

I. **Field of Play**

- Indoor fields- Turf field 45'x47'

II. **Number of Players**

- All Games will play 6v6, 5 field players and 1 goalie
 - A. 4 or fewer players from the official team roster will result in a forfeit.
- Maximum roster size is 15 and must have at least 2 females on it.
- Substitutions will be on the fly and there is no limit to how many you're allowed per game.
- Teams must have at least 1 female on the field at all times. If the team has no female players present at the game, they may remove one male player from the field.

III. **Equipment**

- All players must wear shin guards
- No cleats allowed – only turf shoes or flat bottomed sneakers.
- Players with casts and braces must cover with soft material and may be permitted to play at the discretion of the referee.
- No Jewelry allowed during game play, all pieces must be removed prior to the match

IV. **Duration of Games**

- League Play
 - A. All league games are 40 minutes in length. There are 2 – 20 minute halves with a 2 minute halftime.
 - B. Each team is guaranteed 7 games (3 divisional games, 3 interleague games, and 1 play-off game)
- Overtime Play
 - A. Regular Season: There is no overtime for regular season games – all games tied at the end of regulation will result in a draw.
 - B. Playoffs: Tied games will go directly to penalty kicks. Each team has 3 shots, with players from each team kicking alternately. At the end of three shots for each team, the team that holds an advantage will be declared the winner. If at the end of 3 shots for each team it is still tied, then it will go to sudden death where it will be 1 shot for each team alternately until one team holds an advantage.

V. **Misconduct**

- Yellow Card: Any player that receives a caution (Yellow Card) will receive a two-minute penalty. The team of the offending player must play down one player for the duration of this penalty, regardless of any scoring that may occur.
- Red Card: Any player that receives a red card must immediately leave the area of play for the remainder of the match. The team with player that is red carded must play the remainder of the game short-handed. Any player, coach or spectator may be asked to leave the facility.
- Any player receiving a red card will be reported to the league director. The players name must be given to either the official or manager on duty. Failure to give the name, or giving a fake name, will result in punishment of the entire team. The league director will follow up with the player using the following procedure:
 - A. 1st red card – Suspension for at least the next scheduled game (Includes Play-offs)

- B. 2nd red card – Suspension for at least the remainder of the season (a refund will not be issued)
- C. 3rd red card – Suspension from NYA Sports and Fitness for at least one year.
- D. 4th red card – Banned from NYA Sports and Fitness indefinitely.

VI. Rules

United States Soccer Federation rules (USSF) will be used at NYA Sports and Fitness with the following modifications:

1. Defending players must be 5 yards away from any restart.
2. No offside
3. The goalkeeper cannot punt the ball. If ball is punted other team will be awarded indirect free kick at midfield.
4. Subs must wait to enter the field until the player is within two yards of the bench area.
5. Slide tackles are not permitted, and may result in a player receiving a yellow card. Slide tackle fouls are indirect free kicks.
6. Profanity is not permitted: 1st offense: yellow card, 2nd offense: red card.
7. Fighting is not permitted, and will result in a red card; NYA Sports and Fitness may take further action.
8. Any ball that goes out of bounds is restarted with a kick-in.
9. No gum, food, or sports drinks allowed in the field area, please do not spit on the field.
10. Spitting on another player will result in a season long ban from all league play.

VII. Standings and Tiebreakers

- Ranking in each division is based on wins, losses, and draws
- A Tie Breaking system will be used as follows:
 1. Overall Record
 2. Head to Head Competition (If there are 3 or more teams or teams have not played each other skip this tie breaker, unless one team has beaten the other two)
 3. Goal differential
 4. Total goals against
 5. Most total shut-outs (0 goals allowed in a game)

No Tie Breaker is to be revisited!

VIII. Miscellaneous

- The decision of the league director is final. There will be no protests!
- Red Card, Yellow Card, Other Incidents: The league director withholds the rights to analyze red cards, yellow cards, and other incidents on a case-by-case basis and will take action in the best interest of the league and its players. All calls the night of are final and will be re-evaluated moving forward.
- Fighting Rule: Fighting of any kid, you are automatically suspended from all NYA Sports and Fitness programs for the rest of that season. There will be no refund, regardless of the severity of the incident. (Additionally NYA Sports and Fitness reserves the right to pursue criminal action against an individual etc.)