

THE ULTIMATE GOAL HOUSE RULES

Amended October 9th, 2012

No cleats allowed on fields at anytime. Players will NOT be allowed to play without proper footwear – flat shoes/turfs are allowed.

Ultimate Goal thanks the coaches, families, players, referees, and spectators for dedicating their actions and positive attitudes to provide the best quality sports program for today's youth.

THE HOUSE RULES PERTAIN TO ALL TEAMS PLAYING AT THE ULTIMATE GOAL FACILITY.

COACH RESPONSIBILITIES:

1. Coaches must submit a complete roster and signed waiver form by the first game of the scheduled season.
2. Coach is responsible for team payment in full by the first game or the team will be removed from the schedule.

ROSTER:-

1. A copy must be on file by the first game. Additions can be made up to and including the third game of the scheduled season.
2. Players can be on one roster per age and skill division. (i.e. Tom Jones on U13B and U14B, or U13 Goal and U13 Ultimate is allowed. Tom Jones **cannot** play for two different U13B's teams in the same division).
3. All players or (parents if players are under 18 years of age) must sign a waiver that must be submitted by the coach prior to the first game of the scheduled season.

CANCELLATIONS: Ultimate Goal understands today's hectic lifestyles and the difficulty of team management. However, rescheduling games can effect other teams creating a disruption for many individuals. We will do our best to reschedule games but can not make guarantees.

1. Notification must be received at least 1 week prior to the scheduled game for the rescheduling process to take effect.
2. Ultimate Goal will offer up to 3 new game times. If none are acceptable by either coach, a forfeit will be issued to the canceling team.
3. If the team cancels within 24 hours a forfeit is issued unless the cancellation is due to weather.
4. The reason must be valid. Valid reasons include school/academic functions and weather, and do not include birthday parties, other recreational sports, and coach unavailability (parent can substitute).

SOCCER GAME RULES:

The seventeen laws of soccer will govern play at The Ultimate Goal in addition to the rules listed below.

1. The ball will remain in play except when it comes in contact with the netting, hits the ceiling, or leaves the confines of the field. A free kick will be awarded to the opponent at a spot nearest to where the contact occurred when along side line out of bounds, or free kick from goal area or corner area when end line out of bounds. **Restart must begin within 5 seconds of ball placement for any free kick.**
2. A player may not pass or touch a ball in the air across the three center lines toward his or her attacking goal, except when the ball touches another player, the wall, or the referee on the field of play in between the lines. If a three line pass is declared, the referee shall award a free kick to be taken by the opponents at the center spot of the first line the ball crossed.
3. A player will not be allowed to make contact with the ball if an opponent is in the area creating a dangerous situation as perceived by the referee. **Any form of slide tackling will be declared a foul and will result in a free kick for the opposing team. Bicycle kicks are not allowed and will result in a free kick for the opposing team. If contact was made against the opposing team a foul will be called.**
4. Every foul will result in a free kick for the opponent. **ALL FOULS ARE DIRECT IN THE FOLLOWING AGE GROUPS: U9-U14 DIVISIONS. ALL FOULS ARE IN-DIRECT IN THE FOLLOWING AGE GROUPS: U15 THROUGH ALL ADULT LEAGUES.** Any infraction inside the penalty area that is normally an indirect kick (outdoor) will be placed at the top of the arc and can be defended by a wall of players. The defending team must allow 10 feet between the nearest player and the ball. Encroachment will be declared if the 10 feet distance is not respected.
5. For any restart during the game the player putting the ball in play is not allowed to touch the ball again until it is played by any other player. Whenever a kickoff is held, the player putting the ball in play can play it in any direction.
6. **During the game, substitutions for field players and goalkeepers (for goalkeepers - after referee acknowledgement) may be made at any time on an unlimited basis, provided the player being substituted for is within the dasher marks at his or her own bench area, or off the field of play before the substitution is made. The referee will delay the restart of play to allow completion of substitutions on the following occasions:**
 - a. After a goal
 - b. On an injury stoppage
 - c. When the ball is out of play (contacting the netting or leaving the field of play)
 - d. Any official stoppage given by the referee
 - e. Prior to the start of the second half

***There is no guaranteed substitution when the referee stops the game for fouls or three line violations.**

7. **The Ultimate Goal will not permit participation by players wearing any type of hard cast, padded or not. This decision is for the safety of all participants.**

8. All players must wear shin guards covered with high socks while on the playing field.

9. Unsportsmanlike and inappropriate language or conduct directed at the referees, coaches, players or fans are not acceptable at The Ultimate Goal. Violators will be warned by management or the officials, and a second offense will result in removal from the game. Repeated violations over time will result in removal for an entire session. The Ultimate Goal is promoting an attitude and atmosphere of fair play, respect for other people, quality experiences, and first class behavior. We will hold ourselves, as well as our guests to those standards.

10. There will be **two** colored cards that the referee will display if a misconduct is deemed serious. It is the discretion of the referee to display a card. **Yellow card** is a penalty or unsportsmanlike decision regarding a player or coach. **Red card** is an ejectionable penalty. **Any red card will result in a suspension for the following game for the ejected player or coach. The ejected player must meet with the Director before returning to play.**

A carded penalty shall result in a time penalty divided into the following categories: Yellow Card = 2 min.; Red Card = 5 min. When a player is shown a card, the player must return to the team bench for the 2 minute penalty, and the team plays short until the time is expired, OR the opponents score a "power play" goal like ice hockey. If there is a player from each team in penalty, there is no release of players until time is served. The referee will determine when a player is released. An ejectionable card will result in the team playing short that player for the entire 5 minutes and that player or coach may not re-enter the field or stay at the team bench. An ejected player or coach is to leave the field area - the name of the player must be produced or the team forfeits the game. Penalties carry over in overtime until the time is served or the opponent scores.

A team must never have less than 4 players on the field. If more than one player is in time penalty on the same team, and a third player is carded, the carded player must be substituted to fulfill the time penalty. If a power play goal is scored while more than one player is in penalty, the player with the least amount of time left in penalty is released.

Remember that time penalties occur only when the referee determines that a foul or violation is deserving of a card. Most fouls will be punished by a direct kick.

11. Goal Area Encroachment: No player from the attacking team shall be allowed in the defending Goal Area unless the ball is in the Goal Area. This includes free kicks as well as the normal flow of the game. If a Goal Area Encroachment is declared, the Referee shall award a Goal kick to the defending team.

12. When a goalkeeper receives a direct pass back from a teammate's foot, (unless it is a deflection) the goalie cannot use his/her hands and the ball must be played by the feet. An infraction of this rule results in a free kick from the top of the arc that can be defended by a wall of players. The goalkeeper may not punt the ball to restart play; they may instead drop-kick (with one bounce), or throw ball or place ball at own feet to restart play.

13. Goalkeeper Distribution: when goalkeeper has made a save or collection with his/her hands, he/she will have 5 seconds to distribute the ball. Distribution to include release of ball for intent of teammate or placement of ball at his/her own feet cannot pick ball up again until it touches someone else. **The goalkeeper can NOT bring the ball into the penalty box to pick it up.**

14. Players are not permitted to wear any jewelry, or hair accessories such as hair clips, hard head-bands (plastic) or combs. This is for the safety of all participants, especially the individual player. A YELLOW CARD may be issued with referee's discretion. FOOTWEAT MUST BE FLAT SHOE OR TURF SHOES. **NO CLEATS ALLOWED.**

15. Each game will consist of two 25 minute halves (running time with no stoppage) with 2 minute half times. If needed Ultimate Goal will reduce the half time to 1 minute to allow time to get back on schedule. Teams can remain on same side of field for both halves but if one team requests a side change (for any reason) at half time it must be done. There is ample warm-up space outside the field so each team must be ready to begin at the end of the preceding game. The referees have been instructed to begin the games according to the posted schedules. **COACHES ARE RESPONSIBLE TO WATCH THE CLOCK AND HAVE THEIR TEAM READY TO START THE GAME ON TIME. Intentionally delaying game will result in discipline assessed by Facility Director. Referees will announce a 30 second warning with the buzzer or whistle.**

16. A team has the option to add a player when they are down by 5 goals. Teams must return to equal numbers when the score differential is brought down to 4 or less goals.

17. **Number of players:** A team must be able to field a total of four players to start a game. The team must field 3 field players and a goalkeeper. The referee will start the clock at the assigned time and let it run. If after 15 minutes of running time, a team does not have enough players the game will be forfeited and the referee will encourage the two teams to divide up and play for the remaining time.

Each coach needs to understand these rules and communicate them to the players, families, and spectators associated with their team. These rules will also be available in the facility.