



**ZogSports**

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**Updated 1/3/12**

### **SUMMARY**

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

### **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.

### **CLOCK/TIME**

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

### **TEAM SIZE/CO-ED RULES**

- 5 players (at least 2 women) at any one time.
  - A team may use up to 5 women if they choose, but maximum 3 men
- Teams 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 number of players are present
- Rosters are not limited in size, but no additional players may be added to the roster after the 2nd week. If you are short-handed during the season you may 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**

Since occasionally, teams may be short players and ZogSports wants everyone to be able play every game possible, we permit teams to pick up non-roster, ZogSports players for your game. Before you get too excited, there are penalties and limitations.

- **Picking up non-roster player** (must be a ZogSports participant) – Penalty is 1 goal per player
  - Team is never allowed to pick up more than two players
- **Team has less than 3 players or 0 women** - the game is an automatic forfeit
- **Team has 3 players** - can pick up 2 players max



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- **Team has 4 players** - can only pick up 1 player (i.e., a team can never pick up extra players to have a sub during the game)
  - **Roster player arrives after the game has started** - non-roster player must be replaced by the roster player and the non-roster player may not re-enter the game.  
Penalty goals stand
  - **DURING THE PLAYOFFS, ONLY PLAYERS ON YOUR ROSTER ARE ALLOWED TO PLAY**
  - **Not informing the referee of picked up players** - A forfeit will be given. Protests in regards to non-roster players must be made before half time

### **UNIFORMS/FOOTWEAR**

- Team Shirts provided by ZogSports
  - If players don't have a jersey with them, ZogSports suggests wearing similar colors to rest of team
- We strongly recommend purchasing indoor soccer shoes (e.g., Adidas Sambas or their equivalent). Cross trainers and other sneakers without a flat bottom are discouraged.
- **SHIN GUARDS AND CUPS (FOR THE GUYS) ARE STRONGLY RECOMMENDED**

### **GAME CANCELLATION**

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

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

### **INDOOR SOCCER RULES**

Referees will have a copy of the rules at the gym. If you have any questions regarding a call that was made (which is rule-based), please ask the referee to refer to the rules if there is disagreement. We also recommend that each team bring their own copy of the rules just in case. Only captains can discuss a rule with the referee and no judgment calls will be discussed. Players will be ejected for unsportsmanlike conduct.

### **START OF PLAY**

- 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
- 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
- In the second half, teams change directions and possession.
- A goal cannot be scored on a direct kick from the kick-off

### **SUBSTITUTIONS**

- Unlimited substitutions of players are permitted
- 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 (designated by the referee)

### **OFFSIDE**

- There is no offside rule



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### 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 7 yards out will be awarded
- 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
- Players are not permitted to be in or pass through the goal box at any time
- When a ball enters the crease, if any part of the ball crosses back across the crease line, the ball is in play
  - It is up to the discretion of the referee whether or not to wait for the ball to pass through the crease as sometimes the ball may be moving too slowly

### FOULS AND MISCONDUCTS

The following are fouls and can result in cards depending on the level of aggressiveness or danger of the foul committed:

- **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 – **Goal or corner kick (depending if an offensive or defensive player touched the ball)**
  - A defensive player 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) – **corner kick\***
  - A defensive player stepping in the goal box and making contact with the ball *preventing a goal in the referee’s judgment* – **penalty kick\*\***
  - An offensive player stepping in the goal box or making contact with the ball in the goal box – **goal kick\*\*\***

*\*Corner Kick – ball should be placed even with the goal line (as if it were extended across the gym)*

*\*\*Penalty Kick – ball should be placed 7 yards from the front of the goal.*

*\*\*\*Goal Kick – ball should be placed at the top of the goal box on the tape*

- Intentional **kick, trip, jump at, strike, hold, push, charge from behind or violent charge**
- **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
- **Handball**
  - 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)
  - Hand ball foul should not be called if
    - Player is instinctively trying to protect him/herself from injury
    - Player did not deliberately touch the ball but the ball hit the player’s arm and the player 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 player should be called for a handball)
- **Slide tackling**
  - Slide tackles will result in a direct kick or yellow card
  - 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



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## **FREE KICKS / CARDS**

### **Free Kicks**

- **All Free Kicks are Direct Kicks**
  - 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
- Free kick is taken from the spot where the foul occurred
- Kicking team must wait for the referee to signal that the ball is back in play

## **CARDS/MAJOR INFRACTIONS**

If any of the above infractions are deemed excessive a card will be issued:

### **Yellow Card**

If a player receives a yellow card (warning) for any reason, he/she will be required to sit out of the game for four minutes. The team will be able to substitute a player for the yellow card recipient. The referee will let the player/team know when the four minute "penalty" has expired. If a team is short players, they will have to play down a player until the penalty expires.

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.

### **Red Card**

- Fighting, swearing, gesturing at or excessive arguing with the referee
- Two yellow card violations
- Multiple instances of excessively dangerous play as deemed by the referee

If a player receives a red card for any reason, he/she will be ejected and their team will need to play one player short for the remainder of the game. The player may also be ejected from his/her next scheduled game

## **IN / OUT OF PLAY**

The ball is out of play and a direct kick from the nearest spot on the court is awarded when:

- It is not safely playable (behind the goal or near an obstruction in the gym)
- It 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.
- It hits the ceiling is also considered out of bounds and a kick is given from below where the ball hit.
- 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

## **STANDINGS**

- Scoring/ Wins, Losses and Ties:
  - Win – 3 points
  - Loss – 0 points
  - Draw - 1 point
- Regular season games ending in a tie score will be recorded as a tie. Sudden death will be used in playoffs
- Standings will be updated to the website weekly



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### **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

### **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 mid court 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**

ZogSports 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 deemed unacceptable by the referee or ZogSports 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 ZogSports 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
- ZogSports reserves the right to ask any offending player to leave the premises



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### **BEER / CLEAN-UP**

Unfortunately beer is not allowed 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 gyms clean and use the trash cans provided. This is really important. **If we do not clean up, we risk losing our permits.**

### **FORFEIT PENALTIES AND NOTIFICATION**

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

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

**Third Offense:** Loss of game and possible removal from remainder of 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@zogsports.org](mailto:info@zogsports.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 ZogSports, and we will make efforts to contact the other team. If we can reach them in time to keep them from 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 ZogSports 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 ZogSports is notified you are forfeiting, it is official (you cannot change your mind), and the other team will be notified.