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INDOOR LEAGUE RULES

Starfire Sports utilizes the US Indoor Official Rules of Play as provided by the United States Indoor Soccer Association. An official copy of the rule book may be downloaded directly from US Indoor's website, **www.usindoor.com**. The following is a list of supplemental House Rules which are in addition to the existing rules of indoor soccer.

Rule 2 – The Ball

2.3 **Maintenance of the Ball:** Game balls are delivered to the Referee prior to each game. Each team must supply at least one soccer ball that is suitable to be used as a game ball.

Rule 3 – The Players

3.1.A **Number of Players**: Teams must field a minimum of 4 players for any indoor match.

Coed Leagues: For coed matches each team must have 3 males and 3 females. A minimum of 1 female on the field is required to begin the match. Teams may play with additional females but not additional males, except during the "Additional Attacker" period.

Youth Leagues: For all games involving youth players U11 and younger the following rule changes apply:

- Keepers may punt the ball when it is in play, not when it is a keeper's throw due to the ball leaving play
- U11 teams and younger will use 7 players on the field including the goalkeeper, and may use a size 4 ball
- U11/U12 brackets play by U12 rules, unless otherwise agreed upon

Additional Attacker: If at any time a team falls behind by 6 goals, an additional player-of either gender- may be added. Once the goal difference is less than 6, the additional attacker must leave the field.

Scoring inside the arch restriction (Youth Only): If at any time a team leads by 8 goals or more, the leading team shall only be allowed to score outside of the penalty arch. Any goal scored inside the arch will be disallowed and the trailing team will receive a restart from the goalkeeper.

Rosters: Teams may have a maximum of 20 players on their roster for a given season.

3.1.B **Example:** Team A only has 1 female and 5 males in attendance. The team begins the match with a male GK, 2 male field players and 1 female field player.

3.1.C **Grace Period & Forfeits**: Teams shall be granted a grace period of 5 minutes from the match's printed start time to field the minimum number of players. The official game clock shall begin, and the time shall not be added. If a team fails to field the minimum number of players, a forfeit of 5-0 shall be recorded.

3.1.D **Team Bench Area**: Only active players and designated coaches are allowed to accompany the team into the team bench area during a match. All other spectators must remain in the designated area away from the team benches. Please observe all signage indicating where spectators may view the game. Unauthorized, unlawful entry onto the field of play is an automatic ejection.

3.5.A **Starfire Waiver:** All participants must have a current signed Starfire waiver, which can be signed as part of joining the team roster through the Bond platform.

3.5.. .B **Starfire Memberships / Player Passes**: Unless otherwise noted on the Starfire website, every player on every team must have a valid annual Starfire membership or seasonal player pass prior to participating in any game. Any player without a valid membership or pass will be removed from the roster on the roster lock date.

3.5.C **Starfire Player Photos**: All rostered participants must have a valid photo in Starfire's Bond system in order to be eligible to participate. A referee or Starfire staff member will check each player in using this photo. In the event that a player does not have a valid picture, they can have one taken at the front desk of the Starfire athletic center.

3.6 .A **Player Restrictions**: A player may participate on only one team per division unless noted by Starfire Sports' management (i.e. a player may participate on a team in the Coed C and Coed D divisions.) Players cannot be added to the roster following the seventh week of a ten- or eleven-week season. For seasons shorter than 10 weeks, rosters freeze two weeks prior to the end of that season (ex: after week four of a six-week season).

3.6.B **Player Age Restrictions:** All participants playing in an adult league must be eighteen years of age prior to participating. For Over 30, Over 40 and Over 50 leagues, players who will turn the minimum age in the calendar year may participate. For youth leagues, we use the current season's birth year as set forth by US Youth Soccer (see Starfire youth website for details).

Rule 4 – The Player's Equipment

4.4 **Footwear:** Players must have turf shoes or flat soled shoes designed for playing on artificial surfaces. Outdoor cleats, including artificial grass cleats, are strictly prohibited.

4.5 **Player Uniforms:** All members of a team must wear jerseys of the same color. Goalkeepers must wear uniforms distinguishable from the uniforms worn by the other team and the opposing goalkeeper and the referee. In case of a uniform color conflict, the HOME team is responsible for changing into an alternate color. If a color conflict occurs, the players, not the referee, must change. Note: Team uniforms don't need to be the same exact shirt or jersey (though this is encouraged!). The team uniforms just need to be the same color.

Rule 5 – The Referee

5.4 **Game Report**: To encourage good sportsmanship, Starfire will not record a victory of more than a 10-goal difference. For example, a 15-3 final will be recorded as 13-3 in the league standings.

5.5 **Multiple Match Officials**: When 2 or more officials are present, they shall have equal authority and responsibility in controlling the match. If a scoreboard operator is present, he/she will keep a record of the game and act as an additional match official.

Rule 6 – The Duration of the Game

6.1 **Periods**: A regulation league game shall consist of two 22:30 minute halves. This is for league games only and not indoor tournaments.

6.2 **Period Intervals**: A one minute Halftime or Overtime Intermission Period may be used. Overtime periods shall not be played during regular season matches. The referee shall notify both teams involved if overtime shall be played following the conclusion of full-time.

Rule 7 – The Start and Restart of Play

7.5 **Goalkeeper Punting**: For U11 and below, goalkeepers may punt the ball when it is in play but not when a different restart is expressly required (i.e. perimeter wall violation.)

Rule 10 – Fouls & Other Violations

10.1 **No Headers - U11 and Younger:** Heading of the soccer ball is not permitted in U12 and younger games. Any header, whether intentional or unintentional, will result in a stoppage in play. Play will resume based on which team had possession at the time of stoppage. If no team had possession and no clear possession was going to be obtained, the result will be a drop-kick at the restart point closest to the header.

Rule 13 – Coed D Rule (a.k.a the "Macho" Rule)

13.1 **Intent of Rule:** The intent of the macho rule is to protect female players from any overly aggressive play exhibited by a male player. This rule is not intended for gaining a tactical advantage. This rule will be called based on the discretion of the match referee.

13.2 **Kicks Striking a Female Player**: Any forceful kick of the ball from an opposing male player, that directly strikes an unsuspecting female player above the waist, may result in a free kick for the female player's team from the spot of the occurrence. A goalkeeper's throw shall not be penalized if it strikes a female player above the waist.

13.3 **Shooting Provision**: Any forceful shot taken by an opposing male player may not pass above the waist of a female player nor intimidate the female player in the referee's judgment. The restart may result in a free kick for the female player's team from the spot the female was at. Note: This rule does NOT apply if a goalkeeper is female.

13.4 **Header Exception**: Any shot headed by an opposing male player will not be regulated with the Coed D "Macho" Rule even if it strikes a female above the waist.

13.5 **Clarification**: If a female player is out of the line of the forceful shot or pass and runs into the path to attempt to block the ball, "Macho" will not be called as the defender voluntarily put themselves in the way in an attempt to block the ball.

Starfire Sports Anti-Discrimination Policy

Starfire Sports is dedicated to providing and maintaining a safe, inclusive, and respectful environment for all participants, spectators, and visitors. Discrimination or harassment of any kind will not be tolerated.

This policy applies to all players, coaches, referees, and spectators attending Starfire leagues, tournaments, practices, and events as well as all communication related to league activities, including in-person interactions as well as digital communication.

Zero-Tolerance Policy: Any verbal, written, or physical act targeting a person or group based on race, ethnicity, national origin, religion, gender, sexual orientation, gender identity, age, or disability is strictly prohibited. This includes slurs, discriminatory gestures, intimidation, bullying, or harassment in person or through digital platforms.

Examples of Prohibited Behavior:

- Racial or ethnic slurs.
- Religious or political chants aimed at opposing players.
- Use of discriminatory gestures or symbols.
- Threats, intimidation, or bullying related to identity or beliefs.
- Harassment via social media related to Starfire programs, events, and activities.

Reporting: Report incidents immediately to the referee, league official, or Starfire management. Written reports may be submitted within 24 hours to Starfire management (info@starfiresports.com). Confidentiality will be maintained to the greatest extent possible. Starfire management will then conduct an investigation to conclude within 7 business days to determine disciplinary action.

Disciplinary Action:

- **First Offense:** Immediate dismissal from the premises. If participating in or spectating at a game, league or tournament, a **minimum** suspension of two games will be issued to the player, player(s), spectator(s) or team. A formal written warning of violation of the policy will also be issued to the player, player(s), spectator(s) or team.
- **Second Offense:** If the violator(s) is involved in a Starfire managed program, league or tournament, removal from the league for remainder of the season with possibility of a multi-season suspension. If visiting Starfire for other reasons (e.g. practice, game or event), violator will be trespassed from the premises for a minimum of one year.
- **Severe Violations:** Immediate expulsion from the league and banishment from future participation for a period of time determined by Starfire management.

Enforcement Authority: Starfire management has final authority for all disciplinary actions in consultation with the Starfire judicial committee, if the incident involves a Starfire league, tournament or program.

Appeal Process: Individuals or teams may submit a *written* appeal within 5 business days of receiving disciplinary action. Appeals will be reviewed by Starfire management and, if applicable, the judicial committee, and decisions will be communicated within 10 business days.

Starfire Commitment: Starfire Sports reserves the right to enforce these rules strictly to protect the integrity of Starfire programs and the safety of the community.

POINTS OF EMPHASIS

No Sliding: For the safety of all players, sliding of any kind is not permitted in any indoor league. If, in the opinion of the referee, you could not play the ball without going to ground, a foul will be called. The only exception to this rule is that the goalkeeper is permitted to slide within that goalkeeper's penalty arch.

League & Tournament Standings Tie Breakers: The following tie breakers will be used to determine league standings for all Starfire Sports leagues: (1) head-to-head win/loss record, (2) total goal differential, (3) wins, (4) total goals allowed, (5) total goals scored (6) forfeits (7) coin toss. If there is a tie between more than two teams, the head-to-head win/loss record will be judged by evaluating total points from head to head play between all tied teams, provided that each tied team played each other an equal number of times during the season.

Forfeit Policy: **MATCH FORFEITS WILL NOT BE RESCHEDULED**. Efforts to schedule an opponent shall be made provided advance notice is given. Teams causing a forfeit shall have the score recorded as a 5-0 loss. Teams forfeiting two or more matches, in a single season, shall not be eligible to participate in that season's championship match.

Match Reschedule Policy: A match shall be rescheduled provided the League Manager has ample time to make the change and notify teams involved. *Please note that due to scheduling conflicts, byes and double-headers may be part of a team's league schedule.* Forfeited matches shall not be rescheduled. Please note that in the event that a match cannot be rescheduled due to forces beyond Starfire's control (e.g. weather, facility power outage, team withdrawing from league), a refund will not be issued.

Player Ejections: **A player receiving a red card is automatically suspended for their team's next match (current match does not count towards this suspension)**. Upon receiving a red card, the player must exit the field of play and facility for the remainder of the day.

Player Suspensions: Player suspensions span across all leagues, regardless of date, until the player's suspension has been completed. *For example, if a player plays on Mondays, Tuesdays, and Thursdays but is suspended for three weeks for misconduct that player cannot participate in any match until their suspension has concluded. A suspension carries over and applies to all leagues – indoor, outdoor coed, and 8v8.*

Referee Abuse: Abuse of a match official will not be tolerated and can result in a longer suspension. Threatening a match official through verbal means will result in an immediate red card and a minimum suspension of three match weeks. Physical intimidation of a referee will result in a minimum suspension of one season, while physical abuse of a referee results in a lifetime ban. These are minimum suspension lengths and, in many cases, will be longer based on the circumstances and the decision of the judicial committee.

Team Suspensions: A minimum one match ban shall be assessed to a team or teams that engage in a match ending, bench clearing altercation. If players or coaches leave the bench area without authorization to engage in an on-field matter, Starfire Sports will suspend the entire team for a minimum of one match.

Player Using Fake or Incorrect Name: Any player using a fake or incorrect name in a game, particularly after receiving a red card, shall be subject to additional suspension and a fine. If a team member provides a false name, the team may also face a suspension or fine.

Team Payment Policy: Each team shall reserve their place in the league by paying a non-refundable deposit in accordance with the league requirement. The entire league fee is due prior to participating in the second league match. Teams failing to pay by the second match may be removed from the schedule. Any team with a balance after the third week of play will be eliminated from playoff contention.