



Sahlen's House League Rules

Our purpose at Sahlen's Sports Park is to provide a facility where family oriented, recreational sport activities can be enjoyed in an environment that cultivated values like Sportsmanship, Leadership, Honesty, Responsibility and Integrity. This environment is a product of both the actions and attitudes of our staff, management and all who passes through our doors.

1.) Coaches/ Managers/ Captains Responsibilities:

- a. Submit a completed roster /SSP waiver form prior to first match (can be downloaded from sahlensportspark.com/SSPdocs)
- b. Sign code of conduct prior to first match (can be downloaded from sahlensportspark.com/SSPdocs)
- c. Full payment will be charged and completed by Week 3.

2.) General Rules:

- a. Captains may use the Free Agent Board on sahlensportspark.com to use players for league matches
- b. Players that are not on team's roster will **NOT** be able to play in playoffs or championship games
- c. In order for a match to be legal both teams must have at least 4 players plus a goalie
- d. Players may not wear jewelry
- e. **Cleats/Artificial Grass cleat are NOT permitted**
- f. Any player with a "hard cast" will need to have a minimum of 1" padding and permission from the referee prior to kick-off
- g. Home Team will start with ball at first whistle
- h. Spitting is **NOT** allowed – 1st will be verbal warning, 2nd will be an automatic red
- i. Slide tackling is permitted in Men's and Women's leagues **ONLY**
- j. **Waiver** - All captains must have their teams fill out an individual waiver form. This is to be handed in by the first scheduled match. If a player is rostered on your team, they must have a waiver otherwise they will not be permitted to play.
 - i. **NOTE:** If you filled out a waiver in the 2012/2013 season that will NOT count, it must be filled out in the 2013/2014 SSP Season. There will be a link to the waiver sent in your confirmation email upon registering.
- k. **Coed-**
 - i. Must have a 3 females on the field at all times
 - ii. A **MAXIMUM** of 6 males may be on the field at one time
 - iii. **NOTE:** if a team does not have a 3rd girl, the team will play down a player

3.) Cancellations & Rescheduling Requests:

- a. Sahlen's Sport Park will be OPEN no matter the weather outside. The weather has to be VERY severe for SSP to close. If SSP does close we will post on our website, Facebook and Twitter(@SahlenSSP). Coaches & Managers will be contacted if there are any cancellations due to weather. Please do not call inquiring about weather, SSP will be open unless your coach or manager contacts you or it is posted via website or social media
- b. If your team is going to be delayed because of weather, please call and let us know (please plan accordingly)

- c. SSP activities are very busy, therefore rescheduling of games will only be considered in extreme circumstances. Unavailability of players will not be an acceptable reason to try an reschedule
- d. For any changes of the schedule the coach or manager will be contacted
- e. Coaches/Managers are responsible for communicating changes to the team

4.) Equipment:

- a. All players must wear shin guards with socks covering the shin guards
- b. Teams must have same color uniform, pinnies will be provided if there is a color conflict
- c. If both teams are wearing same color uniform the home team will need to change
- d. **Cleats/Artificial Grass cleat are NOT permitted**

5.) Substitutions:

- a. Each team can sub as much as desired
- b. Substitutions are at the discretion of the referee during any stoppage of play
- c. Substitutions must be made at mid-field with the referee granting permission
- d. NO substitutions will be made the last two minutes of play

6.) Playing Time:

- a. Each match is 50 minutes in length, consisting of (2) 25-minutes halves
- b. There will be 2:30 minutes before each half to warm-up and get out to the field.
- c. Time will be stopped at referee's discretion for situations that are beyond the control of referee or teams
- d. Referee will declare a forfeit after 7 minutes if there are not 5 players on the field (4 field players + 1 goalie)
- e. **Referees have been instructed to start all matches according to the schedule game time.**
Coaches/Managers/Captains are responsible to watch the clock and have their team ready to start on time.

i. Referees will start matches whether or not your team is on the field and ready to play

7.) Cautions/ Yellow and Red Cards:

- a. **Yellow:** player must leave field and may not be replaced by another player. Player must sit out for 2 minutes.
 - i. **If opposing team scores, player may reenter field**
- b. **Red:** Player must leave the field. Team will play down a player. Player may not play in team's next scheduled match. Depending on referee's discretion, he/she may be asked to leave facility
 - i. If a player receives a red card, a \$20 fine and minimum of a 1-match suspension will be in place
- c. After 5 yellow cards player must sit out (1) one game
 - i. There is not fine for 5 accumulated yellow cards

8.) Overtime:

- a. There will be no overtime during regular league play
- b. There will be a 3:00 minute golden goal in playoff matches
- c. There will be a 5:00 minute golden goal in championship match
- d. If teams are still in a tie; Penalty Kicks will determine the winner. Each team will have three players kick from the penalty spot

9.) Free Kicks:

- a. If the ball hits the ceiling within the field of play, the opposing team will restart with an indirect kick from the point where the ball hit the ceiling.
 - i. **NOTE:** If the ball hits the ceiling over the penalty area; the attacking team will receive the ball as a throw in perpendicular from where the ball hit the ceiling.
 - ii. The defending team will have an indirect kick going out
- b. If the balls hits the mid-field center cable, the restart will be an indirect kick for the opposing team

10.) Goalkeepers:

- a. Jerseys should be different from that of the of the referees, teammates and opposing team
- b. Goalies have a maximum of six seconds to play the ball from their hands. The penalty for this infraction is an indirect free kick from the spot where the goalie was holding the ball
- c. Goalies may punt the ball

11.) Standings:

- a. Point system
 - i. 3 points for a win
 - ii. 1 point for a tie
 - iii. 0 points for a loss
- b. Tie-breaker
 - i. Head-to-Head record (two-way tie)
 - ii. Goal differential for season (Max of +/-3 goals per match)
 - iii. Least goals conceded
 - iv. Most goals scored

12.) Unsportsmanlike Conduct:

- a. SSP has **ZERO** tolerance policy towards fighting
- b. Any unsportsmanlike and / inappropriate language or conduct directed at referees, coaches, players, fans, staff of SSP is NOT acceptable.
- c. Referees have the right to eject players, terminate games and use any measures they deem necessary to maintain a safe environment. Any games that are terminated to an incident such as this will not be rescheduled
- d. SSP has the right to suspend any individual from the facility for any period of time deemed necessary. Any incident resulting in these actions are the sole discretion of the SSP management
- e. Any violations are subject to removal of a participant or team for an entire season

Sahlen's Sports Park reserves the right to add, modify or change any the rules at any time.