



STL Athletic Center Winter Youth League Rules and Reminders

WHO CAN PLAY: Any team can register online by visiting our website, www.stlathleticcenter.com. Teams may not register players that are older than the age parameters of the division they select to play in.

- 2012's and older will play 6 field players + 1 goalkeeper = **7v7**
- 2013's and younger will play 5 field player players + 1 goalkeeper= **6v6**
- If your team does not have a minimum of 6 players to start their game, or if at any time during your game you do not maintain that minimum, your team will forfeit said game.
- Should a team be trailing by 5 or more goals at any given time, they will be allowed to play with an additional field player.
- Should a player receive a red card, their team will play one player short for the remainder of the game.

REFEREES: The STL Athletic Center Winter League will use a single referee for all games, unless otherwise indicated. The referee will have the sole discretion of enforcing the rules of the game to the best of his/her ability and do his/her best to provide a safe, fair and fun environment for all concerned. We ask that all coaches, players and fans give our referees the respect to which they are entitled, PLEASE.

GAME DETAILS: Games for 2011's and older will consist of two halves of 22 minutes each with a "running clock". 2013's and younger will play halves of 20 minutes each. Teams will be provided a 4- 5 minute warm up period and a 2- 3 minute break at halftime. We ask that teams do their best to be ready to play when the referee indicates the warm-up and half time period has ended. STL Athletic Center will do its best to keep games running on time. In the event games are running behind, please accept that warm up times may be shortened.

SUBSTITUTIONS: Just like the outdoor game.

RESTARTS/FREE KICKS: Just like the outdoor game, US Youth Soccer rules will apply. Restarts should be put back into play in 10 seconds or less from the time the ball is set. If teams do not play the set ball within 10 seconds, possession may be awarded to their opponent. Opponents will be expected to be 7 yards or more from restarts. The kicking team may ask the referee for assistance to obtain the 7 yards from their opponent, in which case they will then have to wait for a 2nd whistle before taking the kick. Otherwise, teams do not have to wait for a whistle on a restart.

**ADDITION:* if the ball hits a light or the ceiling, a free kick will be awarded to the opposing team at the point of the infraction, unless that infraction occurred in the defending goal area. In this instance the free kick will be placed in the middle of the field, 5 yards outside of the goal box.

OFFSIDE RULE: Although we are striving to deliver an authentic soccer experience where traditional outdoor soccer is played indoors, our referees will not be enforcing the offside rule in this League.

HEADING: The STLAC Winter League will follow US Soccer and US Youth Soccer rule of not allowing players U11 and younger to head the ball during game play.



GOALKEEPER LIMITATIONS: Goalkeepers are NOT allowed to punt or drop kick the ball. The goalkeeper may place the ball on the ground and use his/her feet to distribute the ball into play or throw the ball.

FIELD AND BENCH AREA: We ask that only players, coaches and managers enter the field and bench area. It is each coach's responsibility to keep his/her team's fans out of these areas. Refusal to comply with this rule may result in a card for the coach.

**No food or alcohol is allowed on the field at any time.*

SOCCER BALLS & EQUIPMENT: The use of soccer balls outside the field playing surface is prohibited. The STL Athletic Center will not be providing soccer balls for play in this league. Each team will be responsible for bringing their own ball(s) for warm up and for use in the game. The HOME TEAM shall provide the game ball. U12 and below will use a size 4 soccer ball and U13 and above will use a size 5 soccer ball. All players must wear shin guards or they will not be allowed to play. All teams must wear the same colored jerseys, with numbers. Players who do not have the same color jersey will not be allowed to play. Should a color conflict arise, the away team (listed on the schedule) will be required to change uniforms or wear pennies provided by STL Athletic Center. Players will be allowed to wear indoor shoes, tennis shoes, turf shoes or rubber cleats. Jewelry and illegal or dangerous equipment (as per US Youth Soccer) will not be allowed. It is the responsibility of the coach/manager to ensure that his or her players are properly equipped. Any player(s) that do not adhere to the equipment rules will be asked to leave the field of play and not allowed to return unless the required adjustments have been made.

LEAGUE STANDINGS: (3) points will be awarded for a win, (0) points will be awarded for a loss, (1) point will be awarded for a tie. In the event of a tie in total point standings, the following sequence will be used:

- Head to head competition between the teams that are tied
- Best goal differential for all games (+4 or -4) maximum
- Fewest goals against
- Most goals scored
- Penalty shootout

MISCELLANEOUS:

- Spitting on turf will result in a yellow card infraction.
- No gum or seeds are allowed on the fields.
- STL Athletic Center will not be responsible for lost or stolen items.
- Verbal abuse of referees by managers, coaches, players and/or fans will not be tolerated. Those violating this rule will be asked to leave the facility.
- The STL Athletic Center does not allow any outside food or drink. Water bottles for players are permitted.
- No Smoking of any kind is allowed inside of the STL Athletic Center.
- No outside food or drink is allowed other than water bottles for players.