



## Administrative Guidelines

1. **Teams may be registered in these ways:**

- a. **You may call FieldHouse Sports at 603-226-4646 to register your team.**
- b. You may **stop by** our concession stand to register in person.
- c. **You may register your team through FieldHouse Sports' Online Registration System** which can be accessed by following the "Register a Team" links on **www.FieldHouseSports.com.**

Teams are placed on a first-come first-served basis; to ensure a place, contact FieldHouse as soon as possible to register your team.

2. **The following must be completed in its entirety and filed with the FieldHouse Indoor Soccer League by the submittal due date that is posted on the website.** Teams whose complete team packet is not submitted by the submittal due date that is posted on the website will incur a **\$50.00 late fee** in addition to the league fee. Teams will be charged for all forfeited games. Teams whose complete team packet is not received within 7 days of the submittal due date that is posted on the website may be removed from the schedule and their play will be suspended. Incomplete or partial registration material will not be accepted. **Dates of submittal will be clearly posted on the website and in the facility and available for all to see.**

- a. Team Roster Form (may be completed by hand on a hard copy **or** by using the online registration system)
  - i. **League name is FieldHouse Indoor Soccer League**
  - ii. All players who will be participating during the session, including subs, must be listed on the Team Roster with complete information.
  - iii. Team information (top portion) including complete and accurate information regarding coaches and assistant coaches completed.
  - iv. Printed/hard copy Team Rosters must be signed and dated by coach/manager.
  - v. **NO MORE THAN 18 PLAYERS PER ROSTER.**
- b. Individual Registration/Waiver forms for all rostered players (may be completed by hand on a hard copy and signed **or** completed using the online registration system and acknowledged by all players or by parents/guardians).
- c. Complete session league fee payments in full to FieldHouse Indoor Soccer League. Payments may be made by cash, check, or credit card (Visa, MasterCard, Discover). Checks and/or cash must be collected by the team's coordinator/coach and turned in together.

Coaches listed on youth team rosters may be submitted to the New Hampshire Soccer Association for a background check.

Assistance and guidance in properly filling out the necessary paperwork is available from FieldHouse Sports personnel.

3. It is the responsibility of the team coordinator/coach and players to be knowledgeable of the rules for the FieldHouse Indoor Soccer League. The rules are available at the concession stand or online at [www.FieldHouseSports.com](http://www.FieldHouseSports.com).

All injuries, regardless of type, must be reported to FieldHouse Sports staff.

4. **Only the rostered coaches (maximum of three), players, and the referee(s) involved in the game currently taking place, are allowed in the bench areas.** If any other personnel are found present during the game, a two-minute delay of game penalty shall be imposed on that team and the person or persons shall be removed from the bench area.

The penalized team shall play the full two-minute penalty one player down.

5. FieldHouse Sports reserves the right, at the management's discretion, to determine the placement of a team within a particular division of that team's age group, so as to ensure divisions which are deemed best for that age group and the league as a whole.
6. Teams withdrawing from league play after a session starts will be held responsible for the value of the scheduled/played games up to the point of withdrawal as well as for an administrative fee. Teams will not be allowed to participate in further sessions of play until balance is paid in full.
7. Session League Start Dates are posted at [www.FieldHouseSports.com](http://www.FieldHouseSports.com).

## General Guidelines

1. **Non-participants are not permitted to be on the field** between games or at half time.
2. If there is a scheduled **bye game**, only players registered in that division can play.
3. **Food is not allowed in the bench area at any time.** This will help stop the tracking of debris onto the playing fields. Coaches should encourage players to be responsible with drink bottles and to dispose of empty containers in the trash. Coaches should not hold coffee or other beverages out over the playing field.
4. No footwear other than flat-soled shoes will be allowed on the multi-purpose/small field. Artificial turf shoes will be allowed on the turf fields. **Absolutely no cleats of any kind will be allowed.** Team coordinators/coaches must inform all players and parents of this rule. There are no exceptions.
5. **If a game is forfeited or terminated by the referee,** the field can only continue to be used by the non-offending team at the referee's discretion. A terminated game will not be made up or continued at a later date. The referee and/or FieldHouse Sports management shall determine the outcome of the game.
6. **All teams are required to have same color shirts and it is recommended that the shirts have numbers on the back.** All teams will be responsible for providing an alternate color shirt. If both teams do not have alternate color shirts, the home team will be responsible for obtaining the pinnies from the concession stand and returning them at the conclusion of the game.
7. **All games will be played according to the schedule published by FieldHouse Sports.** Extraordinary circumstances must be brought to the attention of FieldHouse Sports management for review and consideration for a game to be rescheduled or moved.
8. **FieldHouse Sports will only close in extreme circumstances.** If this should happen, every effort will be made to contact the coaches of scheduled games. Cancellation announcements will be put on the answering machine as well as on area radio stations. **Teams canceling due to extreme weather must do so 2 hours before the scheduled game time.** This game will be a tie. If not done before the 2-hour window, the game will be reflected as a loss.
9. **Games cancelled by FieldHouse Sports will be rescheduled at available times** that may include daytimes during school vacations and Saturday and Sunday mornings at 6:00 and 6:30 AM. Games not made up will be considered a 4-4 tie for the standings.

## Eligibility Requirements

1. The age cutoff dates of all divisions will be strictly enforced.

- a. For **Youth Teams**, January 1 is the cutoff date.  
*Example:* To play U-10 Soccer, a youth player may not turn 10 years of age before January 1 of that Winter Season. If a youth player turns 10 on or after January 1, then that player can participate in U-10 Soccer. (This example can be used for all groups.) If unsure, please ask FieldHouse staff to ensure the player's eligibility.
  - b. For **Middle School Coed teams**, all players must be in Middle School (Grades 5-8). For **High School Coed teams**, all players must be in High School (Grades 9-12).
  - c. For **Adult teams in the 30+ leagues**, a player must be at least 30 years of age before the starting date of that particular session.
  - d. In the **Women Select 16+ league**, a player must be at least 16 years of age before the starting date of that particular session.
  - e. In the **Adult Coed Rec Divisions**, the following restrictions must be met **before** the starting date of that particular session:
    - i. **Women** must be at least 18 years of age and out of High School
    - ii. **Men** must be at least 25 years of age
  - f. In the **Adult Coed Rec 40+ league**, a player must be at least 40 years of age before the starting date of that particular session.
  - g. In the **Men Select 18+ league** and **Adult Coed Select 18+ league**, players must be at least 18 years of age and out of High School before the starting date of that particular session.
2. **Additions to the roster** of any team participating in a league division that has playoffs (Competitive Div. A, Competitive Div. B, Select, etc.) will not be accepted after the 6th game in a 12-week session (in an 8-week session it shall be the 4th game). Additions to the roster of any team participating in a league division that does not have playoffs may be made to the roster at any time during the session.
  3. **It shall be the team coordinator/coach's responsibility to verify that all their players are listed on the roster** filed with FieldHouse Indoor Soccer League prior to deadline for submission. If a team is found to be in violation of this policy, any games played in violation of this policy **will result in a forfeit**. The following must be submitted to make an addition to the roster:
    - a. An updated team roster with all new player information.
    - b. Completed individual registration/waiver forms for each new player.
  4. **It shall be the responsibility of the team coordinator/coach to have proof of all players' ages** if a question of age arises. A copy of a birth certificate, drivers license or player card will be accepted.
  5. **Double-rostering of any youth player (U-6 through High School leagues) will be permitted with respect to the following guidelines:**
    - a. A youth player (U-6 through High School Leagues) may roster on a **maximum of two teams** in the same league with one team being a Competitive Division team and the other being a Recreational Division team.
    - b. If there are **multiple Competitive Divisions** within the same league, a player may roster on a **maximum of two** Competitive Division teams as long as those team are **not**

- in the same Competitive division. This player would **now** be **unable** to roster on a Recreational Division team also.
- c. If there is **only one level of play** offered in a league (no divisions), a player may roster on a **maximum of two teams** within that league.
6. It is recommended that teams/individuals only play up **one** age group/division.
  7. U-19 High School division players must still be enrolled in High School. **Postgraduates may not play, regardless of date of birth.** Players in junior high school cannot play in the U-19 High School league unless dictated by date of birth.

## Behavioral Guidelines

1. Any player (youth or adult) or coach who is **verbally or physically abusive** within the confines of the building or on the property before, during or after a game will be immediately suspended from FieldHouse Sports for a period of time to be determined by FieldHouse Sports, Inc. management. Unacceptable behavior will require a meeting with the management of FieldHouse Sports. Playing privileges will not be reinstated until player receives a letter from FieldHouse Sports stating that playing privileges have been reinstated. **(A MINIMUM OF ONE GAME SUSPENSION.)** This suspension of play for its specified length will include any age group or division that the player is currently participating in.
  - a. Any player receiving two (2) red cards in one session will be suspended from participation in any league that the player is playing in for the remainder of the session **as a minimum.**
  - b. A red card received in the game immediately prior to the start of playoffs will result in that player being ineligible for any playoff games in any division that the player is participating in.
2. **It shall be the responsibility of the coach to control the behavior of players on the field and bench area.** Failure to do so will result in the expulsion of that team from FieldHouse Sports, Inc. for an indefinite time.
3. Coaches must be aware of the **no spitting rule** and convey this to their players. This act is **totally unacceptable and will not be tolerated.** Failure to abide by this rule will result in the player's expulsion from the game.
4. **Unsportsmanlike conduct by coaches will not be tolerated.** Coaches may be issued a yellow card or a red card, depending on the severity of the misconduct in the referee's judgment. A player from the offending team must serve the complete 2 or 5 minute penalty. Coaches receiving red cards must leave the playing area immediately and serve a minimum one (1) game suspension. Badgering of officials, opposing players or coaches or any other unacceptable behavior will be deemed unsportsmanlike conduct.
5. **Expulsion of teams and players:** FieldHouse Indoor Soccer League reserves the right to expel/dismiss teams/players from participation. This decision will be based upon individual issues and circumstances, including history of cards received and behavioral issues. Coaches will be informed when their team is on a probationary status. This will be done by letter, telephone call, and a meeting with the coach or coaches. It shall be the coach's responsibility to convey all information relevant to the probation to the players' parents and anyone else who may be associated with the team. **Refunds of the league fee, whether complete or partial, will not be given** to the team or to individual players in the event of the expulsion/dismissal from league play.



# FieldHouse Indoor Soccer League Team Package Submittal Form

→ Please note the submittal due date for this session as posted on the website. ←

Any teams that fail to submit a complete team package by the due date will be assessed a **\$50.00 late fee.**

### Complete team packages include:

1. Fully completed roster.
2. Signed waivers for **all** players on the roster, including subs.
3. Total complete session league fee.
4. Complete and accurate information regarding coaches and assistant coaches.

### In signing this team submittal form:

- I certify that complete and accurate information has been provided regarding coaches and assistant coaches and authorize that information be submitted to the New Hampshire Soccer Association for a background check.
- I certify that the team package that I am submitting is **complete** and that it includes **all** of the above mentioned items.
- I certify that I have read and understand the rules, policies and guidelines of FieldHouse Indoor Soccer League.
- I understand that FieldHouse Management will process my submitted team package as soon as possible, and **in the event that there are any missing components after the due date shown above:**
  1. **A \$50.00 late fee will be assessed** to our team balance.
  2. **I will correct any errors or omissions to the roster and/or waivers within seven (7) days** of the submittal due date that is posted on the website to prevent our team being **removed from the schedule.**

\_\_\_\_\_  
Coach's signature

\_\_\_\_\_  
Date

Coach's name: \_\_\_\_\_

Team name: \_\_\_\_\_

Age Group: \_\_\_\_\_

-----  
**For FieldHouse use only:**

Completed roster:  Yes  No

Complete league fee:  Yes  No

Waiver for each rostered player:  Yes  No

Missing items: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

If checked, the \$50 penalty has been assessed to your team balance.

Submittal form was returned to coach/team manager on \_\_\_\_\_  
Date

by: \_\_\_\_\_  
FieldHouse Staff



# TEAM INSURANCE / PLAYER ROSTER

## New Hampshire Soccer Association

LEAGUE NAME: \_\_\_\_\_ SEASON: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

COACH: \_\_\_\_\_ SOCIAL SECURITY NO. \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ Licensed: Yes/No ( ) Level ( )

MANAGER/ASS'T. COACH: \_\_\_\_\_ SOCIAL SECURITY NO. \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ Licensed: Yes/No ( ) Level ( )

COLORS: Jersey \_\_\_\_\_ Shorts: \_\_\_\_\_ Socks: \_\_\_\_\_ Alternate Jersey: \_\_\_\_\_

List names in alphabetical order. Changes require either a markup of this form or player forms be submitted.

**New Submission**  
 **Change**

Player Name	Jersey #	Address	City	State	Zip Code	Social Security #	Birthdate
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							

**This form must be on file with the NHSA Registrar 5 days prior to the start of practice or games to be covered by Insurance.**

DATE: \_\_\_\_\_ COACH OR MANAGER SIGNATURE: \_\_\_\_\_



# YOUTH REGISTRATION FORM

PROGRAM OR ACTIVITY \_\_\_\_\_ PARTICIPATED HERE BEFORE?  Yes  No SOCIAL SECURITY NUMBER \_\_\_\_\_

DIVISION NAME \_\_\_\_\_ TEAM NAME \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ MIDDLE INITIAL \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_ TOWN \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

IS THIS A CHANGE OF ADDRESS?  Yes  No TELEPHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ GENDER  Male  Female

**Emergency Contact:** NAME \_\_\_\_\_ TELEPHONE \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_

**Existing Medical Problems:** LIST ALLERGIES, ETC. \_\_\_\_\_

DOCTOR'S NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_ TELEPHONE \_\_\_\_\_

## RELEASE, WAIVER OF LIABILITY AND COVENANT NOT TO SUE

For, and in consideration of FieldHouse Sports, Inc. permitting my minor child to enter upon the playing field areas of FieldHouse Sports, Inc., and being permitted to participate in any activity of any nature conducted thereon, I hereby waive, release and discharge any and all claims, demands, actions or causes of action I may have individually or on account of injury to my minor child, or on account of property damage or death resulting from personal injury suffered by my child, caused in whole or in part by the negligence of FieldHouse Sports, Inc., its employees, agents, servants, officers, directors, volunteers, members, or other participants in the activity in which my child participates.

I further agree to assume full responsibility for any risk of personal injury, property damage or death due to any negligence of FieldHouse Sports, Inc., its employees, agents, servants, officers, directors, volunteers, members, or other participants in the activity in which my minor child participates, while my minor child is engaged in such activities upon said premises and covenant not to sue FieldHouse Sports, Inc., its employees, agents, servants, officers, directors, volunteers or members, for or on account of personal injuries, property damage or death resulting from personal injury in consideration of the privilege of my minor child entering upon said premises and participate in such activities.

I agree, further, that my minor child will conduct herself/himself at all times in accordance with the policies, rules and regulations of FieldHouse Sports, Inc., and acknowledge that the privilege of being upon said premises and/or participation in such activities may be revoked if said policies, rules or regulations are not honored at all times.

It is my express and specific desire to allow my minor child to participate in and compete in the activity of \_\_\_\_\_ and I have voluntarily agreed to sign the within **Release, Waiver of Liability and Covenant Not to Sue** and have agreed not to hold others liable for any injuries my minor child might sustain.

It is my clear and specific intent by executing the within **Release, Waiver of Liability and Covenant Not to Sue** to release FieldHouse Sports, Inc., its employees, agents, officers, directors, volunteers and members from any and all liability for personal injury caused by to any negligence of FieldHouse Sports, Inc., its employees, agents, servants, officers, directors, volunteers or members.

NAME OF MINOR CHILD PARTICIPANT (PLEASE PRINT) \_\_\_\_\_

DATE \_\_\_\_\_

SIGNATURE OF PARENT \_\_\_\_\_



# FieldHouse Indoor Soccer League

## RULES OF SOCCER

REVISION 10/21/2017

### Rule I: Players, Coaches, and Substitutes

- A. **Large fields:** A team will field not more than 6 players at a time. If a team's score lags by 5 or more goals, an "extra player" may be added until the goal differential is less than 5. The count includes the goalkeepers.
- B. **Small field:** Teams for age groups U-10 and older will field not more than 4 players at a time; U-8 teams not more than 6 players at a time. The "extra player" rule does not apply.
- C. Teams must have a **minimum of 5 players** to start a game on the large field and 4 players to start on the small field. Failure to do so will result in a forfeiture of the game, with a 4-0 score. A team may continue to play a game after dropping below the minimum number of players required to start the game without forfeiting the game. The team now has the option of forfeiting in order to add players who are rostered on another team within the same league.
- D. In **Adult Coed games, Middle School Coed games, and High School Coed games**, each team must have 2 female players on the field at all times. If 2 females are not on the field, the team plays short a player for each missing female.
- E. **Substitutions** for players in all positions are unlimited and are made "on the fly". The player being substituted for must be off the playing floor before the substitute enters the field. Teams gaining an unfair advantage may be assessed a free kick **OR** a yellow card and 2-minute penalty and a free kick at the official's discretion.
- F. Each team's **roster will be limited to 18 players**, which includes all rostered substitutes. Double-rostering of any youth player (U-6 through High School leagues) will be permitted with respect to the following guidelines:
  - a. A youth player (U-6 through High School Leagues) may roster on a **maximum of two teams** in the same league with one team being a Competitive Division team and the other being a Recreational Division team.
  - b. If there are **multiple Competitive Divisions** with the same league, a player may roster on a **maximum of two** Competitive Division teams as long as those team are **not** in the same Competitive division. This player would **now** be **unable** to roster on a Recreational Division team also.
  - c. If there is **only one level of play** offered in a league (no divisions), a player may roster on a **maximum of two teams** within that league.
- G. **The following personnel shall be permitted in the bench area:** the rostered team players for that team, 1 rostered head coach, and 2 rostered assistant coaches. At least 1 coach must be a minimum of 21 years of age. Teams out of compliance will be asked to correct the issue and may be assessed a yellow card and a 2-minute penalty. The team will play short-handed for the entire 2 minutes, regardless of the opponent's score.
- H. It shall be the **coaches' responsibility** to ensure that all players are properly dressed and equipped, to control the actions of all players on and off the field, and to assist the official in controlling the match at all times.
- I. **Any player or coach who is verbally or physically abusive anywhere on the property** shall **immediately** receive a suspension from the facility, the length of which will be determined by FieldHouse Indoor Soccer League management. Incident reports may be forwarded to NHSA for further review and possible disciplinary action.

## Rule II: Player Equipment

- A. **Plaster casts, metal/plastic or unyielding braces** shall be disallowed, unless wrapped with ½" of soft padding.
- B. Only goalies and women are allowed to wear **long pants**.
- C. **Numbers** are recommended to be on the backs of uniform shirts in all divisions.
- D. **Pinnies** will be loaned to the home team and/or goalies when uniform colors do not distinctly define the players.
- E. **Shin guards** are mandatory.
- F. **No jewelry** is allowed, although medical tags are acceptable.
- G. **Indoor shoes** (flat-soled) with non-marking soles are to be worn on the small/multipurpose field. Outdoor cleats are not allowed on any surface. Both indoor flat-soled and turf shoes are allowed on the turf fields.
- H. **Mouth guards** are highly recommended.

## Rule III: Start of Play

- A. The **guest team shall be awarded the game opening kick-off**. The home team shall be awarded the kickoff for the second half.
- B. A goal shall **not** be scored directly from a kick-off. (The restart is a goal kick.)
- C. At the **beginning of the game**, the referee will signal for the game to start and one player will take the kickoff. The kicker shall not touch the ball a second time until it has been touched by another player. The penalty shall be a direct free kick from the point of infraction. The ball may travel forward or backward at the start of a play.

## Rule IV: Duration of Regular Season Game

- A. A **full game will consist of two 26-minute periods**, with a running clock. The clock may be stopped for serious injuries, at the discretion of the referee. Games are not extended if the score is tied at the end of regulation play.
- B. **Half time will be 1-3 minutes in length**, as determined by the referee, guided by the need to end and start games on time.
- C. **Games will start at the scheduled times**. Teams failing to show, or teams who are late for a scheduled match, will receive a forfeiture of the game with a 4-0 score. In this case, teams may intermix rostered players from the same league and use the referee, if desired, for a "friendly" match.

## Rule V: Ball In and Out of Play

- A. **The ball is out of play when it has traveled beyond the boards, has touched a person on the bench, or has touched a net**. The re-start is a direct free kick when it can be determined which team caused the out-of-bounds situation, or a drop ball when no determination can be made. In the case of a person reaching out of the bench area, the restart is for the opponent, and is not determined by who kicked the ball.
- B. **For balls out of bounds on the sides**, the restart position is 1 yard from the dasher boards. For corner kicks, the position is the white dot on the appropriate side. For goal kicks, the ball may be placed anywhere in the penalty box.
- C. **For balls out of bounds on the ceiling**, the restart is on the nearest of the 3 long white lines, closest to the point of contact with the ceiling net. For example, if the ball hits the ceiling net 6

feet from where it meets the wall net, the ball is placed on the nearest of the 3 white lines, 6 feet from the boards.

- D. **Re-starts for all goalie violations** will be on the dot at the top of the penalty area, (but only awarded as a Penalty Kick when warranted by the offense).
- E. **When the ball was in play at the time of an infraction**, the re-start is the spot where it would have been placed, had the infraction not been called. (That is, bring it back in bounds right where it went out of bounds, not at the spot of the off-the-ball violation that the referee called, and most likely, assessed a time penalty and/or a card.)
- F. **The kicker shall not touch the ball a second time until it has been touched by another player**, even if the ball was kicked off the boards. The result is a direct free kick for the opponent.

## Rule VI: Methods of Scoring

- A. A goal is scored when the **entire ball has crossed the goal line** prior to the horn's sounding.
- B. The **referee shall signal a goal** by pointing to the center circle. A whistle will be used only when there is a need to stop players from continuing to play after a goal has been scored.

## Rule VII: Goalkeeper Restrictions

- A. **Goalie throws** must touch the floor, wall or any player **before** crossing the 3<sup>rd</sup> long white line. A violation will result in a direct free kick for the opponent from the long white line closest to the goalie at the point where the ball crossed that line.
- B. The **goalie may not dropkick or punt the ball**. After playing the ball with his/her hands in the box, the goalie may immediately play the ball with his/her feet only after the ball is no longer bouncing.
- C. The **goalie will have a maximum of 5 seconds** to place the ball on the floor or distribute the ball after having it in his/her hands.
- D. The goalie may not play the ball with his/her hands when intentionally **passed back** by a teammate's foot (either directly off the wall or not).
- E. The goalie **may not dribble the ball into the box** from outside the penalty area, and then pick the ball up.

## Rule VIII: Fouls and Misconduct

- A. A player may not **intentionally handle the ball**, which is to carry, strike, or propel the ball with hand or arm. Handling shall not be called on a man who protects his groin or on a woman who protects her chest when he/she is in a stationary position. If a ball strikes a hand and is judged as 'not handling', it is moot as to whether an advantage has been gained or not. Goalies may not be called for handling when their hands meet the ball inside of the penalty area. Because handling is judged by where, on the field, the ball meets the hand or arm, it does not matter whether a goalie is standing inside or outside of the penalty area.
- B. The following offenses are considered as indoor fouls:
  - Dangerous play along the boards, whether or not there was contact.
  - Encroachment: Defending player being closer than 9 feet from the ball at a start of restart.
  - Swinging any part of the body **toward** the ball before or as it is kicked in a free kick restart.

- C. **Intentionally heading** the ball shall only be allowed in age groups U-12 and older. For age groups younger than U-12, a foul will be assessed to a player who has intentional contact with the ball with any part of the head. (The restart will be a free kick awarded to the non-offending team.)
- D. The following offenses will result in a **yellow card and a 2-minute penalty**:
- Any penalty kick
  - Persistent infringement
  - **Slide tackling** by any player
  - **Sliding to play the ball**, with the exception being the goalie in the box
  - Sliding by the goalie, **outside the penalty area**
  - Charging in a violent or dangerous manner
  - Boarding
  - Intentional handling
  - Delaying the game
  - Encroachment
  - **Incidental foul language**
  - Unsporting behavior
- E. The following offense will result in a **yellow card and a 5-minute penalty**:
- Flagrant intentional handling of the ball in the penalty area
- F. The following offenses will result in a **red card (ejection) and 5-minute penalty (served by the offending player's team)**:
- Fouling an opponent on a break-away
  - **Foul and/or abusive language**
  - Serious boarding
  - **Violent behavior**
  - Flagrant misbehavior
  - Spitting
  - **Major misconduct**-fighting, attempting to injure, etc.
- G. A **yellow card and a 2-minute penalty** is issued for serious first offenses or a second offense by the same player. A yellow card may also be issued to a coach. A team whose coach has been issued a yellow card must designate a player to serve the penalty and play down for the 2-minute penalty.
- H. A **red card and a 5-minute penalty** is issued for extreme offenses, or for an accumulation of yellow cards (2 or more) in one game based on referee discretion. Any player receiving two (2) red cards in one session will be suspended from participation in any league the player is playing in for the remainder of the session at a minimum. A red card received in the game immediately prior to the start of playoffs will result in that player being ineligible for any playoff games in any division that the player is participating in.
- I. **Players or coaches who are issued a red card must leave the playing area immediately.** They will be permitted to remain within the confines of FieldHouse Sports only if their actions and behavior are no longer disruptive or inappropriate as determined by FieldHouse Sports' officials and staff. They are also subject to further FieldHouse Indoor Soccer League

suspensions (**a minimum of 1 game, which applies to all leagues, age groups and divisions in which a red-carded player participates**) and may face investigation with the NHTSA Disciplinary Committee. The offending player or coach's team must play short-handed for a full 5-minute penalty.

- J. Any player or coach who leaves his/her bench area and enters the field during an altercation on the field will **automatically be ejected (red card)** from the game and must serve a minimum one game suspension. The team of the offending player or coach must designate a player to serve the penalty and play down for the 5-minute penalty.
- K. A person guilty of fighting a 2<sup>nd</sup> time **will be suspended** for a **minimum** of the remainder of the season.
- L. Any team intentionally providing inaccurate information about the carded player's name will face additional disciplinary action by FieldHouse Indoor Soccer League.
- M. The referee will log each card in the FieldHouse Indoor Soccer League scorebook and will inform the manager on duty about any red cards prior to leaving the building.
- N. Expulsion of teams:** FieldHouse Sports Indoor Soccer League reserves the right to expel/dismiss teams from participation. This decision will be based upon individual issues and circumstances. Coaches will be informed when their team is on a probationary status. This may be done by letter, telephone call, email, and/or a meeting with the coach or coaches. It shall be the coach's responsibility to convey all information relevant to the probation to the players' parents and anyone else who may be associated with the team. **Refunds of the league fee, whether complete or partial, will not be given to the team or to individual players in the event of the expulsion/dismissal from league play.**

## Rule IX: Serving Penalties

- A. The player who is assessed a penalty shall proceed immediately to the team's bench. Any delay by that player shall result in that player being assessed an additional 2-minute penalty for delay of game. The referee will declare the time at which the penalty will be considered fully served, taking into account that the penalty doesn't start until the ball is put back in play.
- B. **Goalies must serve their own penalties.** A teammate must dress as goalie during that time.
- C. The referee will release a player from the penalty by notifying the player that the penalty has been fully served.
- D. If a team is awarded a goal while an opponent is serving an unmatched, 2-minute penalty, the person serving the penalty may re-enter the field of play even though the full 2 minutes have not been served.
- E. **All 5-minute penalties must be fully served.**
- F. For matching time penalties, each team plays short-handed, and the penalties are served in full. If a player from each team is ejected, teams will play short-handed for the duration of the 5-minute penalty, because **all 5-minute penalties must be served in full.**
- G. At no time can a player receive more than 5 minutes in time penalties at a stoppage.
- H. The completion of a late first-half penalty must be served at the start of the 2<sup>nd</sup> half.

## Rule X: Penalty Kicks

- A. A penalty kick, when deserved, **must be taken even if time has expired.**
- B. Other than the kicker and goalie, all players must be positioned behind the closest cross field (3 line) white line.

- C. **The offending player must serve the penalty**, regardless of how many teammates are already serving penalties. If the penalty kick is successful, the player who was most recently penalized is the only player released back onto the field.
- D. After the ball is kicked and contacts either the goalie, the wall, or the post, **the ball is live**. If the ball contacts the wall or the post, but not the goalie, it can be played by any player **except for the player who just took the PK** if time has not expired. If the ball contacts the goalie before it contacts any other player, **it can be played by any player, including the player who just took the PK** if time has not expired.

## Rule XI: Playoffs

- A. All playoff games, except for the championship match, will be one 25-minute game unless otherwise designated by FieldHouse Sports. The final (championship) match will be two 20-minute halves. One 5-minute sudden victory overtime period will be added if the score is tied at the end of regulation time. If a tie still exists, a shoot-out will break the tie.
- B. **Shoot-out:** The players on the field at the end of the sudden victory period will be the first players in the 5-player shoot-out. The winner of a coin toss must choose to shoot first. The official will be given an ordered list of the shooters by each team, which will include both the shooters' names and jersey numbers. Shooters will gather at mid-field; goalies will wait near the corner kick dots. Teams will alternate kickers only until such time as a win is clearly defined. (Note that all kickers might not need to kick, depending on previous results.)  
**If the score is still tied at the conclusion of 5 kicks per team, a sudden death shootout begins.** The 6<sup>th</sup> persons from each team, (still on the field), are the first 2 shooters in the sudden death shootout. If their score is still tied, a player is released from each bench to become the next pair of shooters. This is repeated until such time as a winner can be declared or until at least one bench is emptied. **In the event that every player from one team has shot and the other team still has players on the bench**, it is that team's choice as to whether all the remaining players will be exhausted before players shoot a 2<sup>nd</sup> time. A team may elect to have every player shoot. The other option is to have only as many shooters as the other team has. **It is not a choice to have only "some" of the remaining players on the bench shoot, while others don't participate.** The order of the 2<sup>nd</sup> round of players may be changed on the fly, but must be fully completed prior to a 3<sup>rd</sup> round starting.

## Rule XII: General Rules

- A. A **3-line infraction** occurs when the ball is propelled across all 3 long white lines without hitting any part of the wall, floor or a player. For violating this rule, the ball will be placed on the long, white line closest to the opponent's goal at the spot closest to where the ball first crossed that line.
- B. All free kicks will be deemed to be direct free kicks except the kick-off to start a half or the kick-off after a goal.
- C. **A team will have 5 seconds to put the ball in play after it has been accurately set.** For violating this rule, the ball will be re-awarded to the opponent. This is the only instance when a dead ball, once awarded to a given team, is re-awarded to an opponent.
- D. Size 4 balls will be used for U-12's and below; Size 5 for all others.
- E. **No gum chewing** is allowed within the confines of the building.
- F. **A 9-goal differential is the largest that will be displayed on the arena clock.** A maximum difference of 4 goals will be awarded to calculate standings, **regardless** of how much above 4 is the difference.
- G. FieldHouse Indoor Soccer League will determine the winner of a **match that was terminated by a referee**. The match will **not** be rescheduled or replayed.

- H. Due to inclement weather or other situations out of its control, FieldHouse Indoor Soccer League will determine the fairest method of applying wins and losses for the purpose of standings.

### **Rule XIII: Premier Leagues Addendum**

- A. All FieldHouse Indoor Soccer League Rules of Soccer shall remain the same and apply likewise to Premier Leagues (non-boarded) with the following exceptions:
- **The ball is out of play when it has traveled completely beyond the sidelines or goal lines which are striped on the fields.** The re-start is a direct free kick-in, a goal kick, or a corner kick. The restart position for a ball out of play over the sideline is on the sideline where the ball traveled out of play. For corner kicks, the position is the white dot on the appropriate side. For goal kicks, the ball may be placed anywhere in the penalty box.
  - There is **no 3-line infraction** rule in Premier Leagues.
  - Size 4 balls will be used for all age groups and genders.



**INDOOR SPORTS FACILITY**

To: All Coaches

From: FieldHouse Sports Management

Re: Coaches Code of Ethics and behavior

Dear Coaches:

Please find attached a NHSA Coaches' Code of Ethics. We are supplying this just as a reminder to you of your role and responsibilities as a coach. Please take a minute to read it and reflect on its message.

Please make note of the section where it explains that officials must have the support of coaches and players. This is especially true with our younger and less experienced referees. These individuals are learning the challenging art of officiating, which can be overwhelming at times. This is very true in the coed U8 games, where the field is small, and coaches, teams and parents are very close to the play. It is very easy for the referees to hear comments from the bench area and crowd. Please be sure that any comments that you might have are positive comments. Please be patient with these referees. If there is a problem during the game, do not criticize the official while on the field. After the game, approach the adult on-duty manager at FieldHouse with any complaints. We work with all of our referees with suggestions as to how they can improve their skills. Your primary job as a youth coach is to be a proper role model for the children who participate on your team.

There have been many referees who have decided not to return because of a bad experience on the field with a coach (or spectators), where they have been yelled at for making a mistake. You must remember that, as with any other skill, it will take time for them to learn this skill. Everyone is human, and we all make mistakes. Have patience and understanding. You, as coaches, can help the referee, by not allowing play to get too physical and by coaching your teams to stay in control. Your actions will have an affect long after the game is over. Your primary job as a youth coach is to be a proper role model for the children participating on your team. We welcome your input and appreciate your cooperation. Thank you.

Respectfully,

Don Preston, Assistant Manager

Mark Stewart, General Manager

# NHSA Coach's Code of Ethics

## Code of Ethics

- A. The coach must never place the value of winning over the safety and welfare of his/her players.
- B. A coach must hold him/herself to the highest standards of behavior. He/she must remember that they serve as one of the most influential role models for their players. Any violation of the players' trust, either in word or in action, or off the field, cannot be tolerated.
- C. The laws of soccer were written to ensure the continuous flow of action. These laws have the safety of the players as their primary goal. Coaches must always play within these rules and never seek unfair advantage by teaching deliberate, unsportsmanlike behavior to their players.
- D. Coaches must adhere to the letter and spirit of the rules.
- E. Coaches who circumvent the rules to gain an advantage have no place in soccer.
- F. Circumvention of eligibility rules must be avoided. Coaches who use ineligible players will be dealt with quickly and severely.
- G. Coaches are responsible for their players' actions on the field. Rough house tactics, illegal substitutions and deliberate faking of injuries are prohibited.
- H. The coach must behave in such a manner that the principles, integrity and dignity of the sport are not compromised.
- I. Officials must have the support of coaches, players, and organizations. Public or private criticism of officials demeans the game. Coaches must also refrain from criticizing officials to their players. Criticism of officials and dissent towards officials during the course of the Coach's behavior must be such as to bring credit to him/herself, his/her organization, and soccer in general.
- J. Coaches have the responsibility to be as inconspicuous as possible during the game.
- K. It shall be considered unethical for a coach to have any verbal dissent during the game with the opposing coach, bench or players. Physically contacting an opposing coach or players in an aggressive manner must be considered highly unethical.
- L. Coaches will not belittle their players by yelling at them in a negative manner during the course of the game. Such action detracts from the game and negatively impacts the performance of the players and the team.
- M. Coaches must remember that they are involved in coaching for the players. They should always have the players' best interest in mind. They should seek to provide an environment where players not only develop as players of the game, but as people. They should never place their own concerns of advancement above those of their players.

## Violations

Alleged violation of the Code of Ethics may be brought to the attention of the president of any member of the executive boards of the NHSA. Alleged violations may also be brought to the state director of coaching or the state referee administrator. All alleged violations will be forwarded to the NHSA Disciplinary Board for review and further action, if any.



## Parents Code of Ethics

Though your youngster is under the supervisory guidance of fine coaches during soccer practices and games, the most important people in their life are still you, their parents. We'd like to pass on a few tips, which will make soccer more enjoyable for everyone involved.

### Code of Ethics

- A. Just as you've earned your youngster's respect through your personal discipline and sense of responsibility at home, teach your child to respect the officials of the game and his or her teammates. You can best do this by not openly criticizing the decisions of officials, accepting them as part of the give-and-take of life. A child soon loses admiration for a coach or an official if his/her parents feel they discriminate against him/her.
- B. Remember the coaches are volunteers. They give significant amounts of time so your child can develop and play. Treat them with respect even when you don't agree.
- C. Come to the games with your youngster and encourage him/her and their teammates. It means a lot to a youngster when Mom and Dad are "out there" watching.
- D. Applaud good effort by the players and let the coach point out the mistakes.
- E. Since you do not condone loud or abusive language and gestures at home, do not tolerate such things during a game. Remember, a child imitates, sometimes without thinking. If you tolerate abusive language toward soccer officials, you may well form a child who abuses others later.
- F. Never tolerate or laugh at an intentional bad play. If you do, you disrupt the discipline that coaches try to instill in the players.
- G. Don't forget that a soccer game is a form of recreation and not a life and death struggle. Keep a rein on your emotions regardless of who wins or loses.
- H. Do not criticize a player while on the field. Do you like to hear disparaging remarks about your child while you sit in the stands?
- I. Your vote of confidence in the character and abilities of our coaches (even if you think you know more about running the team than our volunteers do) is also a vote of confidence in your youngster.
- J. Provide transportation to and from all practices and games ensuring that the player is prompt not only in arriving but in his/her departure.
- K. Allow your child to be a child.

# Attention Coaches!!!

## Would you like to see your players' skill levels take off?

We are fortunate to be able to offer

### FieldHouse Soccer Skills Clinics

with Coach Mark Ruest

Mr. Ruest has been the New Hampshire State Director of Coaching since 2002, as well as actively coaching soccer at a variety of levels, including local recreational, high school, college, and ODP players and teams. His credentials include: US Soccer Federation "A" License Coach, NH Soccer Association Director of Coaching, USYS Olympic Development Coach, and Recipient of the New Hampshire Physical Education Teacher of the Year Award.

**His clinics are interactive, fun, and challenging and will improve...**

- players' shooting, passing, and dribbling skills
- players' positioning and awareness of opponents
- players' ability to anticipate and move, with and without the ball

**Mark is a positive, upbeat, and talented coach.**

Consider encouraging your team to sign up as a group for a session.

You'll see **great** improvement in skill levels and the **kids will have a blast!**

*Clinics Run  
Continuously  
From November to April*

**When:** 1 hour weekly for 6-week sessions  
**Ages 9-11:** Thursdays 4:00-5:00 pm  
**Ages 12 and over:** Thursdays 5:00-6:00 pm  
*All ages (including adults) and abilities are welcome!*  
**Cost:** \$75.00 per person/session

*Call us at  
226-4646  
to reserve your spot!*

**Pre-registration and pre-payment are required.  
Space is limited.**

In the event that Mark is not available on a given clinic date,  
he will provide a highly qualified ODP staff coach or a NHSA state staff coach as a substitute.