she will be serving a time penalty, as well as the nature of the penalty.
- A player who has received a yellow card as a result of having received two blue cards will be required to serve two additional minutes in the penalty box.
- A player receiving any other penalties after a yellow card, and a blue card has been issued will be issued a red card and ejected from the game.

Yellow Card Penalties

- A Yellow card or cautionary penalty shall be issued for the following infractions:
 - A player persistently infringes on the rules.
 - A player persistently dissents by word or action any referee's decisions.
 - A player is guilty of persistent unsportsman like conduct.

RED CARD (ejection from game & game suspension):

- Ejections shall be indicated by the referee showing a red card and announcing to the player that they are ejected from the game and the reason for the ejection.
- Players receiving a red card are **REQUIRED** to leave the bench area.
- Those players are suspended from the next game in the division he/she was playing in at the time of the red card.
- The red card suspension is only for that specific team in which he/she was playing on when the red card was issued.
- Players may not play in any further games, in any divisions, on the same day that the red card was received.

Verbal or physical abuse of the referee, the other team, spectators or teammates will not be tolerated. Violators will be red carded and barred from further participation.

Red Card Penalties

Red Cards are issued for the following infractions followed by ejection from the game. A player issued a red card for fighting or abuse of a referee will be required to leave the building. Any player refusing to leave after being asked by the person in charge, whether it is referee or office personnel, will result in the police being called and a complaint filed

- Kicks or attempts to kick an opponent in a violent manner, when not attempting to play the ball, or in retaliation for a perceived foul
- Spits at an opponent
- Strikes or attempts to strike an opponent whether as the aggressor or in retaliation for a perceived foul
- Is guilty of violent conduct towards a player or the XL facility
- Uses foul or abusive language in a confrontational manner
- Fighting regardless of the reason
- Any abuse of the referee whether it is verbal or physical. Verbal abuse may be defined, but is not limited to, swearing at or threatening a referee, or disputing a call in an overly aggressive manner, in an attempt to intimidate the referee
- Any player who leaves the bench to become involved in an altercation
- If more than one player from a team leaves the bench, the players leaving the bench will be assessed red cards. The game will be stopped and the team whose players left the bench will be assessed a forfeit for that game.

- In the event that players from both teams leave the bench, the players who left the bench will be issued red cards, the game will be stopped and both teams issued forfeits for that game.

Serving Penalties

- All players, excluding the goalkeeper, must serve their own Blue and Yellow card penalties, unless the goalkeeper is involved in a simultaneous Blue card penalty.
- All players, including the goalkeeper, must serve their own red card penalties.
- If a goal is scored against the team that is playing shorthanded then that team may return a player back onto the field but the player who was penalized must continue to serve their two-minute penalty.
- A team with more than one player serving a penalty when goal is scored against them may add only one player back on the pitch and it cannot be a player serving the penalty. This applies to 4 minute penalties as well.
- When a team has two players in the penalty box and a goal is scored by the opposing team, only the first player penalized can be replaced. If another goal is scored, the second player may be replaced even though both players must serve out their penalties in the box.
- In all cases where a two-minute penalty is issued the team will play shorthanded (except for incidental foul language and spitting).
- When both teams have two players serving penalties and a goal is scored neither team can add a player until the full two minutes has been served.

Ejections and Suspensions

- A person receiving a red card will be ejected from the game and will receive at least a one game league suspension. The XL disciplinary committee will determine the necessity of further sanctions, based upon the degree of the violation. Sanctions will vary from three game league suspensions to permanent XL expulsion.
- A person receiving two red cards in one session will be expelled from XL for the remainder of that session and the game report will be sent to the XL Disciplinary Committee for a possible suspension.
- A person who makes an attempt to intimidate the referee by the threat of physical abuse, pushing, or attempting to make contact with the referee will be suspended from all play at the facility for a period of at least one year.
- A person who strikes or attempts to strike a referee (or any employee) shall receive a permanent XL expulsion.
- A person observed intentionally kicking a ball at unprotected walls or lighting fixtures will be given a warning for the first offense and immediate red card for the second.
- Any person that hits the superstructure with a ball intentionally will receive an immediate red card and the report will be sent to the disciplinary committee for a possible suspension.

XL Disciplinary Committee

XL Sports World Richmond, LLC has zero tolerance for fighting or verbal abuse. The XL Disciplinary Committee will determine the length of suspensions based upon an objective assessment of each incident. Each case will be sent to the Disciplinary Committee through email and the time restrictions are as follows:

- Players in question have 24 hours to submit, **in writing**, their side of the incident to XL management.
- XL will in turn have 3 days to submit the player's report, the manager's incident report, the referee's report, and any eyewitness reports to the disciplinary committee and receive a response with an initial ruling of the players in questions.
- Once the players in question have received their ruling, they have 24 hours to submit an appeal in writing to XL.
- Once XL has received this appeal in writing, the disciplinary committee will give a final ruling within 48 hours.
- This entire process should be finalized by the end of the seventh day.
- During the length of the submittal process, each player in question is suspended from **ALL league play** at XL in any division.
- This suspension starts from the time the incident occurred.

Referee Information

Official's Authority:

- o A one man system will be used at the discretion of XL Sports World Hatfield. The authority and exercise of the powers granted to officials by this official rulebook commence when they enter the premises. The officials are responsible for the record of the game.

Referee Guidelines

- We recruit the best referees possible; all are trained and certified by XL.
- They are evaluated on a regular basis which includes regular, documented observations as well as customer feedback.
- XL appreciates feedback on referees, both good and bad. We ask that customers realize that referees are not infallible and will miss some calls.
- We ask that players, spectators, parents and coaches refrain from yelling derogatory comments to the referees. These comments never achieve their intended purpose.
- XL assigned referees will supply a game ball before the start of each match. The ball will be returned to the referee upon conclusion of the match.
- The game clock will begin at the scheduled start time, regardless of the readiness of the teams to play. The referee will then start the game when the teams are ready.

Arena Rules : Posted at the entry to each field

Top 10 XL Field Rules

1. NO SPITTING
2. NO FOOD OR BEVERAGE
3. NO CHEWING GUM, CHEWING TOBACCO, OR SUNFLOWER SEEDS
4. NO SLIDE TACKLING
5. NO PUNTING
6. NO VERBAL ABUSE OF THE REFEREE, THE OTHER TEAM, SPECTATORS, OR TEAMMATES
7. NO FIGHTING
8. NO CLIMBING ON NETS
9. NO CLEATS
10. EACH PLAYER MUST HAVE APPROVED SHIN GUARDS COVERED BY SOCKS
11. *NO UNAUTHORIZED PERSONS ALLOWED ON FIELD*

Las Diez Reglas Principales De Las Canchas De XL

1. NUNCA SE DEBE ESPUCUIR
2. NINGÚN ALIMENTO O BEBIDA
3. NINGÚN CHICLE, MASTICANDO TABACO, O SEMILLAS DE GIRASOL
4. NINGÚN CORDAJE DE DIAPOSITIVA
5. NINGÚN PUNTING
6. NINGÚN ABUSO VERBAL DEL ÁRBITRO, EL OTRO EQUIPO, ESPECTADORES, O COMPAÑEROS DE EQUIPO
7. NINGUNOS ENFRENTAMIENTOS
8. NINGÚN MONTAÑISMO SOBRE LAS SOGAS O LAS MAYAS
9. NINGUNAS GRAPAS
10. CADA JUGADOR DEBE HABER APROBADO GUARDIAS DE ESPINILLA CUBIERTAS POR CALCETINES

*NO PERSONAS NO AUTORIZADAS PERMITIDAS SOBRE LAS CANCHAS

GRACIAS POR CUMPLIR CON ESTAS REGLAS*

End Rules of the Game