Sahlen's Sports Park

House League Rules

Our purpose at Sahlen Sports Park is to provide a facility where family oriented, recreational sport 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.

1. **Coaches / Managers / Captains Responsibilities:**

   a. Submit a completed roster through the online registration along with online waiver for all players.

   b. Download, Sign and Submit prior to first match a Code of Conduct form from sahlensportspark.com under the heading "About" then click on Rules and Documents.

   c. Ensure full payment according to payment schedule indicated on the registration form.

2. **General Rules:**

   a. Captains may use the Free Agent Board at sahlensportspark.com to gain access to players for league matches.

   b. Players that are not on a team's roster on Bond Sports will **NOT** be permitted to play.

   c. In order for a match to be legal both teams must have at least four (4) players plus a goalie.

   d. Players may not wear jewelry during game play.

   e. NO METAL SPIKES ALLOWED!

   f. 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.

   g. Home team will start with the ball at first whistle.

   h. Punting is **NOT** permitted under any circumstances. (Inside only)

   i. Spitting is **NOT** allowed - 1st offense will be a verbal warning, 2nd offense will result in an automatic red card.

   j. Slide tackling is permitted with the exception in Coed Leagues **ONLY.**

   k. Waiver-All Captains must have their team players submit an individual waiver form via Bond Sports. Teams will not be allowed to compete until all players have completed this.

   l. Coed Teams

i. Must have three (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 female, said team will play down one (1) player.

3. **U10 Rules**

   a. Build out line: once a goal keeper catches the ball or a goal kick is awarder all opposing players must be behind the build out line.

   b. Offsides will only be called inside of the build out line there is no offsides prior to that

   c. No punting or heading is allowed

4. **Cancellations and Rescheduling Requests:**

   a. Sahlen Sports Park will be OPEN regardless of the weather. Sahlen Sports Park will post to the web site, Facebook, Twitter and some TV stations if the facility will close due to inclement weather. Coaches / Managers will be contacted informing of any cancellations due to weather. Please do not inundate Sahlen Sports Park with calls inquiring about weather conditions.

   b. If you team is going to be delayed due to weather conditions, please contact our office as soon as possible.

   c. Due to the numerous scheduled games and other activities booked at Sahlen Sports Park, rescheduling of games will only take place if the facility closes / cancels due to extreme conditions.

   d. 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.

   e. Coaches / Managers are responsible for communicating schedules, changes and cancellations to the team.

5. **Equipment:**

   a. All players must wear shin guards with sock 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 the color uniform the home team will change or use pinnies.

6. **Substitutions:**

   a. Each team can sub as many times as desired.

   b. Substitutions are at the discretion of the referee during any stoppage of play.

   c. Substitutions **must** be made **at midfield** with the referee granting permission.

   d. NO substitutions will be permitted at the last one (1) minute of play.

7. **Playing Time:**

   a. Each match is 50 minutes in length, consisting of two 25 minute halves.

b. There will be 2.5 minutes prior to each half to warm up and get out onto the field.Time will be stopped at referee's discretion for situations that are beyond the control of referee or teams.

c. Referee will declare a forfeit after seven (7) minutes if there are not 5 players on the field (4 field players+ 1 goalie).

d. **Referees are instructed to start all matches according to the scheduled game time.** Coaches / Managers / Captains are responsible to watch the clock and have their team ready to start on time.

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

8. Cautions/ Yellow and Red Cards:

a. **Red:** Player must leave the field. Team will play down a player. Player may not play on team's next scheduled match. Depending on referee's discretion, he/ she may be asked to leave the facility.

i. If a player receives a red card, a minimum of a one (1) match suspension will be in place. This player must meet with Assistant General Manager Eric Buggs before returning to play.

b. **Yellow:** A player must sit out one (1) game after 5 yellow cards have been accumulated.

9. Overtime:

a. There will be no overtime during regular league play.

b. There will be a three (3) minute golden goal in playoff matches.

c. There will be a five (5) minute golden goal in championship matches.

d. If teams are still in a tie; Penalty Kicks will determine the winner. Each team will have three (3) players kick from the penalty spot.

e. **Coed Games** must be male => female => male...

10. 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 ball hits the midfield center cable, the restart will be an indirect kick for the opposing team.

11. Goalkeepers:

a. Jerseys should be different from that 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.

12. Standings:

a. Point System

1. 3 points for a win
2. 1 point for a tie
3. 0 points for a loss

b. Tie Breaker

1. Head to Head record (two-way tie)
2. Goal Differential for season
3. Least goals conceded
4. Most goals scored

13. Unsportsmanlike Conduct:

a. Sahlen Sports Park has a **ZERO** tolerance policy towards fighting/derogatory comments/racism.

b. Any unsportsmanlike and or inappropriate language or conduct directed at referees, coaches, players, fans, staff of Sahlen Sports Park is NOT acceptable.

c. 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.

d. Sahlen 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 Sports Park management.

e. Any violations are subject to removal of a participant or team for an entire season.

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