

Indoor Soccer Rules and Policies

Updated 2024

The following is a clarifying document to help managers and players be aware of current and past policies/rules to help alleviate any confusion. It is the responsibility of the manager to share this information. By signing and returning the bottom part of this document, the manager is indicating that they have read, understand, and facilitated the information out to their team/teams.

Policies and Procedures

Team Fees/Player Registration

1. A **\$150 deposit is required to register a team.** Returning teams are responsible for **\$150** deposit before the start of the next session. If your team is not able to play, please let us know 7 days prior to the next session. We will no longer contact teams to see if they are returning, communication from your manager and the \$150 registration fee will indicate your team's intent on returning. If your team contacts us within the 7-day period, we will be able to refund the deposit. Once the league schedule is posted we will not be able to refund your deposit.
2. For returning teams, the \$150 can be covered by 3 returning players, or per your manager's discretion. We are asking that the team fee be paid in full by game three. If your team forfeits **that does not allow you** to bump the fee to the third game.
3. Any team fees not paid in full by game three will no longer be allowed to play, and if not received by game 4, the team will be removed completely from the schedule (**This is XL policy not facility policy**). Please note that **each member of the team** is individually responsible for their portion of the team fee.
4. **Membership Fee:** All players must be current on the XL membership fee. This could be seasonal, yearly, or family. The fee must be current by week 4 of the season, so consider what works best for you. Below are the different fee options and costs.
 - A. **Season: \$15.00**
 - B. **Year: \$40.00**
 - C. **Family: \$100.00**

If a team member does not have a current membership, their name will be removed from the roster.

League Policies

1. All leagues may be scheduled on various days to maximize arena use. Generally, most of your games during the session will take place on the same day of the week. To meet required scheduling needs, teams may play two games in one day or a week

2. **ROSTERS: Teams must turn in a roster prior to their first game!**
 - A. Roster updates may be done up to the **4th game** of that session.
 - B. **ID verification with staff will occur with the building the roster each session, to avoid people not being eligible.**
 - C. Players may play multiple levels and multiple teams in a division. If you play on multiple teams, within a division you must designate a home team. This comes into play if you are on multiple teams in a division and your teams are playing each other. You must complete the game with the team you started with before playing with any other team in that division.
 - D. **30+ rosters**
 - a. **In the case of Women's 30+, you may have 5 players but not under the age of 25.**
 - b. **In the case of all 30 + CoEd, and 30+ Men's you may have 2 players under 30 but not under the age of 27.**
 - c. **In the case of all 40+ Men's, you may have 2 players under 30 but not under the age of 37.**
1. **This rule does not apply to Super Social.**
- E. All XL rosters should be no more than 20 players maximum (except for a non-playing manager your roster will be at 21). Please be sure you include on your roster all potential subs and a back-up keeper. If you need to replace an injured player, you will need to speak to a manager about that process.
- F. These rosters are set and **will not** be modified by staff after the **4th game of each season**. Again, we will be checking identification to help with age requirements. Please note, even if you are a returning player, our staff may need identification. This can be done by having your picture on file in Dash or presenting your current ID. Please be helpful by having it ready when making any changes to rosters.
- G. Please do not roster check a team in the middle of a game, bring your concerns to an XL employee before the start of the game. **This needs to come from the team manager or the referee only! These rules apply to all ages and teams.**
3. XL reserves the right to relegate or promote teams and or players other than the requested league to ensure fun and competitive games. XL will work with teams to possibly honor requested night. However, we place higher value on assuring competitive games than teams' preferred game night.
4. **This rule applies to playoffs only!** Players may not switch teams once a game has started even if they are on the roster. The expectation is they will complete the game with the team they started with than have option to play with another one of their teams (provided they are on their current/updated roster) if they advance.

Forfeit Policies

1. **Forfeits** will be declared for games involving ineligible players. This includes suspended players or players that have paid their fees by game 4. The score of a forfeit will be 5-0. The winning team will be allowed the following options.
 - a. **Use the field during game time for a closed practice where no referee is provided.**

b. Agree to scrimmage the forfeiting team by sharing players and/or allowing the forfeiting team to pick up players. In either case, no referee will be provided.

2. If the 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.
3. At the start of scheduled game time, a team must have 4 eligible players to start the game, if not the game will be declared a forfeit. It is important to keep your roster updated, because those are the players that we will be looking for at game time. **Please be sure that the roster includes players that abide by the age requirement.** Communication is key! If you know you cannot field a team, please reach out 24 hours ahead of time. This allows us to reach out to the opposing team and the referee.
4. A forfeit will be declared if a team is not ready in 5 minutes after the game clock has started. XL relies on our games running on time. Please help this effort by being ready to start the match promptly at the time scheduled.
5. 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 player will also be suspended from further activity at XL pending a XL disciplinary committee ruling.
6. 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 an XL disciplinary committee ruling.
7. Teams may request that games be rescheduled provided at least a seven-day notice is given, so managers please have your team look at the full schedule and let you know of any major conflicts. XL will investigate the possibility but cannot guarantee that a game will be rescheduled. If a game cannot be rescheduled, the requesting team must accept a forfeit. If the game is rescheduled and the team honoring the request is unable to play the rescheduled game, the original team requesting the reschedule must accept a forfeit.

Schedules and Standings

1. **Final schedules may not be available until just prior to the first game. The way teams can help expedite this process is by telling XL management the team will return at their last game of the season or during playoffs.**
2. We make it a priority to keep the website up to date. XL reserves the right to make schedule changes during the season with sufficient notice to all teams involved. Please check the website first before calling the facility to ask for game times. The staff will happily give you the information you need if you do end up calling.
3. Standings are determined by wins, losses, and ties for "total points." Win: 3-point, Tie:1 point, Loss: 0 points. It then moves to "goals for", then "goals against." The tie breaker to determine playoffs will be decided by "head-to-head" matches.
4. The team that finishes in first place after the regular season games are completed will move up to the next division. The team in last place in every division **will have the option of** moving down a division.

SPECIAL ADULT POLICIES

1. **Age restrictions:**

- a. In the case of Women's 30+, you may have 5 players but not under the age of 25.
 - b. In the case of all 30 + CoEd you may have 2 female players under 30 but not younger than 27.
 - c. In the case of Men's 30+ you may have 2 players under 30 but not younger than 27; Men's 40+ you may have 2 players under 40 but not younger than 37.
 - d. This rule does not apply to Super Social. Everyone in Super Social must be 30 years or older.
2. Players not meeting the age requirement or age-specific divisions may be placed on a team's roster if their birthday falls during that session. **However, that player will not play until his/her actual birthday.**

XL Sports World House Rules

1. XL **zero tolerance** policy for the **consumption of drugs or alcohol** by any person **prior** to playing or participating in indoor soccer. If you violate this rule it will result in a suspension. Please let staff know if you suspect anyone of drinking prior, so we may speak to the individual player and captain. This is especially important when teams/players have a gap in time in their team games. **The staff is addressing this issue, so that everyone remains safe!**
2. **Smoking E-cigarettes, chewing tobacco, or vaping** is not allowed inside the XL Sports World facility. Sunflower seeds or similar products are also forbidden.
3. No food, drinks, or **chewing gum** is permitted on the playing surfaces.
4. No alcoholic beverages are allowed on the sidelines, even for pick-up games.
5. No children, or non-players are allowed on the sidelines, unless brought by a staff member.

Team Boxes

1. The home team is indicated by being the first name listed on the schedule (please refer to the DASH app or XL website). The scoreboard which boxes the teams are sitting on. The first box is home, and the second box is the visitor (Away).
2. Teams will switch sides of the field but not benches at halftime.
3. Videotaping or photography is prohibited in team boxes, **with the exception being XL Staff.**
4. **Glass containers are prohibited** in team boxes and **anywhere** in the XL facility.
5. Players are asked to exit the team box immediately after the game and hold player conferences, discussions, etc. in another part of the facility.
6. Players are asked to pick up all their belongings and trash immediately concluding the match.

INDOOR SOCCER PLAYING RULES

Any unusual game situation not covered by the current set of XL Sports World Richmond rules will be decided by the referee based on the IFAB Football Laws of the Game and the philosophy of The Spirit of the Game.

XL Sports World Richmond Game Rules compiled and edited by Otto Leon & Scott Zawadzki December 2023

Field of Play

The indoor fields at XL Sports Richmond are divided by three parallel lines.

The center of these lines is referred to as the Halfway Line. At the center of the halfway line is a dot referred to as the Center Spot. Around the center spot is a circle known as the Center Circle.

The other two lines across the field are their respective Attacking-zone lines.

At each of the 4 corners is a dot designated as the Corner Spot.

The rectangular area in front of each goal is called the Penalty Area.

Team benches are located along the outside wall of the facility on each field. The home bench is the bench closest to the lobby.

Between the benches is the referee table on which the scoreboard console is kept.

The Ball

XL Sports World provides a game ball to be used for all matches.

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

Should at some point in the match the ball becomes unplayable or lost, a ball may be provided by either team as long as the ball is agreed upon by a representative of each team.

The Players

Number of Players on the field

U-12 & younger 7 players, one of whom is a goalkeeper **(NO HEADING)**

U-13 through adult 6 players, one of whom is a goalkeeper.

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

Adult Social Coed and Women's leagues 7 players, one of whom is a goalkeeper. In coed matches, a minimum of one male and one female field player must always be on the pitch. There may not be more than three male field players in Social Coed.

For all age groups, a team must field a minimum of 4 players (3 field players and a goalkeeper) to participate in the match.

The Players' Equipment

Home teams must change jerseys in the event of a color conflict.

Flat-soled rubber 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.

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.

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.

XL is requesting all teams to have matching jerseys with numbers on the back.

No tank tops or halter tops allowed on the field during play.

Each player is required to wear shin guards covered by socks. Shin guards must provide adequate protection.

The goalkeeper 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.

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.

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.

Necklaces, bracelets, rings and/or pierced jewelry must be removed.

Fitness trackers are allowed so long as they are sufficiently covered by a wrist band or other soft material.

The Referee

XL Sports assigns qualified referees for all matches.

Decisions will be made to the best of the referee's ability according to XL Sports rules and the 'spirit of the game' and will be based on the opinion of the referee, who has the discretion to take appropriate action within the framework of the rules.

The decisions of the referee regarding facts connected with play, including whether or not a goal is scored and the result of the match, are final. The decisions of the referee must always be respected.

The Duration of the Match

Each regular season match will consist of two equal halves.

Adults 2-25 minutes halves

Youth 2-21 minutes halves (times might vary by season)

There will be a halftime interval which will last a maximum of 2 minutes.

The 1st half game clock will start running at the assigned start time whether the teams are ready to play or not.

The scoreboard is the official game time. The match is over when the scoreboard sounds or at the referee's whistle.

If stoppage time has been deemed necessary by the referee for intentional delay of game within the last minute of the half, the referee may at their discretion place the appropriate amount of time remaining on the score clock and start the play. This rule applies to both halves of the game.

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 can 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.

After the time between games or after halftime has expired, the game clock will be started regardless of if the teams are on the field, prepared to play. The referee will start the game when both teams are ready.

Kick-Offs

A kick-off starts both halves of a match and restarts play after a goal has been scored.

The kicking team may put the ball in play after the ball is placed on the center spot, all the kicking team's players are on their defensive side of the field (except the kicker), AND the referee blows their whistle.

Players on the team defending the kickoff must retreat to their defensive half before engaging in play. This will be referred to as a “Reset”. If significant time has elapsed after the kickoff, the referee may waive the touch back requirement.

The kicking team is under no obligation to kick off until all opponents have reset. Also, the referee will not start their 5-second count until all opponents have reset.

The Ball in and 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 one yard 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 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.

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 will restart play to start a half, after a goal, or anytime the referee deems it necessary.

Determining the Outcome of a Match

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no offence has been committed by the team scoring the goal. A goal may be scored on any free kick, a kickoff, or a kick-in.

If the goalkeeper throws the ball directly into the opponents’ goal, a goalkeeper distribution is awarded.

The team scoring the greater number of goals is the winner. If both teams score no goals or an equal number of goals, the match is drawn. When competition rules require a winning team after a drawn match the match is decided by a shootout.

Special Coed Rules

In adult coed matches an alternate scoring rule is used (with the current exception of Coed Open). Goal scoring must alternate between male and female players i.e. if a female player scores the first goal of a half, her team's next goal that half must be scored by a male player.

Any Own Goal scored will count but WILL NOT alter the gender rotation. We will define an own goal as any goal scored when the trajectory of the ball is changed to "on goal" by a deliberate play on the ball by a defender.

Any goal scored off a shot DEFLECTED (not played) by a defensive player, WILL COUNT IF the last offensive player to touch the ball was the proper gender to score.

Any goal scored off a deflected shot last touched by a defensive player, WILL NOT Count if the last offensive player to touch the ball was the wrong gender in turn. The restart will result in a corner kick.

Any goal scored by the wrong gender, not deflected by a defensive player WILL NOT count. The restart will result in a goal kick.

The gender of the goal scorer is defined to be the last attacking player to touch the ball before it enters the goal.

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 center of the Attacking Zone line closest to the violating team's goal.

Any team playing with two players fewer than the opposing team shall not be penalized for violating the three-line rule

Fouls and Misconduct

All free kicks at XL are direct.

A direct free kick is awarded if a player commits any of the following offences against an opponent in a manner considered by the referee to be careless, reckless, or using excessive force:

charges

jumps at

kicks or attempts to kick

pushes

strikes or attempts to strike (including head-butt)

tackles or challenges

trips or attempts to trip If an offence involves contact, it is penalized by a direct

free kick. Boarding

Sliding or going to ground

A direct free kick is awarded if a player commits any of the following offences:

a handball offence (except for the goalkeeper within their penalty area)

holds an opponent

impedes an opponent with contact

bites or spits at any player, referee, or XL Staff

throws an object at the ball, an opponent, or referee, or makes contact with the ball with a

held object Slide tackle at opponent (this includes a goalkeeper slide)

Unsporting behavior

For leagues in the age group U12 and lower, heading the ball is not allowed. The restart will be a drop ball to the opposing team.

Careless is when a player shows a lack of attention or consideration when making a challenge or acts without precaution. No disciplinary sanction is needed.

Reckless is when a player acts with disregard to the danger to, or consequences for, an opponent and must be cautioned with a blue or yellow card.

Using excessive force is when a player exceeds the necessary use of force and/or endangers the safety of an opponent and must be sent off.

When considering the severity of each foul, the referee will determine whether any further discipline against the player is required. This could include the following:

BLUE CARD 2-minute penalty served by the offending player. The offending player's team will play shorthanded. If the offending player is the goalkeeper, another field player may serve the penalty. If a goal is scored against the shorthanded team, they may add a player back on the field, however, the carded player must still serve their full 2 minutes. In a situation where a blue card is given simultaneously to members of opposing teams, each team will serve the full 2 minutes regardless of whether any goals are scored.

YELLOW CARD 4-minute penalty served by the offending player. The offending player's team will play shorthanded. If a goalkeeper receives a yellow card, they must serve the penalty time and a teammate must become the goalkeeper. The shorthanded team will not be allowed to replace the offending player regardless of if a goal or goals are scored during the 4 minutes. This penalty is applied to players receiving a straight yellow card or receiving a 2nd blue card.

RED CARD 5-minute penalty to the team of the offending player. The offending player is fully dismissed from the match and must leave the bench area. If the offense involved violent conduct, the offending player must leave the facility. The offending player's team will play shorthanded. The shorthanded team will not be allowed to replace the offending player regardless of if a goal or goals are scored during the 5 minutes. This penalty is applied to players receiving a straight red card or receiving either 3 blue cards, 2 yellow cards, or a combination of a yellow and blue card.

Fouls/Infractions by the Goalkeeper

The goalkeeper is the only player who is allowed to handle the ball, but this can only happen within their own penalty area.

Beyond the standard fouls, there are certain infractions specific to goalkeepers. A goalkeeper

may not: -control the ball with the hand/arm for more than five seconds before releasing it -

touch the ball with the hand/arm after releasing it and before it has touched another player -

touch the ball with the hand/arm after it has been deliberately kicked to the goalkeeper by a teammate -punt or drop-kick the ball.

-interfere with play by extending a slide outside the penalty area

If a goalkeeper commits any infraction within the immediate vicinity of their own penalty area, the restart will be a free kick for the opponent on the spot at the top of the penalty area. Fouls outside the vicinity of the penalty area will restart at the spot of the infraction.

Denying an Obvious Goalscoring Opportunity (DOGSO)

If in the opinion of the referee, a foul was committed **with the sole intention of denying an obvious goal**, the referee may both award a shootout AND issue a yellow card. The team committing the foul will be shorthanded for a full 4 minutes regardless of any goals scored by the fouled team.

For coed teams using alternate scoring, the same shoot out plus yellow card penalty will apply. If the fouled team is on a female goal in the rotation a **male player is allowed to take the shootout**. If a goal is scored off the **initial shot**, the goal will count as the female goal in rotation.

Free Kicks

All free kicks are direct free kicks. Players defending the kick are required to immediately retreat a minimum of 5 yards from the spot of the kick. There is no requirement for the kicking team to ask for the mandatory 5 yards. Once the ball is set and the defenders have retreated at least the mandatory 5 yards, the kicking team has 5 seconds to put the ball in play. The attacking team may "quick kick" at their own risk before the defenders have retreated the required 5 yards.

The Shootout

There are two sets of rules for Shootouts. One covers shootouts during active play, the other is when shootouts are used to break ties in a playoff match.

Shootout during active play

The referee may award a shootout to a fouled team when either a) the foul occurring during an obvious goal scoring opportunity or b) the defending team commits a foul against an opponent (or handling) within their own penalty area

Procedure

Ball will be placed at the center of fouled team's attacking-zone line. A shooter for the fouled team will be identified. This may be any player on the field. All players other than the shooter and the opposing goalkeeper must retreat behind the halfway line. The goalkeeper must start with at least one foot on the goal line. **At the referee's whistle**, the ball is in play and all players can become engaged in play.

The shootout must be taken by a player on the field when the foul was committed.

Should the goalkeeper foul the shooter during the shootout, it will be treated as a DOGSO offense. The goalkeeper will receive a yellow card and a new shootout will be given.

Shootout to break a tie

The following special rules apply. Only the shooter and goalkeeper are involved. All other players should stay beyond the halfway line. From the referee's whistle, the shooter has 5 seconds to score a goal. The ball must cross the line before 5 seconds expires. The attempt is considered complete after either a) 5 seconds expire, b) the shooter touched the ball after it has either been touched by the goalkeeper or after it has come in contact with a boundary wall, or c) the ball goes out of play.

A player serving a timed penalty at the conclusion of the match is not eligible to participate.

Any other player on the field or bench area is eligible to participate.

Teams will alternate shooters in a best-of-three fashion to determine the winner. If the score is tied after three rounds, then teams will alternate shooters one round at a time until there is a winner. After 5 rounds of shooting (and every subsequent 5 rounds) if the match is still tied, the same 5 players become eligible again and may change the order in which they kick.

Any fouls by the goalkeeper will result in a free kick by the fouled player from the spot at the top of the penalty area. Goalkeeper must have at least one foot on the goal line when the ball is kicked. (Penalty Kick)

The Goalkeeper Distribution

When a ball is last touched by the attacking team goes out of play above the goal and between the two corner ribbons, the defensive team is awarded a goalkeeper distribution.

The goalkeeper must distribute the ball from within their own penalty area, with their hands, within 5 seconds. The referee will commence their 5-second count when the goalkeeper has the ball in hand in the penalty area as long as no opponents are impeding their attempt to release. Should the referee determine that the goalkeeper or a teammate of the goalkeeper is delaying the restart, the referee may initiate their count before the keeper is set with the ball.

Goalkeeper can **NOT** pick up the ball with his/her hands after it was pass back by a teammate including when using the wall to do so.

The Corner Kick

When a ball, last touched by the defending team, goes out of play above the goal and between the two corner ribbons, the attacking team is awarded a corner kick.

The ball will be placed on the corner spot designated by the referee. This will be the spot closest to where the ball left the playing area. All members of the defensive team are required to retreat 5 yards from the corner spot. Once the ball is set and defenders are at a proper distance, the referee's count will begin. The attacking team may "quick kick" at their own risk before the defenders have retreated the required 5 yards.

Substitution

Substitutions may be made "on the fly" during active play. By the letter of the rules, the player leaving the field should be off before a new player enters to maintain the maximum number of players on the field. It is recognized that congestion at the bench door may see substitutes stepping onto the field momentarily before a player leaves the field.

Should, in the opinion of the referee, a player enter the field early AND gain an unfair advantage in doing so, the referee may stop play and award a free kick to the opponents at the spot where the ball was at the stoppage.

Multiple occurrences may result in a blue card to the team for persistent infringement of the rule.

Playoff Rules

1. All playoffs are 25 minutes long with no halftime.
2. **Only in Social Coed-** Playoff games will be 12-minute halves with a minute half time. The scoring rotation will reset at the start of the second half.
3. Playoff games ending in a tie will have a **3-person shootout**. Round one of the shootouts will consist of three shots for each team. The shootouts must be taken by 3 players on the field at the end of the overtime period. One of them can be the goalie.
4. The goalie can be changed out before shootouts begin for any other field player that was on the field at the end of the overtime period. The goalie can also be changed out due to injury after the shootouts have begun.
5. If a tie remains after the original 3, the 3 remaining field players will be chosen, and the shootouts become sudden death.
6. After the first six (6) and a tie remains, players can participate in a second shootout.
7. **Only in Social Coed** the shootouts will alternate male then female and either gender may start the rotation.
8. 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 rosters. Even if one team loses a game that player may continue to play on the other teams if he/she is listed on the roster.

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 penalized must continue to serve their two-minute penalty.
4. A team with more than one player serving a penalty when a goal is scored against them may add one player back on the pitch and it cannot be a player serving a 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 cases where the 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
8. Please consult the referee with the accurate time of when to return to the field.

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 from **all teams that the player is currently on the roster**. The XL disciplinary committee will determine the necessity of further sanctions, based upon the degree of the violation. Sanctions can vary up to and including permanent XL expulsion.
2. A person receiving two red cards in one session will be expelled from XL for the remainder of that season 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 on the first offense and immediate red card for a second.
6. Any person that hits the superstructure with the ball intentionally will receive an immediate red card and a report will be sent to the disciplinary committee for a possible suspension.

XL Disciplinary Committee

XL Sports World Richmond, LLC has a 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 e-mail and the time restrictions are as follows:

- Players in question have 48 hours to submit, **in writing**, their side of incident to XL management.
- XL will in turn have 5 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 question.

- 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.
- The suspension starts from the time the incident occurred.

Expectations of XL Sports World Staff

XL Sports World Mission is to provide the best soccer experience possible. XL strives to have:

- 1. Competitive divisions**
- 2. A clean, safe facility**
- 3. Friendly efficient service**
- 4. Timely communication**
- 5. Convenient support systems**

XL leadership has hired a referee assigner who provides XL Sports World with the rules of the game.

Thank You,

Gene Boutin, XL Facility Director

& XL Management and Staff

I have read the following policies and procedures and will hereby adhere to the rules and regulations of XL Sports World. I understand that everything will need to be updated and current by week 4 of my next current session. That date is _____. If I have any questions/concerns, please contact the following based on the league or issue that needs to be addressed.

Ana Stevens: Youth Director, Social Media Coordinator

Gene Boutin: Facility Director- Co-Ed (all leagues), Men's 30+, Women's 30+

Paul Jones: Commissioner Men's Open, Men's 40+

Sascha Goerres: Director Virginia Velocity

Lizzie Williamson: Commissioner Women's 40+

Name Printed: _____

Captain's Team Name: _____

Membership Fee (Check One): Seasonal ____ Yearly ____ Family ____

Signature: _____ **Date:** _____