

LAKE NONA



OFFICIAL INDOOR
RULES OF PLAY

The rules and regulations at XL Soccer World have been devised with simplicity, continuity, and enjoyment in mind.

Rules marked with an * also apply to our Adult Volleyball Leagues. Apart from some necessary modifications, the below rules are the same as FIFA rules used worldwide in outdoor soccer.

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1. Players

1.1 Liability Waivers: All players must sign an XL Soccer World waiver and be assigned to the team roster with an active membership. Youth Players must have a parent or legal guardian sign a waiver on their behalf.

1.2 Memberships: All players must have an active membership and be on the roster before each match.

1.3 Number of Players

NUMBER OF PLAYERS							
	LAKE NONA			WINTER PARK			
	Field 1	Field 2	Futsal Courts	Field 1	Field 2	Outdoor Field 3	Outdoor Field 4
Men	(5) field players plus one (1) goalkeeper.		5 players. One (1) goalkeeper	6 v 6 (5) field players plus one (1) goalkeeper.			
						9 v 9 on full outdoor full field at least 3 females	
Coed	6 players, at least 2 females		N/A	6 v 6 players, at least 2 females			
						9 v 9 on full outdoor full field at least 3 females	
Women	6 players total including a goal keeper		N/A	6 players total including a goal keeper			
						9 v 9 on full outdoor full field at least 3 females	

1.4 The minimum number of players to start a game is four (4); this applies for coed and men’s leagues. A team with insufficient players after five (5) minutes from the scheduled game time will forfeit the game

1.5 Guest Player Policy: A team with insufficient players may pick up players registered with XL Soccer World, for any regular-

season game excluding playoffs. Any team fielding non-registered players without prior permission from XL Soccer World will be subject to forfeit.

1.6. Rosters

1.6.1 Rosters are frozen at playoffs meaning players who have not competed during the regular season cannot play on playoffs.

1.6.2 Players cannot dual roster (play on two teams in the same league).

1.7 Coed Leagues

1.7.1 Minimum Number of players: In coed leagues, at least 4 male players must be present to start the game. Failure to follow this rule will result in a forfeit loss against the offending team.

1.7.2 Coed Substitution: Male players are not allowed to substitute for female players, however, females may play in place of males.

2. Duration of Match

2.1 All adult & youth games consist of two 25-minute halves.

2.2 Forfeit Declared: A team with insufficient players after five (5) minutes from the scheduled game time will forfeit the game. The referee, at his discretion, may allow additional time for players to arrive. A team with insufficient players may pick up players registered with XL Soccer World, only if agreeable with the

opposing team. Any team fielding non-registered players without prior permission from XL Soccer World will be subject to forfeit.

2.2.1 Forfeit games will be treated as a 10-0 win/loss. Volleyball will be counted as a 2-0 win/loss.

2.3 Time Stoppage: The clock may be stopped at XL staff discretion.

2.3.1 Goal Differential: The clock will be stopped when the ball goes out of play in the last minute of the second half only if the game is tied, or there is a one or two-goal differential on the scoreboard.

3. Standings & Season Finals

3.1 Team standings will be based on the following point system:

Win	Tie	Loss
3	1	0

- a.) Head to head results
- b.) Most wins
- c.) Goal differential
- d.) Most goals scored
- e.) Least goals scored against

3.2 Playoff format

	Semi Final	Final
4 Team League	Week 7 (1v4 and 2v3) - Full Match.	Full game final and consolation week 8
6 Team League	Week 8 (1v4 and 2v3) 25-minute match.	Winners will play the final, losing teams will play for 3rd place. 25- minute final. All other teams will play a consolation game(50 min match).
8 Team League	Week 8 (1v4, 2v3 and 5v8, 6v7) 25-minute match.	winner play winners and losers vs. losers in another 25-minute game.
10 Team League	Week 8 (1v4, 2v3 and 5v8, 6v7) 25-minute match. 9v10 will play a full 50 min consolidation match.	winner play winners and losers vs. losers in another 25-minute game.

4. Equipment

4.1 All players must wear indoor shoes or sneakers.* No molded cleats or studded cleats will be allowed. See the picture below:



4.2 **Uniform:** In case of conflict of uniform color, the home team will be responsible for changing.

5. Field of Play

5.1 Players Box: Only team players and up to three (3) coaches are allowed on the player's side during the games.

5.2 No Alcohol, food, or gum is allowed in the player's bench area.

6. Start and Stop of Play

6.1. Kick-off: On kick-off, the ball may be played forward or backward. The home team will kick off at the start of the game.

6.2 On a free kick or kick-in, the attacking team may take the kick as soon as the ball has been spotted at the correct place on the field.

6.3 Drop-ball: If the ball gets jammed or lodged between players against the boards, if the game had to be stopped for an injury or if the referee cannot determine possession after a restart, the referee may award a drop ball at his/her discretion.

6.3.1 Drop-ball: If the following occurs during a match, the referee will award a drop ball at his/her discretion:

6.3.1.1 Ball gets jammed or lodged between players against the boards.

6.3.1.2 Stoppage in case of an injury.

6.3.1.3 If the referee cannot determine possession after a restart

7. The Referee

7.1 Enforces XL Rules

7.2 Maintains control of the match by warning, penalizing, cautioning, and ejecting players.

7.3 Protests will not be allowed on a referee's decision.

NOTE: The referees at XL Soccer World do the very best they can. Due to the nature of the game, speed of the game, angles, etc., they will miss some calls. It's inevitable. They do not need any verbal or physical abuse from the players, coaches, or fans. If you wish to report an issue please fill out an incident report at the front desk.*

8. Fouls & Misconduct

There will be no whistle to restart. All calls are at the discretion of the referee.

8.1. Kicking: Inadvertently kicks an opponent while attempting to strike the ball.

8.2. Tripping: Inadvertently trips an opponent while attempting to play the ball.

8.3. Jumping: Jumps at an opponent.

8.4. Striking: Strikes an opponent.

8.5. Charging: Inadvertently charges into an opponent while attempting to play the ball.

8.6. Pushing: Pushes a player in an attempt to prevent them from getting to the ball.

8.7. Charging the Goalkeeper: Charging into the goalkeeper.

8.8. Dangerous Play: Playing in such a manner as to be out of control. This also includes, at the referee's discretion, attempts to play the ball by leaving their feet without landing back on their feet.

18.8.1 Playing on the ground:

Playing on the ground or creating three points of contact are considered dangerous play.

8.9. Holding: Holds an opponent to prevent them from playing the ball or defending.

8.10. Handball: Intentionally plays the ball with the hand and gains control or an advantage from the handball.

8.11. Obstructing: When not playing the ball, intentionally obstructs an opponent by standing between the opponent and the ball so as to form an obstacle. Obstruction is not called when a player has a ball and is shielding so as to prevent an opposing player from stealing the ball or if the ball is kicked down

8.12 Sliding: Field players may not slide tackle. Slide tackling will result in a free-kick and a blue card with a two (2) minute penalty against the offending player.

8.13 Goalkeeper: Slide tackling is legal by the goalkeeper only and must be initiated from within the penalty area. Outside the penalty box, the goalkeeper becomes an additional field player and may not slide tackle.

If the goalkeeper begins a slide inside the box (allowed) and as a result of their slide goes outside the box they will be called for a foul.

Violations will result in a blue card (2-minute penalty) and a free kick for the opposing team from the point of the foul. A field player will be designated by the coach or the team captain to serve the blue card (2-minute) penalty in place of the goalkeeper.

8.14 Illegal Substitution: Players are allowed to substitute on the fly as the game is in progress. The player must be off the field before the substitute comes on.

9. Ball In/Out of Play

9.1 All kicks, except kick-off are direct and may result in a goal.

9.2 On a free kick or kick-in, the attacking team may take the kick as soon as the ball has been spotted at the correct place on the field.

9.3. Corner Kick: When the ball hits the netting over the end perimeter wall between the corner marks (excluding when a goal is scored) having last been played by a player on the defending team, play shall be restarted with a corner kick. The ball will be placed on the corner spot nearest the point where the ball made contact with the netting.

9.5 Out of Bounds: The ball is out of play when it touches the netting above the perimeter wall or goes completely over the wall.

9.6 Kick In: When the ball passes over the perimeter wall or the side netting, it shall be kicked in from the point where it passed over the wall or hit the netting and within 3 feet of the wall. The ball shall be in play immediately after it has clearly moved.

9.7 Ceiling Out of Bounds: The ball is out of play when it makes contact with the ceiling. It is then placed on the nearest spot where the ball touches the net. If the ball touches the net in the attacking/defending third, it will be placed on the corner kick closer to where it hit the ceiling.

10. Time Penalties

	Blue Card	Yellow Card	Red Card
Duration	2 minutes	4 minutes	5 minutes
Individual Foul	Serves duration off-field (excludes goalkeeper)	Serves duration off-field (excludes goalkeeper)	Direct Sendoff. Player must leave the bench area

10.1 Blue Card Penalties: A player who commits any following offenses will be penalized by the referee issuing a blue card. This is a two-minute penalty, and time will not resume until the player leaves the field. Calls are at the referee's discretion.

10.1.1 Boarding: Propels an opponent into the boards in a violent manner. A trip that inadvertently causes a player to make contact with the boards may not result in a blue card.

10.1.2 Dangerous Play

Sliding: Any slide, whether offensive or defensive, where a player slides toward the ball or another player in an attempt to gain possession or kick the ball is not allowed. This also applies to a goalkeeper who slides outside the box.

10.1.3 Unsporting behavior: includes the following:

10.1.3.1 Persistent Infringement: Persistent Disregard of the rules

10.1.3.2 Dissent: Any type of dissent of word and action towards the referee's decisions.

10.1.3.3 Taunting: Taunting opponents, instigating confrontation.

10.1.3.4 Encouraging Harm: Encouraging players by word or actual to harm or retaliate against opponents.

11.1.4 GK Obstruction: Obstruction of goalkeeper as they attempt to distribute the ball.

10.1.5 Intentionally Distracting: Making loud noises or actions to distract opponents.

10.1.6 6th Foul in a Half: A team will be issued a 2-minute bench penalty for every sixth foul committed in a half.

10.1.7 GK Protection: Kicking or striking the goalkeeper while the keeper has possession of the ball.

10.1.8 Encroachment: When a free kick, kick-in or kick-off is being taken, the defending team, without summons from the referee, must take a position at least three (3) yards from the ball.

10.1.9 Failure to leave Field: If a player does not immediately leave the field after receiving a blue card, they will receive a second blue card, which will be accompanied by a yellow card. If the player continues to refuse to leave the field or delays the game further, they will be issued a third blue card accompanied by a red card and ejected from the game.

11.1 Yellow Card penalties:

A player who commits any following offenses will be penalized by the referee issuing a yellow card. This is a four-minute penalty. A player receiving a second blue card will be shown a yellow card and must serve 4 minutes instead of 2 minutes. Any player receiving any other time penalties after a yellow card will be issued a red card and ejected from the game.

11.1 Unsporting behavior: Multiple slide tackles/slides, boarding, rough play, taunting (by word or action).

11.2 Dissent by word or action.

11.3 Persistent Infringements.

11.4 Delaying the restart of play: Failing to respect the required distance when restarting.

11.5 Aggravated Manner: Commits any fouls described in section 11.1 intentionally or in an aggravated manner.

11.6 DOGSO: Denying the opposing team a goal or clear goal scoring opportunity by deliberately handling the ball.

11.6.1 Denying the opposing team a goal or clear goal scoring opportunity by committing an offense that would warrant a free kick or penalty kick.

12. Red card Penalties: Red cards are issued for the following infractions followed by ejection from the game. Player removal from the facility will be at XL staff discretion. The Team will play short for five (5) minutes. Any player refusing to leave after being asked by the person in charge, whether it is a referee or office personnel, may result in the police being called and a complaint filed.

12.1 Violent conduct: Fighting, provoking a fight, striking or hitting an opponent with or without an object, spitting at an opponent, violent kicks in retaliation for a perceived foul. Serious foul play.

12.2 Card Accumulation: Receiving two (2) yellow cards or any card after a yellow will be punished with a red card.

12.3 Referee Abuse: Any abuse of the referee whether verbal or physical. Verbal abuse may be defined as, but is not limited to,

swearing at or threatening a referee, or disputing a call in an overly aggressive manner, in an attempt to intimidate the referee.

12.4 Suspension length: Red-carded players will not be allowed to play that night in any other league and players may be suspended for the next game. A player receiving two red cards may be suspended for the next season with the possible expulsion from the facility. This decision is under the jurisdiction of the Disciplinary Committee at XL Soccer World.*

The front desk staff are there for the purpose of serving our customers, taking registrations and payments. Any complaints regarding schedules, the result of a game, referees, etc must be taken up with the Office Staff. Please email nona@xlsportsworld.com to do so.