

PRIDE SPORTS USA[®]

**Pride Sports USA - Soccer Official Rules PrideSportsUSA.com
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Pride Sports USA is an adult sports organization consisting of all genders, sexualities and races ranging from 18-80 years old. Indoor Soccer is a game consisting of two teams, a referee, soccer balls, tube socks and short shorts. Games are played with two teams of 7 players each per game. Two 15 min halves (30 min games) with 5 min half times.

For the enjoyment of the game, proper respect and sportsmanship is required of all participants toward one another. Fighting is not tolerated. There is a zero tolerance for discrimination towards race, gender, sexual orientation or anything for that matter. There is also a zero tolerance for unsportsmanlike behavior.

First Rule of Pride Sports USA - Soccer is to HAVE FUN!

1. Recreational Facility

Sportsplex USA Santee is San Diego's Premier Sports and Recreational Facility. This state-of-the-art 20-acre facility hosts over 350,000 people each year through our sports leagues, tournaments, and corporate events. Sportsplex USA Santee offers two 180'x80' indoor soccer arenas with advanced synthetic turf, large electronic scoreboards and plenty of spectator seating. Sportsplex USA offers two beautiful State of the Art indoor soccer arenas with the following amenities:

- Advanced Boarding System
- Non-Abrasive In-fill Synthetic Turf
- Grass Warm-Up Area near arenas
- Shaded Spectator Seating
- Air Conditioned Sports Pub with 8 draft beers/wine serving all your favorite ballpark food items. Watch your favorite game on one of 12 large HD TVs!
- Electronic Scoreboards

2. Equipment/Uniforms

Games will be played from 10am to 4pm (depending on total registration) and will consist of two, 15-minute halves with a five minute halftime.

DIVISIONS:

One division consisting of Advanced & Intermediate

- a. Shin guards required.
- b. Regulation game balls will be provided.
- c. Pride Sports USA uniforms will be provided as the official team uniform.

Uniforms - All players MUST wear the uniform provided by Pride Sports USA. Uniform modifications - The only alterations that can be made to the uniform is cutting the sleeves and belly of the shirt. Players can not cut into anything printed on the shirt.

3. Beginning Play

Kick Off – The referee will carry out a coin toss. The winner of the toss picks side and kicks off. Play begins with all players positioned on the field, teams should have no more than 7 including the goalie.

4. Player Conduct

- Players will respect officials and their calls at all times.
- Players must wear indoor soccer shoes, tennis shoes, or cleats.

- No metal cleats or studs allowed.
- No casts, rings, watches, bracelets, piercings allowed on the field.
- Piercings that cannot be removed are permitted if taped.
- Shin guards are required.

5. Match Play / Rules

This is a 7v7, all-gender tournament without any roster or on-field requirements. Maximum of 7 players per side on the field of play including the goalkeeper. A regular match consists of two teams of 7 players each playing within 30 minutes of time. At the end of 30 minutes, the team with the most goals will win the match.

- Duration: Two 15 minute halves with 5 minute halves. (30 minute games)
- No offsides.
- No midfield goal kick rule or 3 line rule.
- An indirect kick can be awarded for fouls, this requires the ball to be touched by another player before it can enter the goal.
- A Direct Free Kick can be awarded for serious fouls like; kicking, tripping, holding, pushing, striking or spitting. These kicks can be taken directly into the goal and are taken from the place where an infraction occurred.
- No slide tackles.
- Slide Tackle Definition: Anyone who slides in an attempt to play the ball when it is being played or attempted to be played by an opponent. If there is no one in the immediate area, it is not a slide tackle.
- A direct free kick will be awarded where the slide tackle is deliberate. (The goalkeeper may slide hands first in an attempt to save the ball).
- No Slamming into the Walls or Corners: Players are not allowed to slam other players into the walls or corners. An immediate free kick will be called.
- No kicking above the waist: Players cannot kick or attempt to kick a ball that is above their own waist while standing on the ground.
- No challenges while lying on the ground: Players cannot attempt to kick or challenge the ball or other players while lying on the ground.
- Goalkeepers – goalkeepers are not permitted to kick the ball from their hands at any time (Fly Kicks). They may place the ball on the floor to kick, or release with their hands with an underarm or overarm release.

6. Substitutions

Substitutions can be made on the fly, but players must enter and leave the game through the designated substitution zone. You may not enter the field until your teammate has left the field.

7. No hands

Players are allowed to touch the the ball with any body part of the body, with the exception of arms or hands. Free kicks will be awarded for hand balls.

8. Yellow Cards

- A. A yellow card is a warning to a player that is being overly aggressive and therefore ruining another players experience.
- B. That at is arguing calls, If a player argues with a ref, he/she/they will be given a yellow card. needs to sit a game out to cool down.
- C. A player receiving a yellow card must leave the field of play, serving a 2-minute suspension (or until the opposing team scores).
- D. In the case that the GK needs to serve a time penalty, they may be replaced and the team plays short for 2 minutes. When their 2-minute time penalty is over, they must wait until the ball goes out of bounds to replace the substitute GK (with the referee's permission)
- E. Two yellows in one game will earn the player a red card and the player is out.

9. Red Cards

- A. Spitting, fighting, verbally abusive language, or excessively dangerous play results in Red Card.
- B. Infracting player is sent off and their team will play short for the remainder of the match.
- C. Depending on the severity of the infraction the player may be expelled from the tournament. All other rules will be the same as in 11v11 outdoor soccer.

10. Points

- 3 points for a win, 1 point for a tie, no points for a loss.
- If tied in points the following order will be used to break the tie:
- Goals differential.
- Goals for
- Fair play (-1 for yellow card, -3 for indirect red, -4 for a direct red card)
- Coin flip

Playoffs

- Ties immediately go to penalty kicks (3 from each side)
- Only those on the field at the time can participate.

11. Time Outs

There are no team time outs. If a player gets hurt, we will pause the game to attend to the hurt player. Any head injuries will pause the game to attend the players.

12. Mercy Rules

To prevent one sided games, If a team is leading by 10 goals or more with under five minutes left, the game can be ended early.

Code of Conduct

Captains are the only players to communicate with officials over a call.

Have good sportsmanship and respect your teammates and opposing players.

Leave drama and bad attitudes at the door. Everyone is here to have fun.

Abuse, harassment, bullying and personal attacks are unacceptable and will result in removal from the game and facility.

Officials agree to make the best calls they can. Disrespecting an official or disrespecting an officials call will result in removal from the match.

If you have a concern about an official, please have your captain address it with a league manager asap.

I agree to control my temper and not retaliate, even if I believe I have been wronged. Respect the game Racism, discrimination and hate speech are not permitted and will result in immediate removal from competition.

Be a good sport

No trolling, flaming or baiting comments allowed. Yellow or Red cards may be issued.

Be a team player, make new friends and have fun.