

OFFICIAL ARENA SOCCER RULEBOOK & PARK POLICIES

Adult Recreational Edition

Abridged: For Players and Spectators

Updated: 3/1/2026



POWAY

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The purpose of this edition of *The Official Rules* is simply to help players and spectators become familiar with the rules of indoor/arena soccer to play and enjoy the game.

Sportsplex USA is dedicated to giving adults an opportunity to participate in recreational team sports while having fun, meeting friends and maintaining a healthy lifestyle. Our Adult Soccer programs are based on keeping winning in perspective but with fair play and good sportsmanship. Our goal is to provide a fun and safe environment for our community to come and enjoy a high-quality Adult Soccer program.

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1. PARK POLICIES

- Sportsplex USA management will determine the condition of all fields in inclement weather and make decisions whether to play or not. For playing conditions, visit www.sportsplexusa.com or call 858-679-4000 Ext *725 for Poway and 619-334-1000 Ext *825 for Santee. Field updates are made at 4 PM Monday through Friday and 8 AM on Saturday and Sunday
- **No smoking of any kind inside the park.** This includes: cigarettes, cigars, chew, cannabis, vaping, etc. Smoking is permitted in the parking lot.
- No beverages, food, seeds allowed on the field. No alcohol allowed in the bench areas at any time.
- Any person(s) being under the influence of alcohol or any other substance that could cause the person(s) to be at risk to themselves and/or others will be removed from the park and could result in further suspension from the park.
- No outside food, beverages, pets, bikes, roller skates, scooters or skateboards are allowed in the park.
- No sound amplifiers of any kind are allowed (including but not limited to air horn, boom box, megaphone, vuvuzela, etc).
- Sportsplex USA will not be responsible for injuries sustained during league or tournament play. Sportsplex USA does not provide insurance coverage for managers, players or spectators.
- Any person(s) that does not conduct themselves in a manner that is conducive with Sportsplex USA's policies or rules can be removed, ejected or suspended from the facility for any length of time to be determined by Sportsplex USA management.
- Any person striking or attempting to strike any player, official, employee or spectator will be suspended from the facility and could face legal repercussions for their actions.
- There is a \$3 entrance charge to enter Sportsplex USA for everyone 18 years of age and older. In return, you will receive a token worth \$3 towards a purchase of any beverage at our Pub.
- Sportsplex USA reserves the right to refuse service to anyone.
- Sportsplex USA reserves the right to make any amendments or adjustments deemed necessary to the policies and rulebook.
- Sportsplex USA aims to provide a professional, knowledgeable, and courteous staff. This includes our referees and scorekeepers. Please contact the Soccer Director or the Manager on Duty, if any of our staff does not meet these standards.

2. PLAYERS CODE OF CONDUCT

The following Players Code of Conduct has been adopted by Sportsplex USA and will be strictly enforced. *Please remember that Sportsplex USA is a family oriented recreational facility, which will make every attempt to maintain these standards for the good of all of those who use the park.*

Any player, manager or spectator that does not conduct themselves in the manner that is conducive with Sportsplex USA's policies or rules can be removed, ejected, suspended from the facility for any length of time and/or face possible legal action to be determined by Sportsplex USA Management.

A) PLAYER & SPECTATOR EXPECTATIONS

(Sportsmanship & Safety is our priority)

NO PLAYER/SPECTATOR SHALL DO THE FOLLOWING OR THEY'LL FACE THE APPROPRIATE MEASURE(S):

1. Push, punch, shove, bump into, strike, or threaten to strike any player, spectator, official or employee of the park.
2. Leave the bench area for any reason, at any time during an altercation on the field of play.
3. Refuse to abide by an official's decision.
4. Display objectionable demonstrations by throwing any piece of equipment in a forceful manner.
5. Discuss with any official in any manner the decision reached by such official, except the team manager or captain.
6. Use unnecessary rough tactics in the playing of the game against another player.
7. Be the aggressor in any physical attack upon any player, official, employee or spectator.
8. Verbally abuse any player, official, employee or spectator for any reason.
9. Use profane, obscene or vulgar language at any time.
10. Appear on the field of play at any time in an intoxicated condition.
11. Spit on the field of play.
12. Smoke inside the park. Smoking only allowed in parking lot.
13. During the game discuss aloud with the spectators in a derogatory or abusive manner regarding any play, decision or personal opinion of officials or other players.

3. PLAYER | TEAM REGISTRATION

- All players must be at least 18 years of age, unless age limit is higher. No exceptions.
- Teams must pay their entire league fee, in full, online or with Soccer Director, prior to the start of the first game. Teams that do not have their entire league fee paid in full, prior to their first game, will be subject to forfeiting their games and a possible suspension from the facility until the fee is paid in full.
- Priority is given to the current season teams. New and former teams will be brought in after the 9th (ninth) game, assuming they have registered, paid the \$100 deposit, and there are spots open. If a team doesn't make it, the \$100 deposit will be refunded.
- In addition to the league fee, an Officials Fee of \$25 per game must be paid in cash before the start of each game, directly to the scorekeeper at the field.
- A Forfeit Deposit of \$50 must be paid by all new teams. This covers the staff fee if the team is a no show for their last game of the season. That team will no longer be eligible for future seasons.
- If no forfeits occur during the season for a particular team, the forfeit deposit "rolls over" to the new season, or is returned to the team if requested. If a team forfeits a game during the season, they will be required to pay per the Forfeit Schedule [see 8) Forfeits].
- The team league fee, including deposit, is non-refundable or transferable.
- All players are required to sign the Official Sportsplex USA Team Roster prior to playing in their first game of every season.
- Team rosters will be limited to a minimum of 6 players and a maximum of 20 players.

- Players must be present to be added to the roster. Players can be added to the roster through the 9th (ninth) game of the season. No additions in the last week, UNLESS the team has a double header in the last week and can add players in the first game of the double header, if they have spots.

A) TEAM MANAGER RESPONSIBILITY

The team manager is the principal link between Sportsplex USA and their team. It is the manager's responsibility to obtain all information regarding league play at Sportsplex USA. The team manager should:

1. Know all rules and policies and to inform their players of the rules and/or updates.
2. Make sure all team fees are paid in full before the team's first game.
3. Make sure each player on his/her team has signed their team's official roster.
4. Help avoid forfeits by having players arrive to their game prior to the game time.
5. Be responsible for the conduct of their players. Good sportsmanship is expected by all managers, players, and spectators.
6. Inform the Soccer Director of any possible forfeits at least 24 hours in advance.
7. Inform the Soccer Director of any changes in contact information (i.e. phone number, email address, etc.)

4. LEAGUE FORMAT

- Every league consists of several divisions (see below) which are designed to keep a fair level of competition amongst the league. Teams can be moved up or down in divisions based on the League Director's discretion and without prior notice or team approval.
- Division A – Advanced Level of Competition
- Division B – Upper Intermediate Level of Competition
- Division C – Intermediate Level of Competition
- Division D – Lower Intermediate and Beginner Level of Competition
- Division Open – Any skill level
- Men's divisions A & B are unlimited goals per player. Men's Divisions C, D & Open are limited to a 4 goal maximum per player. All Coed divisions have a 4 goal max per player (male or female). If a player scores a fifth goal, he/she will be given a 2-minute penalty (Blue card) and lose possession of the ball. The opposing team will restart with a goalkeeper throw in.
- Experienced players must tone down their level of play in lower divisions or they may be removed from the division.
- Players can play on 3 different teams on the same night BUT not in the same division AND must be within two divisions. Players in division A cannot play in D or vice versa. **No more than 2 players from the same team can play on another team the same night.**
- League play is year round and there is not any break between seasons.
- Teams are allowed a maximum of 3 players between the ages 25-29 in the 30+ leagues, 35-39 in the 40+ leagues, and 44-49 in the 50+ leagues.

A) SCHEDULES

- All games are played during the following PM time slots: 6:00, 6:50, 7:40, 8:30, 9:20 and 10:10. Ideally, each team will have a balanced schedule, but scheduling is not exact, and the final game times will be determined by the Soccer Director.
- The first-game schedule will be available 3 days prior to your first night of play. Game times are available online and through the official Sportsplex USA app.
- The full-season schedule will be posted no later than 3 days prior to your third night of play. Unforeseen circumstances could dictate how many games are posted at a time.
- Games cancelled due to unusual circumstances and/or weather will be rescheduled to a later date or at the end of the season. In some cases, if we're unable to reschedule, the team could receive a credit toward the following season.
- The season is normally 10 games in length. In unusual cases or depending on the number of teams in the league, a season may be extended to 11 weeks or be reduced to 8 weeks. Regardless, each team will still receive 10 games.

B) STANDINGS

- Total points determine the ranking. Two points are given for a win, 1 point for a tie and 0 points for a loss. If teams are tied in points, the tiebreaker will be determined by the following: 1) Head to Head, 2) Goals Allowed, 3) Goal Differential, and 4) Coin Toss.
- Awards packages are awarded to 1st and 2nd place.

5. UNIFORM | EQUIPMENT | PLAYER CARDS

- Effective June 30, 2025, all teams are required to wear **MATCHING** jerseys/shirts/pinnies **with numbers**.
- The schedule shows color associated with the team.
- Goalkeeper jersey/shirt/pinnie color must distinguish from all field players.
- During a color conflict, the Home team keeps theirs on and Away wear their alternates. If Home aren't wearing matching and the Away team is wearing matching, then the Away team keeps theirs on and Home must wear their alternates. Otherwise, the Away team is required to wear their alternate color.
- **WE DON'T HAVE PINNIES.** If a team didn't bring their alternates, the team may need to forfeit and either pay both team's fees OR be invoiced for the \$100 no show fee.
- If a team is not ready to go at game start time (e.g. payment and/or valid player cards not turned in, don't have minimum number of players to start, the goal(s) penalty may be incurred. Otherwise, the team may need to forfeit and either pay both team's fees OR be invoiced for the \$100 no show fee.
- Shin Guards are **MANDATORY**.
- Fitbits, watches and similar **MUST** be covered by a padded sweatband.
- Dangling earrings and nose rings must be removed due to safety.
- Necklaces must be placed under shirt or removed.
- Soccer cleats, turf shoes and/or running shoes are acceptable footwear. **FOOTBALL, BASEBALL, METAL/REPLACEABLE CLEATS, CLOGS, FLIP FLOPS, AND SLIDERS ARE NOT ACCEPTABLE.**
- A size 5 soccer ball is used in all leagues.

- All players must purchase an Official Sportsplex USA **Player's Card** prior to playing in their first game – valid for one year. Each game thereafter, all players are required to present their Player Card to the Scorekeeper prior to the start of the game. All players are responsible for their own Player Card. Should any player lose/forget/destroy their Player Card, they will be required to purchase another card before they are permitted to play. However, a valid Driver's License can be used as an exception only once per season.

6. TEAMS | PLAYERS

- All adult leagues consist of 5 field players and 1 goalkeeper.
- Only players on the team roster who have their Player Card present are permitted in the team bench areas. Spectators (e.g. friends, children, etc.) **ARE NOT** allowed in the team bench areas.

A) GENDER IDENTITIES (per the United States Soccer Federation [USSF] Policy Manual)

- For the purposes of registration on gender-based amateur teams, a player may register with the gender team with which the player identifies, and confirmation sufficient for guaranteeing access shall be satisfied by documentation or evidence that shows the stated gender is sincerely held, and part of a person's core identity.

Documentation satisfying the herein stated standard includes, but is not limited to, government-issued documentation or documentation prepared by a health care provider, counselor, or other qualified professional not related to the player.

B) EMERGENCY PLAYERS

- Assuming teams have the minimum 4 rostered players to start (2 male + 2 female in coed), teams can use/borrow emergency players, **up to one substitute (per gender in Coed) on the bench**. Emergency players must have a valid Player Card, DO NOT sign roster, nor can they score or play goalkeeper. Should any emergency player score a goal, the goal will not count and he/she will receive a 2-minute penalty (Blue card).

7. GAME FORMAT

- ONLY players with a valid player card and roster signed (unless emergency player) are allowed in the bench areas – NO EXCEPTIONS
- Officials fee of \$25 CASH must be paid to scorekeeper prior to start of game.
- A regulation game consists of two 22-minute halves with a 1-minute halftime.
- All games will be considered final if a game is stopped for any reason. Current score at stoppage will count as final.
- Each team is allowed one 30-second timeout per game. A timeout can be called by field players on any dead ball as long as the team has possession of the ball or after any goal is scored. Goalkeepers can call a timeout during live play, as long as they have the ball in their arms and in their goalie box. **Timeouts can only be granted by the Referee, NOT the Scorekeeper**. If a timeout is granted, but that team has already used their one timeout, that team will be given a 2-minute penalty (Blue card).
- Time will be stopped within 30 seconds of the 2nd (second) half if there's a one or two goal difference on any dead ball.

- Except in the case of an unusual delay, determined by the Referee, the game clock counts down continuously through each half or overtime period (playoffs or tournament play).
- If a player shoots on goal and the ball does not cross the goal line before regulation time expires, the goal will NOT count.

A) TIEBREAKERS - Tournaments

- If tied at the end of regulation during a regular season game, the game will end in a tie.
- If tied at the end of regulation of a Semi-Final Tournament game, both teams will go straight to Penalty Kicks.
- If tied at the end of regulation of a Final Tournament game, a 5-minute “sudden-death” overtime period takes place. Team fouls will carry over into overtime. First team to score wins. If still tied after overtime, then Penalty Kicks.
- Penalty Kicks consist of 5 different shooters and a goalkeeper. The goalkeeper who ended the game must serve as the goalkeeper during the shootout. The goalkeeper can act as one of the shooters. The visiting/away team shoots first. The ball is placed on the spot at the top of the keeper box. The goalkeeper must have both feet touching the goal line. All remaining players must be behind the line closest to the goal and center line. Once the shooter takes the shot, the goalkeeper can come off the goal line. Ball is live on whistle. Rebounds are not allowed. Should the goalkeeper commit a foul, the shooter will be granted a second attempt at the penalty kick. Should the goalkeeper commit a second foul, the shooter will be awarded the goal.
- The Penalty Kicks are a “best of five” format. Whichever team scores more goals with the allotted slots is the winner. If both teams are tied in goals, a “sudden death” shootout occurs. Each team will be given one opportunity to score a goal, switching different shooters each time. This procedure will continue until one team misses their penalty kick. If all eligible players participated, the previous shooters (in the same order) will be given another attempt.
- Same rules apply for Coed Tiebreaker Penalty Kicks, with the addition of the shooting order, which is: M, F, M, F, M.

8. FORFEITS

- Teams must have a minimum of 4 rostered players present to start the game. Coed leagues must have 2 male and 2 female ROSTERED players present. All games will start as scheduled. If a team is not ready (not enough players, hasn't paid, and/or submitted all valid player cards, a goal is awarded to the opponent after 2 minutes, then another goal is awarded after 4 minutes. The game is forfeited after 5 minutes if a team does not have the minimum number of players present, unless the opponent is willing to wait. If forfeit, the team that wins by forfeit, will receive a 3 nil (3-0) win. The forfeiting team is responsible for both team's game fee and if not paid, will be invoiced \$100 as a no show forfeit fee.
- Any team found using ineligible players during their game will forfeit that game, however an official protest must be made with the Soccer Director or Manager on Duty during that game and prior to the start of the 2nd half. Any protests made during the 2nd half and/or after the game will not affect the results of that specific game. If an official protest has been made and that player has been found to be an eligible player, the protesting team will receive a 4-minute penalty.

- During the game, if the referee has deemed the play “unplayable” and stops the game, the team leading in score would get the win BUT both teams may also be given a forfeit.
- Teams may purposely forfeit during the game due to injury, and/or safety concerns . They could still be responsible for the opponent’s ref fee, if done in the first half.
- Team managers are responsible to notify the Soccer Director of any potential team forfeits in advance. Forfeit fees will be as follows:
 - \$50 at least 24 hours notice*
 - \$75 for same day
 - \$100 for No Shows
 - If a team has two forfeits during the same season, they could be subject to immediate removal from the league without refund. Two forfeits during a season could disqualify that team from the following and subsequent seasons

9. DURING THE GAME

A) KICK-OFF

- Teams switch sides to start game
- Home team will kick-off at the beginning of the game. The kick-off can be in any direction. The kick-off must be taken within 5 seconds of the referee’s whistle. If the team kicking off is offside during the kickoff, they will lose possession and the opposing team will be awarded a free kick.

B) GAME TIME SUBSTITUTIONS

- A player can substitute at any time during the game, other than a Penalty Shot
- The player coming off the field must touch the side board (at the team’s bench area) before the substitute player can enter the field. Any team who commits an illegal substitution will receive a 2-minute penalty which can be served by any player. **The Referee or Scorekeeper can issue the 2-minute penalty.**
- Jumping over the boards IS NOT permitted. Players who jump over the boards will be given a 2-minute penalty (Blue card).

C) RESTARTS

- All restarts are Direct Kicks (can be indirect if player chooses) and require the Referee’s instruction to continue play.
- If the ball hits the referee and possession changes, the game will be stopped and a free kick will be awarded to the team originally in possession.
- Teams may (and should) ask for opponent to stand 10 feet away from the ball on all restarts. Any player who commits encroachment (this includes jumping towards the ball and/or sticking your leg towards the ball) will be given a 2-minute penalty (blue card). If player doesn’t ask for yards, proceeds to kick ball/make play, and opponent gets in way, without encroaching, play continues.

- **There are no Goal Kicks.** Balls that are kicked into the net above the goal, by the opposing team, will restart with a Goalkeeper Throw-In. Goalkeepers have 5 seconds to throw the ball in. Goalkeepers cannot drop-kick or punt the ball.
- Corner Kicks are awarded when the defending team is last to touch the ball before going out of play above their goal. Corner Kicks must be taken from the Corner Kick circle.
- During a Penalty Shootout, the ball is placed on the 3rd line. All other players must line up along the half line, with the defending team inside the circle and the offensive team outside the circle. The Goalkeeper must start with both feet touching the goal line. Upon the Referee's whistle, the ball is LIVE, and all players can resume play. If the Goalkeeper commits a foul, the Penalty Shootout will be taken again. If the Goalkeeper commits a second foul, the goal will be awarded. **Rebounds are allowed.**
- If a Penalty Shootout is awarded and regulation time expires, 5 seconds will be added to the clock to allow the penalty to play out.

D) PERSONAL FOULS

All fouls are ultimately up to the Referee's and/or the Soccer Director's discretion

- Pushing, with any part of the body
- Tripping, Clipping, Hacking, accidental or not
- Holding, Grabbing, Tugging of a player and/or uniform
- Charging into another player, accidental or not
- Dangerous play, i.e. High Kick, Bicycle/Scissor Kick, 50/50 Jump Ball, Diving Header, Sliding, etc.
- Obstruction
- Shielding after 4 touches for men (Coed)

E) PENALTY SHOOTOUTS

All personal fouls are tallied. After the sixth (6th) personal foul, a Penalty Shootout is awarded to the opposing team. Another Penalty Shootout is awarded for every fourth foul after that (i.e. 10th, 14th, etc.).

- Everyone goes on the whistle – **BALL IS LIVE ON WHISTLE**
- Ball is placed on the 3rd line
- Keeper's feet must be touching the goal line
- Shooter lines up behind ball and all others behind the half line, with defensive players inside the circle and offensive players outside the circle.
- Referee will confirm all players are ready, then whistle
- Rebounds are allowed.

F) PROCEDURAL FOULS

All fouls are ultimately up to the Referee's and/or the Soccer Director's discretion. Procedural fouls are NOT tallied and do not count toward a PK.

- Three-Line violation (a ball that travels, in the air, over all three lines. Reverse Three-Line is allowed)
- Passing back to the Goalkeeper and keeper uses hands
- Unintentional Handball
- Five consecutive touches (Coed leagues only)
- If any foul is committed in keeper's box, ball is placed at spot on top of box and defenders line up on hash mark

G) PENALTY CARDS

All cards given are ultimately up to the Referee's and/or the Soccer Director's discretion

- **BLUE CARD:** Indicates a 2-minute penalty. This penalty expires if the opposing team scores during the Power Play. If both teams are given a 2-minute penalty, the penalty does not expire, regardless of which team scores. This penalty does not count towards a PK. The following are (but not limited to) offenses:
 1. Encroachment
 2. Intentional Handball
 3. Delay of Game
 4. Slide Tackling (can be a Yellow/Red depending on seriousness)
 5. Boarding (can be a Yellow/Red depending on seriousness)
 6. Taunting on the field and/or from the bench area
 7. Jumping over the boards
 8. Using foul and/or offensive language towards any player and/or spectator
 9. Fouling to prevent a breakaway
- **YELLOW CARD:** Indicates a 4-minute penalty. This penalty does not expire if the other team scores during the Power Play. The following are (but not limited to) offenses:
 1. Two Blue cards
 2. Any foul deemed flagrant
 3. Dissent toward ref
 4. Using foul language and/or gestures towards players, spectators, and/or officials
 5. Provoking an altercation (i.e. pushing, poking, short of fighting, or using the ball in so doing)
- **RED CARD:** Indicates an immediate game ejection, 5-minute penalty and suspension. Any player who receives a Red Card is immediately ejected from the game and must leave the parks premises. If the player refuses to leave the premises, their team will forfeit the game and Authorities can be notified for trespassing. The ejected player may also receive additional game suspensions, of any length of time, and possible permanent suspension. Furthermore, the ejected player is not permitted to enter the Sportsplex USA premises, for any reason, during the suspension, unless approved by management. The ejected player may be replaced on the field; however his/her replacement must serve the 5-minute penalty. This penalty does not expire if the opposing team scores during the Power Play. The following are (but not limited to) offenses:

1. Three Blue Cards **or** Two Blues + Yellow **or** Two Yellows
2. Any provocation or retaliation above the shoulders
3. Elbowing: Intentionally elbowing a player
4. Fighting/punching/slapping, even if they don't land
5. Leaving the bench area during an altercation with the opposing team
6. Spitting at an opponent, spectator and/or game official
7. Persistent foul language/gestures and/or threats of any kind toward any player, spectator, or official
8. Bodily contact with any official

H) DOUBLE JEOPARDY is only applicable if a team purposely commits a card-worthy foul, so that it won't count toward a personal foul tally, and thereby keeping the opponent from a penalty shot.

I) SOCCER BALL RETRIEVAL

- The last team to touch the ball prior to it leaving the arena is responsible for retrieving the ball. Any team that does not retrieve the ball is subject to a 2-minute penalty. Lost balls will be charged \$40 to the team.

J) GOALKEEPERS

- Goalkeepers cannot punt or dropkick the ball.
- Goalkeepers cannot intentionally bring the ball in to the box with their feet and then handle the ball.
- Goalkeepers cannot handle the ball with hands if a teammate passes to them by using their foot. A pass back to the goalkeeper with any other part of the body is legal (head, chest, etc.).
- In Coed, male Goalkeepers are allowed 4 consecutive touches, once possession is gained. However, rolling/passing the ball out to themselves, counts as one touch.
- Once a Goalkeeper has possession of the ball, whether by feet or hands, they will have 5 seconds to move the ball out of their goal box area. Failure to do so will result in a free kick at the top of the box for the opposing team.
- Goalkeepers are the only players that are allowed to slide and it must be within the penalty box. If the momentum of the slide carries the goalkeeper outside of the box, the play is legal (this is a subjective call and is ultimately up to the referee's discretion). For example, if the keeper comes out of box w/ cleats out, that can be ruled as a foul.
- Goalkeepers that receive a Blue card for any reason, do not have to serve the penalty. Any teammate (of the same gender in Coed leagues) currently on the field can serve the penalty. Goalkeepers that receive a yellow or red card must serve the penalty.

K) MISCELLANEOUS

- Teams cannot win by a goal differential of more than 10 goals. Teams can continue to score unlimited goals during the game; however the score in the standings will remain at a 10 goal differential.

10. COED LEAGUES

- Coed Leagues are an alternative for male and female recreational players. It is our main concern to keep a low level of intensity. The rules of all coed divisions are specifically designed to provide extra protection to participants (particularly female) to ensure safe play. Bullying, taunting and showing up other players is not tolerated and will be dealt with accordingly.
- All goals scored count as 1 point. Female players DO NOT receive 2 points for each goal.
- No more than 3 males OR 4 females can be on the field at any time.
- All players, female and male, are limited to 4 (four) goals per game. If a player scores a fifth goal, he/she will be given a 2-minute penalty (Blue card) and lose possession of the ball. The opposing team will restart with a goalkeeper throw in.
- Females have unlimited touches. Male players have a maximum of 4 consecutive touches on the ball per possession. If the ball is touched by another player (from either team - deflected or stolen), the male player's touches will reset. Goalkeepers may roll/pass the ball out of their box to them self, however the consecutive touch count begins with their roll and counts as one touch. If a male player touches the ball 5 consecutive times, a free kick is given from the spot of the foul.
- If any male goalkeeper is given a penalty card, then a male player must serve the penalty. You cannot have a female player serve the penalty. Furthermore, during the penalty, you cannot substitute a female player for a male player to have 3 male players on the field.

11. FEDERAL, STATE, AND LOCAL CONCUSSION LAWS

Sportsplex USA shares the concerns being raised on a national and local level regarding concussions and concussion symptoms in participants, coaches/managers and umpires/referees at Sportsplex USA Facilities. Sportsplex USA encourages its directors, umpires, coaches, referees, teams, team managers, and all adults involved in youth activities and participants to learn all they can about concussions in athletics and requires each of them and all Sportsplex USA management staff to follow all federal, state and local laws (including concussion training and reaction laws) with regard to athletic competition at Sportsplex USA. In addition, Sportsplex USA hereby adds the following to the rule books of each Sportsplex USA sport league or activity which does not defer to another organization for its rule book.

Upon becoming aware that a participant, player or coach/manager of his team has received a suspected concussion (or has been struck in the head area with any significant force), the Team Manager, or acting Manager will not allow that person to participate in any Sportsplex USA event, league or activity. If suspected concussion occurs during a Sportsplex USA event, league or activity, the Team Manager or acting Manager shall have that person removed from the playing field, or contest immediately. Upon becoming aware that a participant, player, or umpire/referee has received a suspected concussion (or has been struck in the head area with any significant force), a Sportsplex USA umpire/referee or director will have that person removed from the playing field or contest at Sportsplex USA immediately. Without a written medical clearance from a licensed medical doctor to return to play, such persons will not be allowed to return to participate in any Sportsplex USA event, league or activity.

For umpires/referees, the medical written consent must be presented to the Team Manager and retained permanently by the Sportsplex USA league management office. For participants and coaches/managers, the medical written medical consent must be presented to the Team Manager and retained permanently by the Team Manager. Any Team Manager, who allows an injured player to participate during a Sportsplex USA event, league, activity or playing field without first obtaining the required written consent, may be suspended by the Sportsplex USA Soccer Director for up to one year and upon request of the Sportsplex USA Soccer Director or Sportsplex USA General Manager, may be suspended for a longer duration.

In the event of severe head trauma during a Sportsplex USA event, league or activity, the injured person will not be moved and an ambulance will be called, unless otherwise directed by a qualified medical professional. The parent or guardian of the injured person, however, will not be bound by this protocol and may choose a different approach consistent with their legal rights as the parent or guardian.