



Indoor Soccer

Policies and Rules

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Policies

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

Team/Player Registration

- A \$150.00 **deposit** is required to register a team. All teams must give notice to drop out 7 days prior to the start of the current session 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 4th game**. All rosters are frozen after the 4th 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 in the 5th, 6th, or 7th, game or during the playoffs.
- If payment is not made by the start of the third 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.
- If a youth or adult team must withdraw from the league for their own reasons or if they are suspended for violating XL rules and/or policies, the league fees will not be refunded.
- All XL rosters have a **20 player maximum**. This rule applies to **ALL** age groups.

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 through email so it is very important to supply XL management with a valid email address.

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 are required on the field at all times.

League Policies

- All leagues may be scheduled on various days to maximize arena use. Generally, most of your games during a session will take place on the same day of the week.
- As required to meet scheduling needs, 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 fourth game of that session. Players may play in multiple levels (A, B, C, or D) within any one division. For example, in Men's Open A & B, a player **MAY** play in A and B in the same session. This rule now applies to every adult division at XL.
- 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. XL Sports World will work with teams to give them their requested night. However, we place a higher value on assuring competitive games than teams' preferred game night.
- Players may play on more than one team in a division provided they are on both rosters. However, the player must designate a home team. The player's home team is the team that the player will play on if his/her two teams play each other.
- Players may not switch teams once a game has started even if they are legally listed on each roster. However, once the first game has officially ended, the player may play in another game if he/she is listed on the roster. This rule applies to the playoffs – a player **may play** for more than

one team in the same division during the playoffs. Even if one team in the same division loses a game, a player from that team may continue to play on a different team in the same division if he/she is a paid player on that team.

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 **5-0**. 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.
- 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.
- Teams may request that games be rescheduled provided at least a seven day notice is given. 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.

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 web site:

www.XLsportsworld.com / facebook  / twitter 

- 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”, then “goals for”, and then “goals against.” The tie breaker to determine playoffs will be decided by “head-to-head” matches.
- The team that finishes in first place after the regular session games are completed will be required to move up a division for the next session. The last place team in every division will have the option of moving down a division.

Special Adult Policies

Levels/Age Requirements

- Adult Leagues are divided into levels in order to group players for competitive parity. Our recreational/social leagues are for beginner players and teams. The highest level, "A" is for highly skilled, experienced, and athletically fit players. "B" level teams are for general competitive play depending upon soccer skill, athletic ability and general fitness. The availability of different levels in a league will depend upon the number of registered teams for each level.
- Adult teams are allowed 2 players on their roster that do not meet the age requirement of their division. These players must be within 3 years of the designated age group. For example, a Men's 30+ team is allowed 2 players on their roster that are younger than 30 **BUT** at least 27. There will be no allowed exceptions to this rule. Players must meet the required age before they start playing. **This rule ONLY applies to the Social Coed 30+ A division.** This rule only applies to Men's 30+ A, B, & C; Men's 40+ A, B, & C and Women's 30+ and 40+. All other divisions are specific with no exceptions.
- Players not meeting the age requirement for age specific divisions may be placed on a team's roster if their birthday falls during that session. However, that player will not be allowed to play until his/her actual birthday.

Special Youth Policies

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

Youth Leagues

XL Sports World would love to see every game determined by a single goal. This is our objective when we form leagues. Sometimes the games become lopsided for one reason or another. Our goal is to match teams in leagues as closely as possible. To accomplish this we ask teams to register in the age and level that they played the previous outdoor fall or spring sessions. This simply gives us a consistent basis by which to place teams. The scoreboard and league standings will never display more than a **10 goal differential**.

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:

- XL uses the same age cut-off as the Virginia Youth Soccer Association. Our youth leagues that play in the winter, spring, 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. The age cutoff is the youth's age as of the first day of August.
- Youth leagues are divided by age using the standard outdoor terminology U12, U11 which means "under 12" and "under 11". Playing age is determined by the child's age as of July 31 of the same calendar year during which they will be registered to play. i.e., if a child is playing in any 2012 session, their playing age is determined by how old they will be on August 1, 2012 through July 31, 2013. As of August 1, 2013, we move into the 13/14 season age determination. For example, if a player is 12 as of August 1, 2012, they would play U13, not U12.
- XL will not match up teams more than two years apart. This is to prevent injuries to the younger, smaller players. This rule applies regardless of soccer skill and ability.
- XL will consider the wishes of the team if we have to schedule a team out of its age group, travel (A) or recreation (B).
- Travel and recreational teams will not be combined in the same division without the consent of the team managers.
- Recreational teams may **NO LONGER** have two (2) travel players on their team. In special cases, travel teams and recreational teams will be combined due to league numbers but approval from all coaches will be required.

- **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.

XL Sports World provides the above objectives through a variety of programs. Soccer Tots is for children between the ages of 2 and 3 years and Soccer Academy for youth between the ages of 4 to 18, which include camps, clinics, developmental programs, leagues, and tournaments.

Rules of the Game

XL Sports World House Rules

- XL has **zero tolerance** for the **consumption of drugs or alcohol** by any person **PRIOR** to playing or participating in indoor soccer. Violation of this rule will result in **suspension**.
- Smoking, E. Cigarettes or chewing of tobacco is not allowed inside the XL Sports World facility. Sunflower seeds or similar products are also forbidden.
- No food, drinks, chewing tobacco, or **CHEWING GUM** permitted on playing surface.
- Home teams must change jerseys in the event of a color conflict.
- Each team must designate a team captain to the referee before each game.

Ball Size

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

Number of Players

1. **U-12 and younger ~ 7 players**, one of whom is a goalkeeper
2. **U-13 through adult ~ 6 players**, one of whom is a goalkeeper
3. **Adult Open Coed ~ 6 players**, one of whom is a goalkeeper, maximum of four men, minimum of one woman on the field at any time
4. **Adult Social Coed ~ 7 players**, one of whom is a goalkeeper, minimum of three men and one woman on the field at any time. Excluding the goalie, there may not be more than three male field players in Social Coed A, B, C, 30+A, 30+B, 30+C, 30+D, and Super Social. All Social Coed Divisions will alternate male female goal scoring, no exceptions. All players in Adult Social Coed must be **21** years of age or older to play. All players in Social 30+ must be **30** years of age or older to play, no exceptions. Players may play in more than one **SOCIAL COED** division in the same session including the playoffs.

5. **Alternate Scoring Rules**
 - a. Any **Own Goal** scored in the opinion of the referee will count but **WILL NOT** alter the gender rotation.
 - b. Any goal scored off of a deflected shot last touched by a defensive player, **WILL COUNT IF the last offensive player to touch the ball was in turn to score.**
 - c. Any goal scored off of a deflected shot last touched by a defensive player, **WILL NOT Count** if the last offensive player to play the ball was the **wrong gender in turn.** The restart will result in a corner kick.
 - d. Any goal scored by the wrong offensive gender, not deflected by a defensive player **WILL NOT** count. The restart will result in a goal kick.
6. **Women's Divisions ~ 7 players**, one of whom is a goalkeeper

Equipment

1. Flat-soled turf shoes designed for artificial surfaces or tennis shoes must be used. **Cleats, hard soled studless cleats, hard soled street shoes, boots, soft soled slipper shoes or bare feet are not allowed on the field.**
2. All team members must wear the same color jerseys to distinguish them from the opposing team and the referees. Players are asked to bring alternate color shirts (dark & light) in the event both teams are the same color.
3. In the event of two teams with similarly-colored jerseys, the **HOME TEAM** must change jerseys. XL provides pinnies for use in the event teams are wearing similar uniforms. All players are required to wear a shirt underneath any XL pinnie. Captains will be asked for a credit card or driver's license, as collateral, until all pinnies are returned.
4. **XL is requesting all teams to have matching jerseys with numbers on the back.**
5. No tank tops or halter tops allowed on the field during play.
6. Each player is required to wear approved shinguards covered by socks.
7. The goal keeper or other players wearing any kind of protective gear (i.e. knee pads) must wear the soft cushioned type. No hard plastic protective equipment is allowed.
8. **Knee braces are allowed on the condition that any potentially harmful edges or protrusions are adequately padded. This applies to metal and plastic framed braces. The referee has the right to disallow any potentially harmful knee braces.**
9. Players with casts must have them wrapped in foam to the satisfaction of the referee and present them to the referee for inspection before the game. By allowing them to play, XL Sports World in no way accepts responsibility for any aggravation of the injury that may occur while playing.
10. Necklaces, bracelets, rings and/or pierced jewelry must be removed or covered by tape per referee's instructions for the safety and the welfare of all players.
11. No field players or goal keepers will be permitted to wear a hat or cap with a visor during a game.

Team Boxes

1. The home team is the first name listed on the schedule. The scoreboard will reflect which boxes the teams are sitting on. The first box is home and the second box is the visitor.
2. Teams will switch sides of the field but not benches at halftime.
3. No one, except two coaches and players currently playing on the team, is allowed in the team boxes.
4. **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.
5. Videotaping or photography is prohibited from the team boxes exception is XL Staff.
6. **Glass containers are prohibited** in the team boxes and anywhere in the XL facility.
7. Players are asked to exit the team box immediately after the game and hold player conferences, discussions, etc. in another part of the facility.
8. Players are asked to pick up all of their belongings and trash immediately concluding the match.

Game Clock

1. Each match (all age groups) shall consist of two 25 minute halves.
2. The scoreboard is the official game time. The match is over when the scoreboard sounds.
3. 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.
4. 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.
5. 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.
6. The clock may be stopped for **serious** injuries only at the discretion of the referee. The clock **WILL** be stopped for any serious injuries during a playoff game.
7. Any player who suffers a **head injury** will not be allowed to re-enter the game.
8. 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.
9. After the time between games or after the halftime has expired, the game clock will be started regardless if the teams are on the field, prepared to play. The referee will start the game when both teams are ready.

10. 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.

Ball Out of Play

1. The ball is out of play when it touches any netting above the perimeter wall.
2. 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.
3. 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.
4. Players have five seconds to put a free kick into play once the ball has been placed in the designated spot.
5. The ball is **still in play** when it hits the top of the wall or one of the corner wall pads.
6. 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.
7. 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

1. 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.
2. Passing the ball three lines toward your own goal is allowed.
3. 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.
4. Any team playing with **two** players less than the opposing team shall not be penalized for violating the three line rule.

Playoff Rules

1. All playoff games are now 25 minutes long with no half time.
2. **ONLY** in Social Coed: Playoff games will have 2 twelve minute halves with a one minute half time. The scoring rotation will reset at the start of the second twelve minute period.
3. Playoff games ending in a tie will have a three person Shootout.
4. Round one of the shootout will consist of 3 shots from each team.

5. The shootouts must be taken by 3 players on the field at the end of the overtime period.
6. One of which can be the goalie.
7. The goalie can also be changed out BEFORE the shootouts begin for any other field player that was on the field at the end of the overtime period.
8. The goalie may only be changed out due to injury after the shootouts have begun.
9. If a tie remains after the original 3, the 3 remaining field players will be chosen and the shootouts become sudden death.
10. After the first six (6) and a tie remains, players can repeat and participate in a second shootout.
11. This will continue until a winner is determined.
12. **ONLY** in Social Coed the shootouts will alternate Male then Female and either gender may start the rotation.
13. A player may play on more than one team in the playoffs in the same division if he/she is listed and paid on all of those rosters. Even if one team loses a game that player may continue to play on other teams if he/she is listed and paid for those teams.

Referee Information

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.

Goalkeeper Rules

The goalkeeper must wear colors to distinguish him/her from all other players.

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**:

1. 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.
2. 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.
 3. The goalkeeper **DOES** have to go off of the field and out of the bench area if he/she is given a **Red card**.
 4. If the goalkeeper uses his/her hands when the ball is passed directly from the **foot** of a teammate.
 5. 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.
 6. The goalkeeper may not go outside of the box and play the ball into the box and pick it up with his/her hands.
 7. 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.
 8. Any hand ball by a goalkeeper outside of his/her box, from anywhere on the field.
 9. 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.
 10. Social Coed goal keepers **WILL** be allowed to play or keep possession of the ball beyond the HALF FIELD line.
 11. Goalkeeper change during the game: No time shall be given. Changes will be made the same way as a field player.

Restarts

1. **Free Kicks** - The following apply to all restarts:
 - a) 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.
 - b) The player taking the kick cannot play the ball again until someone else touches the ball.
 - c) 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.
 - d) **All free kicks will be direct, including the kickoff.**
2. **Shootouts during regulation play**
 - a) If the clock stops for halftime, the shootout shall be taken at the start of the second half.
 - b) If the clock stops for the end of the game, prior to the shootout, then the shootout will immediately be taken by one of the players on the field at the time.
 - c) All defensive players will position themselves inside the half field circle on the opposite side of the field from the shooter.

- d) All offensive players will position themselves outside of the half field circle on the opposite side of the field from the shooter.
 - e) 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.
 - f) Once the referee has blown the whistle, the other players at half field are free to enter the play.
- 3. Shootout from the mark – during the overtime period**
- a) 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. If the player does not score in these 5 seconds, then the play is stopped. The shooter also only gets one shot attempt in that 5 seconds. The goalkeeper may move once the referee blows the whistle.
 - b) If the goalkeeper fouls the shooter, then the shooter will be awarded another shootout. The shootout will be taken from the white dot on the top of the goal box.
 - c) Goalkeepers may be shooters during the overtime period
- 4. Shootout Penalties**
- a) 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.
 - b) 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.
 - c) Any **hand ball inside the arc** by a defending player will result in a shootout
- 5. Kickoffs**
- a) A kickoff must be played within 5 seconds of the referee's whistle or the opposing team is awarded the ball.
 - b) The designated visiting team will kick off to begin the match and the designated home team will kick off to start the second half of play.
 - c) On a kickoff the ball may be kicked in any direction. A goal may be scored directly from a kickoff.
 - d) All players must be on their own side of the field at the start of each half of a match. If they are not they must go to their side before becoming involved in the play already started.
- 6. Out of Bounds**
- a) Keeper re-start: When the entire ball passes over the end perimeter wall and touches the net between the corner marks (excluding that portion between the goal posts and under the crossbar) having last been played by a player of the attacking team, play shall be restarted with a throw in. The throw in is taken by the goalkeeper on the opposing team from any point within the penalty area. The ball is not in play until it has left the penalty area and has been distributed to another player outside the penalty box. The goalkeeper has five seconds from the time the referee blows his/her whistle to put the ball in play.

- b) Injury stoppage: Play will restart with the team in possession at the moment the injury occurs. If neither team has clear possession the match will be restarted with a drop ball.
- c) Violations/kicker: If a goalkeeper taking a goal kick plays the ball a second time after it has passed outside the penalty area but before it has been touched by another player, a freekick shall be awarded to the opposing team at the top of the arc. When the entire ball having last been played by one of the defending team passes over the end perimeter wall between the corner flags, excluding when a legal goal is scored, a member of the attacking team shall take a corner kick. A goal may be scored directly from such a kick. *Placement:* The ball shall be placed on the corner mark at the nearest corner flag, and it shall be kicked from that position, upon the referee blowing his/her whistle..

7. Drop Ball Restart

- a) May be used by the referee to restart play that has been delayed by two players trapped with the ball along the wall.

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 descretion of the referee to serve a card depending on the serverity 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.

- 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.

- a) 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.
- b) 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.
- c) Intentionally trips an opponent.
- d) Charges an opponent in a violent or dangerous manner.
- e) Intentionally uses his/her hand to play the ball. If this occurs in the penalty area a shoot out will be awarded.
- f) Holds an opponent in an attempt to prevent him/her from playing the ball.
- g) Intentionally pushes a player to knock him/her off the ball or after he/she has been fouled.

- h) 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.
- i) **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.**
- j) For Social Coed ONLY: **ANY** slide tackle from an offensive or defensive player inside the box will result in a free kick and that player will receive a **MANDATORY Blue Card**.
- k) Forcefully kicks or strikes the goalkeeper in possession of the ball while attempting to play the ball.
- l) 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.
- m) 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.
- n) 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.
- o) Unsportsmanlike conduct will result in a time penalty where unsportsmanlike conduct includes but is not limited to the following.
 - 1) Persistent disregard for the rules
 - 2) Any dissent by word or action of a referee's decision
 - 3) Taunting the opposing team in a manner so as to cause confrontations
 - 4) Encouraging players by word or action to foul, harm or retaliate against the opposing team
 - 5) Obstructing the goalie in any manner, as they attempt to distribute the ball with his/her hands
 - 6) 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) A player persistently infringes on the rules.
- b) A player persistently dissents by word or action any referee's decisions.
- c) A player is guilty of persistent unsportsmanlike conduct.

RED CARD (5 minutes):

- 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.
- A red card results in a five minute penalty to be served by the alternate player.
- The full 5 minute penalty will be served regardless any goals scores by the opposing team.
- 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, in the same day that the red card was received.
- If a player receives a red card in any Social Coed Division they may be suspended from ALL Social Coed Divisions for up to ONE YEAR. The final decision will come from the XL disciplinary committee.

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

- a) 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 a referee or office personnel, will result in the police being called and a complaint filed
- b) 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
- c) Spits at an opponent
- d) Strikes or attempts to strike an opponent whether as the aggressor or in retaliation for a perceived foul
- e) Is guilty of violent conduct towards a player or the XL facility
- f) Uses foul or abusive language in a confrontational manner
- g) Fighting regardless of the reason
- h) 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

- i) Any player who leaves the bench to become involved in an altercation
 - 1) 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 who's players left the bench will be assessed a forfeit for that game.
 - 2) 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.
- j) For any Adult Coed league; if there is only one woman on the field, that woman may leave the field for a rest, an injury, or a blue/yellow card. If that woman receives a **RED CARD**, the game is ended and it will be scored as a forfeit.

Serving Penalties

1. 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.
2. All players, **including** the goalkeeper, must serve their own red card penalties.
3. 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.
4. 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.
5. 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.
6. In all cases where a two-minute penalty is issued the team will play shorthanded (except for incidental foul language and spitting).
7. 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

1. 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.
2. 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.

3. 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.
4. A person who strikes or attempts to strike a referee (or any employee) shall receive a permanent XL expulsion.
5. A person observed intentionally kicking a ball at unprotected walls or lighting fixtures will be given a warning for the first offense and an immediate red card for the second.
6. 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 eye witness 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.

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

NO UNAUTHORIZED PERSONS ALLOWED ON FIELD

Las Diez Reglas Principales De Las Canchas De XL

1. NUNCA SE DEBE ESPUPIR
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

Revised September, 2018.