



House League Rules

Our purpose at Sahlen's Sports Park is to provide a facility where family-oriented, recreational sports activities can be enjoyed in an environment that cultivates values such as sportsmanship, leadership, honesty, responsibility, and integrity. This environment is a product of both the actions and attitudes of our staff, management, and all who pass through our doors.

Coaches / Managers / Captains Responsibilities:

- Submit a completed roster through the online registration, along with the online waiver form for all players.
- Download, sign, and submit prior to the first match of our Code of Conduct form [here](#).
- Ensure full payment according to the payment schedule indicated on the registration form.

General Rules:

- Captains may use the [Free Agent Board](#) to gain access to players for league matches.
- Players that are not on a team's roster will **NOT** be permitted to participate in playoff or championship games.
- In order for a match to be legal, both teams must have at least four players plus a goalie.
- Players may not wear jewelry during gameplay.
- Cleats / artificial grass cleats are **NOT** permitted for league games.
- Any player with a "hard cast" will need to have a minimum of one inch (1") padding and permission from the referee prior to kick-off.
- The home team will start with the ball at the first whistle.
- Punting is **NOT** permitted under any circumstance (See punting policy [here](#))
- Spitting is **NOT** allowed - 1st offense will be a verbal warning, 2nd offense will result in an automatic red card.
- Slide tackling is permitted with the exception in Co-Ed leagues **ONLY**.

- **Waiver** - All captains must have their team players submit an individual [waiver form](#).

Co-Ed Teams:

- Must have three (3) females on the field at all times.
- A **MAXIMUM** of six (6) males may be on the field at one time.
- **NOTE:** If a team does not have a 3rd female, said team will play down one (1) player.

Cancellations and Rescheduling:

- Sahlen's Sports Park will be OPEN regardless of weather. Sahlen's Sports Park will post to the website, Facebook, Instagram, and Twitter if the facility will close due to inclement weather. Coaches and managers will be contacted informing of any cancellations due to weather. Please do not inundate Sahlen's Sports Park with class inquiring about weather conditions.
- If your team is going to be delayed due to weather conditions, please contact our office as soon as possible.
- Due to the numerous scheduled games and other activities booked at Sahlen's Sports Park, rescheduling of games will only take place if the facility closes or cancels due to extreme conditions.
- If a team cannot make it to a scheduled game, they must take a forfeit. The opponent has the option to use the field for the scheduled time.
- Coaches and managers are responsible for communicating schedules, changes, and cancellations to the team.

Equipment:

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

Substitutions:

- Each team can sub as many times as desired.
- Substitutions are at the discretion of the referee during any stoppage of play.
- Substitutions **must** be made at **midfield** with the referee's permission
- NO substitutions will be permitted at the last one minute of play.

Playing Time:

- Each match is 50 minutes in length, consisting of two 25 minutes halves
- There will be 2.5 minutes prior to each half to warm up and get onto the field.

- Time will be stopped at referee's discretion for situations that are beyond the control of the referee or teams.
- Referee will declare a forfeit after seven minutes if there are not 5 players on the field (4 field players + 1 goalie)
- **Referees are instructed to start all matches according to the scheduled game time.** Coaches, managers, and captains are responsible to have their team ready for the start time.
 - **Referees will start the match whether or not a team is on the field and ready to play.**

Cautions / Yellow and Red Cards:

- **Red:** Player must leave the field. Team will play down a player. Player may not play on the team's next scheduled match. Depending on the referee's discretion, he/she may be asked to leave the facility.
 - If a player receives a red card, a minimum of a one match suspension will be in place.
- **Yellow:** A player must sit out one game after 5 yellow cards have been accumulated.

Overtime:

- There will be no overtime during regular league play.
- There will be a three minute golden goal in playoff matches.
- There will be a five minute golden goal in championship matches.
- If the teams are still tied; penalty kicks will determine the winner. Each team will have three players kick from the penalty shot.
- **Coed Games** must be male, then female, then male, and so on...

Free Kicks:

- 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.
 - **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.
 - The defending team will have an indirect kick going out.
- If the ball hits the midfield center cable, the restart will be an indirect kick for the opposing team.

Goalkeepers:

- Jerseys should be different from that of referees, teammates and the opposing team.
- 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.

Standings:

- Point System
 - 3 points for a win
 - 1 point for a tie
 - 0 points for a loss
- Tie Breaker
 - Head to Head record (two-way tie)
 - Goal differential for season (max of 5 goals per match)
 - Least goals conceded
 - Most goals scored

Unsportsmanlike Conduct:

- Sahlen's Sports Park has a **ZERO** tolerance policy towards fighting.
- Any unsportsmanlike and/or inappropriate language or conduct directed at referees, coaches, players, fans, or staff of Sahlen's Sports Park is not acceptable.
- Referees have the right to eject players, terminate games, and use any measures deemed necessary to maintain a safe environment. Any games that are terminated due to an incident such as this will not be rescheduled.
- Sahlen's Sports Park 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 Sahlen's Sports Park management.
- 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 of the rules at any time.