



Revised 11/21/06

## SUMMARY

- ❖ 5 players on the court maximum including 3 men (maximum) and 2 women (no maximum number of women)
- ❖ 3 players, including 1 woman required to start a game (can play 3 men/1 woman)
- ❖ Gym with no goalie and 4' x 6' goals
- ❖ Game time is forfeit time
- ❖ Two 23-minute running halves with 3 minute half time
- ❖ There is no off sides
- ❖ Slide tackles are illegal
- ❖ All free kicks are direct
- ❖ ZogSportsNJ will provide a head referee for each game.
- ❖ Any unsportsmanlike behavior may result in that player/team being suspended/removed from participating in all ZogSportsNJ leagues for one year

## FORFEITS/GAME TIME

Please don't forfeit. Your teammates and opponents count on you to have a full team and competitive game. Each team must have at least 3 (three) players including 1 (one) woman to start a game. Game time is forfeit time. Due to the extremely tight schedule, we strongly suggest arriving at the gym 20-30 minutes before game time for stretching, changing, etc. since the games must start on time to complete the game.

## REFEREEING

ZogSportsNJ will provide a head referee for each game. No volunteer refs are required this season.

## CLOCK/TIME

Two 23-minute running halves with 3 minute half time. The clock stops only for official's time-outs (injuries and called time-outs). Any delay tactics will enable the referee (at his/her discretion) to stop the clock.

## TEAM SIZE/CO-ED RULES

- ❖ Each team shall field no more than 5 players and at least 2 women (three men, two women) at any one time. A team may use up to 5 women if they choose, but maximum 3 men.
- ❖ Teams unable to field a full team may play with no less than 3 players (2 men, 1 woman). If a team has less than 3 players a forfeit will be awarded. Teams may play with 4 players in any ratio as well as long as they do not play with more than 3 men.
- ❖ Teams must start at game time if the minimum numbers of players are present.
- ❖ Rosters are not limited in size, but no additional players may be added to the roster after the 4th week. If you are short handed during the season you may now pick up another ZogSports player(s) not on your roster for the game. See below "Picking Up Players" for details. Waivers must be signed by all players and handed in before the start of the first game.

**PLAYERS WILL NOT BE ALLOWED TO PARTICIPATE IN ANY GAME WITHOUT SIGNING THE WAIVER.**

## PICKING UP PLAYERS

**Picking Up Players** – since occasionally, teams may be short players and ZogSportsNJ wants everyone to be play every game possible, we are now permitting teams to pick up non-roster, ZogSportsNJ players for your game. Before you get too excited, there are penalties and limitations.



- ❖ The penalty for picking up a non-roster player (must be a ZogSportsNJ participant) is 1 goal per player, and a team is never allowed to pick up more than two players.
- ❖ If a team has less than 3 players or 0 women, the game is an automatic forfeit. If a team has 3 players, they can pick up 2 players max. If a team has 4 players, they can only pick up 1 player (i.e., a team can never pick up extra players to have a sub during the game)
- ❖ If a roster player arrives at the gym after the game has started, the non-roster player must be replaced by the roster player and the non-roster player may not re-enter the game. The penalty goals stand.
- ❖ **DURING THE PLAYOFFS, ONLY PLAYERS ON YOUR ROSTER ARE ALLOWED TO PLAY.**
- ❖ A forfeit will be given to any team who picks up players and does not inform the referee. Protests in regards to non-roster players must be made before leaving the gym.

## UNIFORMS/FOOTWEAR

- ❖ Team Shirts provided by ZogSportsNJ
- ❖ If players don't have a jersey with them, ZogSportsNJ suggests wearing similar colors to rest of team.
- ❖ The team with the fewest players out of uniform (ZogSportsNJ shirt) automatically wins the "coin toss"
- ❖ **NO RUNNING SHOES ALLOWED IN THE GYM.** We strongly recommend purchasing indoor soccer shoes (e.g., Adidas Sambas or their equivalent). Cross trainers and other sneakers without a flat bottom are strongly discouraged.
- ❖ **SHIN GUARDS AND CUPS (FOR THE GUYS) ARE STRONGLY RECOMMENDED**

## SCORING

- ❖ Scoring/ Wins, Losses and Ties:
  - Win – 3 points
  - Loss- 0 points
  - Tie - 1 point
- ❖ Regular season games ending in a tie score will be recorded as a tie. Sudden death will be used in playoffs.

## GAME CANCELLATION

Leagues may be cancelled due to dangerous weather conditions, facility constraints or other unforeseeable reasons. ZogSportsNJ will not cancel games unless absolutely necessary so you should always assume games are on unless you receive an email. If the games are cancelled, ZogSportsNJ will post the information on:

1. Primary - Weather alert page at [www.zogsportsnj.org](http://www.zogsportsnj.org) and
2. Secondary - Weather Alert Hotline at 212-202-7532 (please do not leave message on this number)

## SOCCER RULES

Only captains can discuss a rule with the referee and no judgment calls will be discussed. Players will be ejected for unsportsmanlike conduct.

## The Start of Play

- ❖ A game is started by a kick-off from the center mark (the kick does not have to go forward). The opposition must be 3 yards from the ball when the kick-off begins.
- ❖ The team with the fewest players out of uniform (ZogSportsNJ shirt) automatically wins the "coin toss". If the teams have a comparable number of ZogNJ shirts, the referee will have the two captains shoot odds/evens or rock/paper/scissors. The winning captain will have the option of choosing sides or taking the kick-off.



- ❖ ZogSportsNJ team uniforms are required.
- ❖ In the second half, teams change directions and possession.
- ❖ A goal cannot be scored directly from the kick-off

### Substitutions

Unlimited substitutions of players are permitted and teams may substitute on the fly (no need to wait for a stoppage in the game). All players not in the game must stand in designated "bench" area.

**Offsides** - There is no offsides rule.

### Goal Box/No Goalies

No goalies are allowed. Teams are permitted to defend the goal, but are never allowed to use their hands. If a defender uses his/her hands in front of their goal a penalty kick on an open goal from the top of the key (marked on gym floor). The goal box will be approximately 2 yards from the goal line and 1 yard wider than the goal posts and will be marked with tape at the corners.

### Fouls and Misconduct

The following are fouls:

- ❖ **Goal Box Fouls ("In the crease")**
  - *No player (offense or defense) may touch the ball with any part of their body when the ball is 100% within the crease, even if the player is standing outside the crease – results in goal/corner kick. When/if any part of the ball crosses back across the crease line, the ball is in play*
  - *A defender stepping in the goal box (when offense has possession) or a defender making contact with the ball in the goal box (not making a save/preventing a goal) – results in corner kick*
  - *A player steps in the goal box and makes contact with the ball preventing a goal – results in a penalty kick from top of the key (basketball court marking)*
  - *An offensive player stepping in the goal box or making contact with the ball in the goal box – results in a goal kick*
- ❖ A player can't intentionally **kick, trip, jump at, strike, hold, push, charge from behind or violently charge an opponent.**
- ❖ **Checking (intentional shoulder contact on the court or near the wall) and excessive use of hands against the walls.**
- ❖ Swearing, gesturing, or arguing with the referee or any player. Fouls can be awarded against the player for this behavior.
- ❖ **Handball** – It is a "direct kick foul" if a player deliberately handles the ball (meaning to touch it with any part of the arm up to & including the shoulder). However, a hand ball foul should not be called if: (1) player is instinctively trying to protect him/herself from injury or (2) the player did not deliberately touch the ball but the ball hit his/her arm & s/he did not move the arm toward the ball (however, if the player's arms were in an unnatural position such as above his/her shoulders or sticking out to the sides, then s/he should be called for a handball).
- ❖ **Slide tackling will not be allowed.** Intentional slide tackles will result in a direct kick. A second violation will result in a two-minute penalty and multiple violations can result in the player being ejected from the game.
- ❖ **Dangerous play** – kicking while player is on the ground or above the waste when an opposing player is within 5 feet – is not permitted.
- ❖ Referees will explain to a player why the foul was awarded.



## Free Kicks/Penalties

### ❖ Free Kicks

- **All Free Kicks are Direct Kicks**
- The "direct" free kick is one where a goal can be scored without another player touching the ball.
- All the opposing players must be at least 3 yards (or ½ the distance to the goal if foul occurs in close proximity to the goal) from the ball when the free kick is taken.
- The free kick is taken from the spot where the foul occurred.
- The kicking team must wait for the referee to signal that the ball is back in play.

### ❖ **Penalties** - If the referee deems any of the above infractions excessive, it results in a **two-minute** penalty to the offending player. During the penalty, his/her team will play down one player for two minutes or until a goal is scored against his/her team. During the penalty, the penalized player will stand on the "bench". A team cannot play more than 2 players down at a time. If 3 or more penalties occur within 2 minutes, the 3<sup>rd</sup> penalty starts after the first penalty ends, etc. All offending players must sit out until their penalty is up.

- ### ❖ **Penalty kick** – A penalty kick from the top of the key (basketball marking) on an empty goal will be awarded:
- If an intentional hand ball occurs near the goal
  - A player steps in the goal box and makes contact with the ball preventing a goal
- ### ❖ Excessive rough play including slide tackles results in a yellow card. If a player receives two yellow cards in one game, they will be ejected and their team will need to play one player short for the remainder of the game.
- ### ❖ Fighting and arguing with the referee results in a red card. The player will be ejected from the game and their team will play one player short for the remainder of the game.

## Ball In and Out of Play

- ❖ The ball is out of play when it is not safely playable (behind the goal or near an obstruction in the gym) or hits the end wall above the bottom of the backboard (about 8-10 feet high). This will vary by gym and will be called by the ref. When the ball is out of play, a direct kick-in results from the nearest spot on the court.
- ❖ The ceiling is also considered out of bounds. When the ball hits the ceiling a direct kick will be given to the opposing team at the spot the ball hit the ceiling.
- ❖ If the ball is "tied-up" by two players, the team with possession last is awarded the kick-in.

## Scoring

- ❖ The ball must wholly cross the goal line to be considered a goal.
- ❖ After a goal is scored the ball returns to the center with the team scored upon taking the kick.
- ❖ A goal cannot be scored from behind half court.

## PLAYOFF GAMES

Playoff games will follow the same format during regulation as the regular season. If teams are tied at the end of regulation in playoffs sudden death will be used. A sudden death playoff will involve 4 players per side (2 men max and 2 women) from each team for a five-minute overtime. If neither team scores after the sudden death overtime period, teams will go into a shootout.

## SHOOTOUT SPECIFICS:

- ❖ Each team selects 5 players (3 males max, 2 females) - players don't have to have been playing at the end of regulation.
- ❖ A coin toss will decide which team shoots first.
- ❖ Both teams shoot at the same goal.
- ❖ Teams will alternate taking direct penalty shots from the top of the key (basketball court marking) with no goalie. (No male/female shooting order is necessary)



- ❖ If tied after the 1<sup>st</sup> round, the 2<sup>nd</sup> round will be SUDDEN DEATH (i.e., 1<sup>st</sup> player from Team A scores and 1st player from Team B misses - Team A wins). Players who shot in the 1<sup>st</sup> shootout are not eligible to shoot again until all remaining players present have shot. If and when 1 team begins to utilize players for the second time, the other team may "recycle" players as well. Thus, some players on the team with more people present may or may not shoot.

## SPORTSMANSHIP

ZogSportsNJ is a charity-focused, social sports club for young professionals. Our goal is for you to have fun. We hope that you keep this in mind when participating. Although the games may become intense, you still can be competitive while maintaining good sportsmanship. With this said, any behavior or abusive/insulting language to another player or referee deemed unacceptable by the referee or ZogSportsNJ staff may result in suspension and/or ejection from a game or the league.

## SUSPENSIONS/EJECTIONS

- ❖ Any player(s)/team(s) that are involved in a fight will be suspended from all ZogSportsNJ Leagues for life. Any teams will forfeit all remaining games.
- ❖ Any excessive contact or collision will result in a foul and ejection of player.
- ❖ Any player abusing the referee will automatically be ejected from the game without a warning.
- ❖ A player ejected for ANY reason will be suspended for the next game. If that player is caught playing in that game, the team will forfeit.
- ❖ ZogSportsNJ reserves the right to ask any offending player to leave the premises.

**Beer/Clean-Up** – Unfortunately beer is not allowed on/at the gym. Please wait until after the games to join us at our Happy Hour bars for the drinking to begin. Please do your part to keep the parks clean and use the trash cans provided. This is really important. **If we do not clean up, we risk losing our permits.**

## TIE BREAKERS FOR PLAYOFFS/SEEDINGS

1. Total number of points
2. Head-to-head competition
3. Record against other teams in or tied for playoffs (winning percentage – i.e., 0-1 is same as 0-2, but 1-3 is better than 0-1)
4. Number of wins
5. Record against next best common opponent
6. If team forfeited, loses tie breaker if other tiebreaker rules don't resolve seeding
7. Number of times team needed to pick up players during season, loses tie breaker if other tiebreaker rules don't resolve seeding

## FORFEIT PENALTIES AND NOTIFICATION

**First Offense:** Loss of game and warning issued

**Second Offense:** Loss of game and removal from the playoffs

**Third Offense:** Removal from the rest of the schedule

### Notification

If you know in advance that your team is going to forfeit a game, you MUST contact us by 12 pm on the day of the game at [info@zogsportsnj.org](mailto:info@zogsportsnj.org). It is not considered notification unless you receive a reply.

If your decision is not made until after 12 pm, you should still try to reach ZogSportsNJ, and we will make efforts to contact the other team. If we can reach them in time to keep them from



**ZogSportsNJ**

*"Play For Your Cause"*

## **Co-ed Indoor Soccer Rules**

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showing up, no extra penalty. If you do not do this, your team will be eliminated from the rest of the schedule.

There is no additional penalty if you show up short-handed (and need to add other ZogSportsNJ players to field a full team) and have to forfeit the game, since you did make an effort to get a team to play. Once ZogSportsNJ is notified you are forfeiting, it is official (you cannot change your mind), and the other team will be notified.