



2023-2024

v.7

(updated 1/1/23)

***Virginia Beach Field House Adult Soccer
League, VBFHASL, Policies and Procedures***

1. VBFH CHECK IN PROCEDURES

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.

1.1 Entrance to building. 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, so please have your ID ready.

1.2. Entrance to Playing Area. Teams may enter the playing field through the side field doors. This allows players leaving the field to do so unfettered.

2. PRE-SEASON

2.1 REGISTRATION

The registration window for the next season will be communicated to the league at the beginning of each season. Please note: Teams may be placed on a waitlist even when registering prior to the deadline. It is always advisable to register as early as possible.

CHECK SCHEDULE REGULARLY – Schedule is subject to change week from week based on several factors

2.2 DOUBLE ROSTERING

Players may be double rostered on teams that are in different divisions but cannot play on another team within the same division. Divisions are defined as Premier, A, B, and Classic. example: The B1 division is a different division than the Tuesday or Wednesday B1 division.

2.3 LEVELS OF COMPETITION

2.3.1 Relegation & Promotion: We reserve the right to move teams up (promote) or move down (relegate) a division each season. This is done in the spirit of maintaining parity.

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

2.3.3 Coed Leagues: Coed teams must always have at least 1 female on the field of play. A co-ed team can field no more than 5 male players, regardless of position. A co-ed team cannot begin play with an all female, or an all male team.

2.3.4 Leagues and Divisions: Each night of the week is considered a league. Within that league will be divisions; Premier, A, B1, B2, B3, and Classic. For example, the Tuesday B1 is a different division than the Wednesday B1

2.4 ROSTERS

2.4.1 The maximum roster size will be fifteen (15) players.

2.4.2 A team must have 7 rostered players to remain on the schedule.

2.4.3 A team must have at least four (5) players on the field to begin/continue play

2.4.4 Players are required to show ID before being checked in

3. PRE-GAME:

3.1 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.

3.2 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.

3.3 EQUIPMENT

3.3.1. Uniforms. Teams are required to have matching uniforms. A uniform is defined by matching colored shirts. Goalkeepers will wear a jersey that differs in color from both their team, and the opposition. It is expected of every player to have a white and a dark shirt to play in.

3.3.1.1 - Similar Uniforms. If both, or neither, teams are wearing distinct uniforms (distinct uniforms will be determined by VBFH staff); and the uniforms are similar in color, as determined by the referee, the home team shall change uniforms or wear pinnies provided by the VBFH. If one of the teams is the reigning champion of that league/division, the other team, regardless of home or away status, will be required to change uniforms or wear pinnies provided by the VBFH.

3.3.1.2 - Similar Uniforms. If one team is wearing distinct uniforms (distinct uniform will be determined by VBFH staff) and the other team is not; and the uniforms are similar in color, as determined by the referee, the team not wearing a distinct uniform will be required to change shirts or wear pinnies provided by the VBFH.

3.3.2. Shoes. Rubber molded cleats, turf shoes, and tennis shoes are allowed. A player cannot wear metal spikes.

3.3.3. Shin Guards. Shin guards are required for all leagues.

3.3.4. Jewelry. Any jewelry as determined by the referee to be unsafe must be removed or altered/covered to be made safe.

3.4 GUEST PLAYERS

3.4.1. Guest players. Guest players are allowed for any regular season league game.

3.4.2. Player Waiver. All guest players must have an active VBFH account and up-to-date waiver to play.

3.4.3. Paid Slip. Upon paying, a Guest Player Paid slip will be given and must be presented to the League Supervisor on the field.

3.4.4. Guest Player Fees. One Guest Player fee can be applied to the registration fee by the player being added to the roster. Any guest players looking to be added to the roster after the roster lock date will need approval of the League Director per rule 3.4.8

3.4.5. Interdivision Guest Players. In the playoffs, a player rostered on a team in the division that is competing cannot be a guest player within that division. (divisions are defined by rule 2.3.4)

3.4.6 Guest Player Limit. A team can have no more than three (3) guest players in one game. If a player plays as a guest and then registers for the team within 24 hours, they will not be considered a guest player for the game just played.

3.4.7. Guest Player Skill Level. No player rostered on a team in a higher league can guest play in a lower league. (ex. A player rostered on an "A" league team is permitted to guest play only within the "A" leagues. A player rostered on a "B" League is allowed to guest within both the "A" and "B" leagues. It is the responsibility of the player and team to understand and adhere to this rule. (see table 1.1)

3.4.7.1. Female Player Guest Exemption. Each team is allotted one (1) Female Guest Player Exemption from rule 3.4.5 & 3.4.7 per game.

3.4.7.2. O30 Player Exemption. Each O30 roster will be allowed one (1) under 30 exemption. The player may be no younger than 28 years old. The person must be 28 prior to the beginning of the 1st game of the season. This exemption will be approved or denied at the league director's discretion.

3.4.8. Playoff Roster. No guest players will be allowed during playoffs/postseason play. After the roster lock date, A team may add players to the roster to replace a player unable to play due to injury or military/job relocation, or per rule 3.4.8.2 Medical/Employment documents must be provided to substantiate the need for a replacement player.

3.4.8.1 Playoff Roster Add Fee. A player added to the roster for the playoffs in accordance with rule 3.4.8, with permission of the player they are replacing, will assume the fee of the player they are replacing. Without the other player's permission, the replacement player will pay the season per game rate for all regular season games remaining.

3.4.8.2 Double Rostered Players Players who are rostered on multiple teams who are competing in the playoffs will be permitted to be replaced on the roster of a team in the case of playoff game scheduling conflict for the playoffs. The substitute player will take the place of the replaced player for the duration of the playoffs. There is no fee for a double rostered replacement.

3.4.9. Teams violating any of the rules regarding guest players may result in a red card for the offending player(s), forfeit of their game(s) and VBFH ban for the violating team and player.

4. WARM-UP AREA & FIELD ENTRY & EXIT

4.1. Warm Up Area: VBFH does not guarantee any areas for teams to warm-up prior to their games. Teams may have at minimum two minutes to warm-up prior to the start of the game.

4.2. Field Entry: Oncoming teams are asked to enter the fields through the field doors located near the visitor side goal.

4.3. Field Exit: Outgoing teams are asked to leave the field through the bench area.

5. IN-GAME

5.1. 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.

5.2. FIELD HOUSE RULES

5.2.1. Game Time: 20 minute halves, running clock; 2 minute halftime No Time-Outs. The referee will manage the clock in accordance with rule 6.3.3c. If, in a knock out stage of a tournament or playoff, the game is tied at the end of regulation, a 5-minute “golden goal” overtime period follows. If still tied at the end of the overtime period, kicks from the mark will occur in accordance with rule 5.2.10

5.2.1.1. Added Time: If a foul occurs in the final 30 seconds of a half, the referee will have the discretion to add 10 seconds to the clock.

5.2.2. Out of Bounds: The ball is in play throughout the playing area. 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. If the ball touches the ceiling net inside the goalie box, a goalkeeper restart or corner kick will result.

5.2.3. Substitutions: Substitutions are free and unlimited if such substitutions do not interfere with the flow of the game. The subbing player must be within 3 yards of their player box 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. 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 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.

5.2.4. Goalkeeper Substitution: 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.

5.2.5. Slide Tackling: Slide tackling is not permitted. The referee may award a card, depending on the severity of the infraction.

5.2.5.1 Goalkeepers are permitted to slide tackle when in the keeper’s box.

5.2.5 Goalkeepers: After gaining possession, goalkeepers cannot punt or drop kick the ball. The keeper can only possess the ball with hands for five (5) seconds. If the keeper holds the ball for longer than the allotted time, the non offending team will be awarded a direct free kick from the red line.

5.2.6. Free Kicks: All kicks will be direct. Until the ball is in play all opponents must remain 5 yards (15 feet) away from the ball, unless they are on their own goal line between the goalposts

5.2.6.1. Five Yards Distance: The 5 yards is automatically afforded to the kicking player and does not need to be asked for. Any delay in a free kick can result in a yellow card from the referee without prior warning. Any kick taken by the kicking team accepts the distance of the opposing team as acceptable.

5.2.7. 3-Line Rule: A 3-line infraction occurs when the ball, either thrown or kicked, crosses all three lines of the field of play in the air without contact

from a player. In B and Classic level, the restart will be taken at the middle of the centerline. In Premier and A levels, the restart for a 3 line infraction will be a direct free kick at the top of the arc.

5.2.8. Boarding: Boarding is a penalty when a player makes contact, either from the side or from behind, 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. Actions that are considered legal in the middle of the field may be considered boarding when near the walls.

5.2.9 Passback Rule: Handling the ball, having been passed deliberately and directly to him/her from a teammate; except that he/she may handle a ball which a teammate passes to him/her by the head, chest, or knee and without “trickery” (the use of a wall or foot to flick the ball to a head, chest, or knee before making the pass)

5.2.9.1 When played from a teammate, a goalkeeper shall not be permitted to bring the ball from outside of the Penalty Arch to his hand within it. The keeper may not receive the ball again after a Goalkeeper Distribution without the ball having first touched another player (e.g., no drop-kicking or bouncing the ball). The restart for a violation of rule 5.2.9.1 is a direct free kick from the point on the Red Line nearest the infraction.

5.2.9.2 A goalkeeper shall not be permitted to field a ball from a teammate inside the penalty area, leave the penalty area with the ball, return to the penalty area with the ball and play it with his/her hands. The restart for a violation of rule 5.2.9.2 is a direct free kick from the point on the Red Line nearest the infraction.

5.2.10. Penalty Kicks and Kicks from the Mark:

5.2.10.1. Penalty Kicks

- (a) The ball is placed at the Free Kick Mark nearer the attacking Goal (top of the arc);
- (b) The Goalkeeper has at least one foot on his Goal Line and may not move off of it until after the Referee whistles the Penalty Kick to begin and the ball is in play;
- (c) Once the Referee whistles the Penalty Kick to begin, the player taking the Penalty Kick (whom the kicking team designates) has five (5) seconds to strike the ball, restarting play;
- (d) The player taking the Penalty Kick may not touch the ball again until it has been touched by another player,
- (e) if an infraction (b) occurs and the kick is a miss, the kicker will be awarded another kick. If the kick is a score, the goal will stand.

(f) if an infraction (c) or (d) occurs, the defense will be awarded an indirect free kick from the spot of the kick.

5.2.10.2 Kicks From the Mark

(a) There will be a 2 minute break between the end of regular time and kicks from the mark. For a Penalty Kick, other than in a Tiebreaker:

(b) The referee conducts a coin toss with the visiting team's captain calling the coin. The team that wins the toss decides whether to take the first or second kick.

(c) The referee shall select the goal at which the kicks shall take place.

(d) Any player on the roster who has not been disqualified is eligible to participate,

(e) All players serving Time Penalties sit in their appropriate Penalty Area.

(f) Each captain will select three players which can include the goalkeeper.

(g) Once a player has reported to the official at the center circle, that player may not be replaced unless s/he is injured, cautioned or disqualified.

(h) The three kicking players from each team must remain in the center circle except the player taking the kick and the two goalkeepers. The referee or the league official will record the player's name.

(i) The goalkeeper who is the teammate of the kicker must remain on the field of play, behind the official.

(j) The defending team may change the goalkeeper with any eligible player prior to each kick.

(k) Kicks will be made by each team in alternating order until each team has taken a total of three kicks, unless one team has scored an insurmountable number of goals.

(l) If there is no winner after each team has attempted three kicks each captain/coach will select three players other than the three in the preceding group. Teams will continue to alternate kicks until one team attains one more goal than its opponent after each has had an equal number of kicks. If a team has less than six eligible players (not including the goalkeeper), a player who has previously kicked may be placed at the end of the order. If the score remains tied, continue the kicks with the coach selecting any three players to take the next set of alternating kicks. If a tie still remains, repeat (l).

(m) If a player is unable to continue whether because of injury, caution or disqualification the next player shall kick and the coach will select a player who is not in the current set of three kickers to kick last of that group of three kicks. The original kicker whose kick was taken (or retaken) by a different player is not counted as having taken a kick.

(n) During the kicks from the penalty mark, kicks will continue as long as both teams have at least one eligible player.

(o) The ball is placed at the Free Kick Mark nearer the attacking Goal (top of the arc);

(p) The Goalkeeper has at least one foot on his Goal Line and may not move off of it until after the Referee whistles the Penalty Kick to begin and the ball is in play;

(q) Once the Referee whistles the Penalty Kick to begin, the player taking the Penalty Kick (whom the kicking team designates) has five (5) seconds to strike the ball, restarting play; (r) The player taking the Penalty Kick may not touch the ball again until it has been touched by another player, If an infraction (q) or (r) occurs, the defense will be awarded an indirect free kick from the spot of the kick. In a penalty shootout, the kick will be scored a miss.

(s) In penalty kick shootouts for Coed Leagues, at least one female player must kick for each side in each three player rotation. If a team only has one female player, that female will be included in each three player rotation. The player taking the penalty kick may take as many steps as desired.

5.2.11 Teams: A game is played by two registered and rostered teams. No fewer than (5) or more than (7) players from each team shall occupy the field during a game. One of the players must be a Goalkeeper, having the privileges specified under these rules. A team cannot start or continue a match with fewer than the listed requirements.

5.2.11.1. Coed Divisions: Coed Leagues must always have at least (1) female player on the field with at least (2) positions reserved for female players.

5.2.11.2. Minimum Players: A team cannot start or continue a match with fewer than four (5) players, these players must consist of 4 field players and 1 goalkeeper.

5.2.11.3 Bench Area: No other personnel may occupy the team bench, including spectators, minor children of players and coaches, or parents. The bench is for rostered players and coaches only. Injured players that have not dressed for the game, but are on the roster, are permitted on the bench.

5.3 YELLOW AND RED CARDS

5.3.1 Yellow Card Policy: Any player that receives a yellow card will be sent off for a three-minute penalty. That team shall play with one fewer field player until its expiration; provided that a team may not have fewer than the minimum under Rule 2.4.2, regardless of the number serving Time Penalties. Should a player receive a Time Penalty with teammates already in the Penalty Area, his/her team must replace the carded player with a rostered player from the bench and the team continues to play with the minimum while he/she joins his/her teammates in the Penalty Area. If a team is unable to field four (4) players, or fail to

field the proper amount of men and women based on rule 5.2.11.1 because of Time Penalties, the game will be forfeited by the team unable to field the minimum.

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.

5.3.2 Red Card Policy: Any player that receives a red card shall be sent completely off the playing area and escorted out of the facility by a member of VBFH staff. That team shall play one fewer field player for the remainder of the match unless the card falls under rule 5.3.2.1 . If a player receives a red card while on the bench serving the three-minute penalty, the team shall play the rest of the game a player down.

5.3.2.1 Exception to Red Card Policy: when a player receives a red card for (a) handling the ball to stop a goal, (b) a second yellow in which neither of the yellows was for dissent or unsporting behavior; the team of the the player who received the card will play one player down for five (5) minutes.

5.3.3 Red Card for Bench Player Any player that is red carded for their conduct on the bench shall be sent completely off the playing area and escorted out of the facility by a member of VBFH staff. The team does not play down a person.

5.3.4 Red Card Suspension A player issued a red card during or after a game by a referee will automatically be suspended from all VBFH activities for one week and 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 that night and are banned from VBFH activities for one week. If a player is ejected in the last game of a regular season: a) team fails to qualify for the playoffs, (he/she) will be prohibited from playing in the first game of the next season. b) team qualifies for playoffs: he/she will be banned from the first playoff game. If the team wins the first playoff game, the suspension is served and the player will be permitted to play in subsequent playoff or championship games. If a player is red carded during a semi-final, he/she will miss the championship game. If a player is red carded during a final, he/she will miss the first game of the next season. All Red Cards will undergo a Red Card Review by VBFH staff and sanctions may be altered.

5.3.4.1 Doubled Rostered Player If a double rostered player is issued a red card and is scheduled to play a game that same night on the other team, that player will be disqualified from that game. The suspension will not be considered served. The red carded player will still be banned for the week per rule 5.3.4.

5.3.4.2 Guest Player Red Card: If a guest player is issued a Red card, he/she will be suspended from all VBFH activities for one full week. A guest player serving a red card suspension may not join the roster of any team.

5.3.4.3 Exception to Red Card Suspension: when a player receives a red card for (a) handling the ball to stop a goal, or (b) a second yellow in which neither of the yellows was for dissent or unsporting behavior; if the card was issued in the first half of the game the player will sit out the remainder of the game and may return for the team's next game, if the card was issued in the second half of the game, the player will sit out the remainder of the game and the first half of the team's next game. In case of (a) or (b) that player shall not be required to leave the facility and may participate in Field House activities.

5.3.5 Suspension of Game 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 serve significant suspensions from the facility. Anyone entering the field of play to involve themselves in a fight, will also serve significant suspensions. Any player deemed to be a de-escalator will be judged differently than those entering the field for purposes other than de-escalation. "

5.3.6 Exceptions to Penalty Time: Under the following circumstances, Time Penalties either expire prior to their completed countdown: (a) Power Play Goal: If a team is scored upon having fewer players on the field of play, due to one or more players serving Time Penalties, a player from the team bench is allowed to enter the game. The player serving the Time Penalty is not eligible to return to the game until his/her original time penalty has expired. If the team has two players in the Penalty Area, only the player whose Time Penalty or Penalties are recorded earlier is affected. (b) End of Regulation. All Time Penalties expire at the end of the Second Half.

5.4 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.

5.5 FORFEITED GAMES (Game results will be 4-0)

Team captains must notify the Virginia Beach Field House (VBFH) at least four (4) hours prior to game time to inform them of the forfeit or request a schedule change. Not all schedule changes can be granted and forfeit may still ensue. Players cannot cancel a game or request a schedule change, only the team captain. VBFH will work with the other team to reschedule or notify them of the forfeit.

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 may be 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 five (5) 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.

At the discretion of VBFH, teams incurring forfeitures during a session may not be allowed to play in subsequent sessions. Any team forfeit will result in a 4-0 victory for the opposing team and no rescheduled game will be given.

5.6 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 and the schedule allows, they will be offered possible times from the league Director. 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.

6. POST GAME

6.1 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.

6.2 TWO TEAM TIEBREAKERS

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

6.2 MULTIPLE TEAM TIEBREAKERS

- Head-To-Head (only if all teams tied played each other)
- Goals Against
- Goals For
- Goal Difference
- Flip of a Coin

The tie breaker process does not revert back to an earlier tie breaker. ex: 3 teams tied A, B, & C. In the head to head: A beat B, B beat C, and C beat A. There is no winner. The process proceeds to the next tie breaker, goals against. In the goals against: A had 1 GA, B had 8 GA and C had 4 GA. A wins the GA and thus the overall tiebreaker despite the fact that C beat A head to head.

In a 3-team coin flip, the winning team is the one whose coin differentiates itself from the other two. For example, if the result of the three flipped coins is heads-heads-tails, the team that flipped tails wins. If all coins land on the same side, re-flip the coins.

6.4 REFEREES & PROTESTS:

6.4.1. Referees: One (1) Referee officiates each game. The Referee may be assisted by a second floor Referee, an Assistant Referee, and a Timekeeper. So long as a Referee is on the facility compound of an assigned game, he shall execute, or delegate to other game officials the execution of, these Rules.

6.4.2. Decisions of Fact and Rule: The decisions of the Referee regarding facts connected with play and interpretation of Rules are final. The Referee may change any decision prior to a Restart upon his own reconsideration.

6.4.3. Powers: The Referee's power to assess penalties, and otherwise assure fair play and maintain control of a game, extends to violations of these Rules committed during play, during stoppages, and as players and other team personnel proceed to and from the field of play. This includes the power to: (a) Award or Disallow a Goal: The Referee determines whether or not a goal is scored. (b) Suspend or Terminate the Game: The Referee stops, suspends, or terminates the game at his discretion by reason of the elements, interference by spectators, an unsafe condition, or other justifiable cause. (c) Stop the Clock: The Referee stops the Game Clock due to an unusual delay (subject to administrative policy.) (d) Prohibit Field Entry: The Referee ensures that no unauthorized person enters the field of play during a game. (e) Summon VBFH Management: The Referee asks VBFH to prevent any spectator, including team personnel, from interfering with the play of the game for: (1) Violent conduct, including tossing objects onto the field of play; (2) Foul or abusive language or behavior; or (3) Persistent unseemly behavior.

6.4.4. Game Report: Subject to administrative policy, the Referee files a Game Report, including information on any disciplinary action and other incident (e.g., serious injury) or circumstance occurring before, during, or after the game.

6.4.5 Comments on Referees: Comments regarding officiating are welcome and encouraged. Please submit any such comments in writing via email or the **VBFH Referee Evaluation**. Please include game time, field number, your team name, the ref's name (if known), and your name.

6.4.6 Protests. 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 Director. Do not discuss officiating or the officials with the facility staff during your game.