



VB Field House Indoor Soccer

Adult League Policies and Procedures

COVID-19 POLICIES IN FACILITY

As we continue to work through our indoor policies in conjunction with the State Health Department for the best interest of general health and safety, our primary goal is to provide players the opportunity to remain active.

- All teams will enter through the main entrance, check in with the front desk, and then proceed to the field. Roster checks will be completed on the field, have your ID ready.
- Teams may enter the playing field once the staff disinfecting procedures have been completed.
- Masks must be worn at all times by non-playing occupants and staff; masks will also be worn by players, to/from fields until you are outside the facility.
- Substitutes must socially distance, when practicable, on the bench.

PRE-SEASON

REGISTRATION

Please note: Teams currently playing have priority for the upcoming leagues. All new teams may be placed on the waitlist. Current teams will have up to the last regular season game to re-register. Schedules will then be created and teams will be notified for the upcoming season.

CHECK SCHEDULE REGULARLY – Schedule may change week from week based on COVID, Team Adjustments, etc...

DOUBLE ROSTERING

Players may be double rostered on teams that are in different divisions (leagues) but cannot play on another team within the same division/league.

LEVELS OF COMPETITION

We reserve the right to move teams up or down a division each season. This is done in the spirit of maintaining parity in a given division.

Any player 18 years or older is eligible to play in our adult leagues. Players may participate in more than one division and league.

Coed Leagues must always have at least 2 women and 2 men on the field of play. If a team has only one woman on the field of play, a team must play down a player until another woman fills that spot. If a team has no women, the team will play 2-players down.

ROSTERS

We recommend a roster of 10-12 players. The maximum roster size will be 15 players. A roster size may be larger only under certain circumstances with a League Coordinator's approval.

PRE-GAME:

SPORTSMANSHIP

Individuals are expected to play under control and within the rules of the game, and to the best of their ability will avoid causing injury to themselves and other persons using the facility.

GAME BALLS

The Field House will provide the game ball. If a substitute ball would like to be used, it must have approval from the referee and both team captains.

EQUIPMENT

Teams are required to have matching uniforms. A "uniform" is defined by matching colored shirts. Rubber molded cleats, turf shoes, and tennis shoes are allowed. Shin guards are required for all leagues. **A player CANNOT wear metal spikes.**

GUEST PLAYERS - ([Guest Player Form](#))

A guest player is allowed for any league game. **The fee is \$15 – 2 game maximum per night (double-header only).**

- I. The team captain must submit a Guest Player Request via [Guest Player Form](#).
- II. All guest players must have an active VBFH account and up-to-date waiver to guest play. A guest player cannot be a registered player within the same division, and the guest player should be appropriately skilled for the league they are guest playing in.
- III. Upon paying, a Guest Player Paid slip will be given and must be presented to the League Supervisor on the court/field. Failure to present the paid slip will result with the player unable to play.
- IV. Guest Player fees can be applied to the registration fee by the roster lock date (week 4) for players that want to be added to the roster. Any guest players looking to be added to the roster after week 4 will need approval of the League Coordinator, as well as a flat fee of \$45 will be charged.
- V. No guest players will be allowed during playoffs/ postseason play unless approved by the League Coordinator for that specific league.

Teams violating any of the general rules regarding guest players may result in a forfeit for their game. Any team playing for the division championship (Play-off games) will not be allowed to use any guest players for that game. All players who play in the play-off and championship game must be on their team's original roster from the roster freeze date.

WARM-UP AREA

VBFH does not guarantee any areas for teams to warm-up prior to their games. Teams will have at minimum two minutes to warm-up prior to the start of the game. There is no guarantee that these two minutes will be available.

IN-GAME

COMPETITION FORMAT & RULES

Official FIFA Rules and Regulations as stated under the Laws of The Game will be enforced. Exceptions are noted below under the Field House Rules.

FIELD HOUSE RULES

- **Game Time:** 20 MINUTE HALVES, running clock; No Time-Outs.
- **Out of Bounds:** The ball is in play throughout the arena. Any ball touching the side netting, the netting behind the goal, ceiling netting or entering a team box is considered out of bounds and a kick will be awarded to the team that did not touch the ball last. The ball will be placed directly below or the spot closest to where the ball touched the netting or went out or just outside the goalie box if the ball touches the ceiling net inside the goalie box will be a goal kick.
- **Substitutions:** Substitutions are free and unlimited if such substitutions do not interfere with the flow of the game. The subbing player must be within the bench area (½ wall) in order for the player to enter the field of play. Teams that violate this rule will be given a warning for having too many players on the field by the referee. If a team has been warned but continues to ignore this rule, then the referee will award a direct kick to the opposing team from the 35-foot mark (top of the arc). Any team that continues to make illegal substitutions after the opposing team is awarded a free kick will be given a team yellow card. Teams may substitute for the goalkeeper during play. The referee should be notified of a change in goalkeeper. Play will stop for goalkeeper substitution at the referee's discretion.
- **Slide Tackling:** Slide tackling is NOT allowed. The referee may award a card, depending on the aggressiveness of the infraction.
- **Goalkeepers:** after gaining possession, goalkeepers cannot punt or drop kick the ball. The goalkeeper must release the ball within 5 seconds. If there is obstruction or inadvertent charging committed against the goalkeeper, the referee will award a free kick. Violent or serious foul play against the goalkeeper may result in a yellow or red card.

- **Free Kicks:** A free kick will be determined on the location of the infraction on the field. All kicks will be DIRECT.
- **3-Line Rule:** If a 3-line infraction occurs when the ball crosses all three lines of the field of play in the air without contact from a player. The restart or ball will be placed on the attacking red-line.
- **Boarding:** Boarding is a penalty when a player makes contact with a defenseless opposing player into the boards. Defenseless means that he has his/her back to the checking player or no longer has a play on the ball. ***Boarding is not permitted and will be considered a dangerous play and will be subjected to a yellow card, red card, or ejection from the league per the Referee's / League's discretion****
- **Penalty Kicks:** Penalty kicks shall be taken from the penalty area near the top of the arc of the keeper box. The keeper must stand with heels on the goal line until the kick is taken. When the whistle is blown, the kicker has 5 seconds to make his/her direct kick. If a player does not kick the ball within 5 seconds, then the penalty kick will be taken away and the defense will obtain possession of the ball. In penalty kick shootouts for Coed Leagues, at least two female players must kick for each side. The player taking the penalty kick may take as many steps as desired.
- **Teams:** A game is played by two registered and rostered teams having a recommended roster size of 10-15 eligible players. No fewer than five (5) or more than seven (7) players from each team shall occupy the field during each half. Each team must have a Goalkeeper, having the privileges specified under these rules.
 - Coed Divisions: all teams must have at least two (2) female and (2) male field players to be on the field during play.
 - *If teams are unable to field two (2) female players then they shall play short, meaning if only one female player is present, they will play with one less player, and if no female players are present, they will play with 2 less players.
- **Bench Area:** No other personnel may occupy the team bench, including spectators, minor children of players and coaches, and parents. The bench is for players and coaches only. Injured players that have not dressed for the game, but are on the roster, are permitted on the bench.

YELLOW AND RED CARDS (No Blue Cards/ No Counting of Team Fouls)

All cards given by referees are final and are not subject to protest.

Yellow Card Policy: Any player that receives a yellow card will be sent off for a three-minute penalty. The team of that carded player shall play a person down for the duration of those three minutes. If a team receives a team yellow card, the manager shall pull one player off the field to serve the mandatory three-minute penalty. The referee shall keep track of the three-minute penalty and inform the penalized team when the penalty is completed, at which time the team shall play at full strength.

Red Card Policy: Any player that receives a red card shall be sent completely off the playing area and shall not return - which includes the bench area. If a player receives a yellow card and receives a second yellow card or a red card while on the bench serving the three-minute penalty, the team shall play the rest of the game a player down.

Any player that is red carded for their conduct on the bench shall be sent completely off the playing area and shall not return. The team does not play down a person. If a team receives a team red card, the manager shall pull one player off the field and the team shall play the rest of the game one player down.

A player that is red carded during or after a game by a referee will automatically be suspended for the next game of the league in which they received the red card. In the case of a double header, if a player is red carded during their first game of the night, they must sit out their next game. The suspension is then considered served. However, if a player is red carded in the second game of the night, they must serve the one-week suspension as outlined above. If a player is ejected in the last game of a season (he/she) will be prohibited from playing in the first game after he/she registers for another session.

Any team that causes a game to be called by the referee before time has expired due to unsportsmanlike conduct or extreme unsafe play shall forfeit that game. VBFH has a ZERO TOLERANCE POLICY toward fighting. Anyone fighting will be ejected and they will be banned from the facility.

OFFICIAL GAMES

A game is considered "official" after one completed half of play. If there is an injury or other unforeseen circumstance such as a power outage, the current score will stand as official once a half has been played.

FORFEITED GAMES (Game results will be 4-0)

Team captains must call or email the Virginia Beach Field House (VBFH) at least 2 hrs. prior to game time to inform them of the forfeit (players cannot cancel a game, only the team captain). VBFH will then notify the other team.

If a team shows up to play and the opposing team does not show up, then the team present will win by forfeit. In the case of a forfeited game, players from the teams are normally allowed to use the field, to practice, scrimmage, etc. However, VBFH reserves the right to use the field, at that time, for other activities at the discretion of management.

Forfeiture will be incurred if a team has failed to field the minimum number of players (5 rostered player minimum) within ten minutes from the start of the game clock. If at any point during the game if a team cannot field 5 rostered players, the team will forfeit. This includes playing down due to yellow cards, red cards, or injuries.

Teams incurring forfeitures during a session may not be allowed to play in subsequent sessions. A game clock will not stop once it has started, and it will not be reset if a team shows

up late. Any team no show will result in a 4-0 victory for the opposing team and no rescheduled game will be given.

MAKE-UPS

If a team is unable to play a scheduled game, the opposing team may choose to accept a 4-0 forfeit. If both teams agree to a make-up, they will be offered possible times from the facility management office. It will be the team manager's responsibility to coordinate and select one of the available times and confirm the new game time. Failure to do so will result in the game being forfeited. VBFH is not responsible for teams that neglect this rule and fail to notify the opposing team that they are not going to make a scheduled game. VBFH does not guarantee that all rescheduling requests will be honored.

POST GAME

POINT SYSTEM AND TIEBREAKERS

The determination within the group standings is as follows:

- 3 points – Win
- 1 point – Tie
- 0 points – Loss

Forfeited games are recorded as a 4-0 loss for the forfeiting team.

TIEBREAKERS

- Head-To-Head
- Goals Against
- Goal Difference
- Goals For
- Flip of a Coin

If the teams tie in their playoff game, a 5-minute "golden ball" (sudden death) will occur. If no team scores, then we will go to a 5-player penalty kick shootout will take place until a winner is determined. In shootouts for Coed Leagues, at least two female players must kick for each side.

REFEREES: ([VBFH Referee Evaluation](#))

Referees appointed to officiate each game have complete authority on the field of play, and their decisions on points of fact connected with the game are final. Officiating will be monitored and assessed periodically, and management will always try to provide quality officiating at the facility. Constructive comments regarding officiating are welcome and encouraged. Please submit any such comments in writing via email or the [VBFH Referee Evaluation](#) stop by the front desk and ask for a game evaluation form.

Complaints regarding officials should be submitted in writing via email or [VBFH Referee Evaluation](#). Please include the game date, time, and field number, and have your name and

the name of your team at the top. Teams are asked not to discuss officiating in a game immediately following their game. The League Coordinator will take seriously all complaints written 24 hours after a game. The staff will not take serious complaints directed at him/her immediately following a game, verbal or written. The League Coordinator will not overturn any calls made by the referee during a game.

If a team suspects an illegal player or other illegal activity associated with another team, they should inform the staff immediately. If this activity is discovered after the game is completed, the team should file a formal protest to the League Coordinator. Do not discuss officiating or the officials with the facility staff during or immediately after your game.