

Gaetano Indoor Rules and Regulations

*The rules and regulations listed below have been put in place by Gaetano Indoor Management. Every coach, player, spectator, and guest are expected to abide by each and every rule/regulation. Gaetano Indoor Management reserves the right to eject any individual who does not abide by said rules and regulations. Furthermore, any individual that continuously disrupts the game, or in the judgment of management is a threat to other people, will be asked to leave the facility. ***PLEASE NOTE THAT NUMBERS 1, 13, 14 & 20 DO NOT APPLY TO THE ADULT LEAGUES.**

***Outside food and beverages are not permitted at Gaetano Indoor.**

***Players participating in games, tournaments, practices, or training sessions are permitted to have an individual sport or water bottle.**

***Gum chewing and spitting are not permitted on the playing surface. 1st offense – a warning will be given, 2nd offense – removal from game, 3rd offense – banned for remainder of indoor session**

***There will be NO running or ball playing in the lobby, concession areas, spectator areas, or in the parking lot.**

- 1. Game Ball:** the home team must provide the game ball. It must be a regulation size ball, made for outdoor use. (Size 4 for U-7 through U-11 & Size 5 for U-12 through U-14). ***Please note that for High School groups Gaetano Indoor will supply the game ball.** The referee will ask for the ball before the start of the game. You should always bring a game ball with you even if you are the visiting team.

- 2. Practice Balls:** Both teams must provide their own practice balls and must collect them when finished. ***Please note that Gaetano Indoor and its employees will not be responsible for any loss or damage of any ball before, during or after a game.**

- 3. Players Equipment:** Each player must have the same color shirt or jersey and the goalie must have a color that is different from the field players. ***Please note that numbers are not mandatory, but it will make it easier to tell the players apart.** All players must wear shin guards during games and practices. All players must wear indoor soccer shoes, sneakers, or shoes designed for indoor turf. Players are not allowed to wear jewelry of any kind. Every player must have the proper equipment or he/she will not be permitted to play.

- 4. Number of players:** Seven (7) players, 6 field players and a goalie for teams under U-11. Six (6) players, 5 field players and a goalie for teams U-11 and up. ***Please note that the minimum number of players that a team may have is four. (Three field players and a goalie).** Forfeiting will result if a team shows up with less than four players and no additional players arrive after a five-minute grace period.

5. **Duration of the Game:** A regulation game will consist of two (2) twenty-five minute halves. Half time shall be 1 to 3 minutes, based on the referee's discretion. ***Please note that referees will be instructed to keep half time lengths short, in order to keep games ahead of schedule; in the case of any unforeseen problem arising, which would lead to a stoppage of the game clock.**

6. **Start of the Game:** Each game will be scheduled to start at the top of every hour. Each player should be stretched and ready to go before they step onto the field. ***Please note that the referees will be instructed to try and keep games running ahead of schedule; this may mean that games could start a minute or two before the scheduled time.** This will only happen if both teams are present and ready to begin play. The amount of warm up time that each team will get once they have stepped onto the field will vary, based on the referee's discretion. Keep in mind that there are a number of games that are scheduled for each day, especially on the weekends, and as already stated, referees will be instructed to keep games a little ahead of schedule, in case of any unforeseen problems that may arise. We ask that you please have your team ready to step onto the field as soon as the game before yours has finished.

7. **Ball In and Out of Play:** the start of every game will begin with the home team playing the ball backwards to a teammate from the middle of the centerline. If a foul is committed or if the ball is kicked out of play, a restart will occur similar to outdoor soccer. The ball is in play at all times, even if it hits off of the arena walls, fence or netting above the fence. The ball is out of play when it hits the netting above the wall of the goal mouth, if it goes over the netting above the fence or if it hits the rafters in the ceiling. ***Please note that for the High School groups anything above the wooden walls is out of play. For example, the fence. (See below).** Keep in mind that Arenas 1 and 2 are set up differently. Please make sure to confirm with the referee, prior to the start of the game, as to what exactly is in and out of play. Any out of play ball will be an indirect kick for the opposing team.

8. **Kicks:** A corner kick shall be awarded when the defending team kicks the ball over the wall of their own goal and it hits the netting. The ball will then be placed at the nearest corner from where it went out of play. The ball shall be approximately six (6) inches from the goal wall, with proper distance from the box. The referee will estimate as to what is the proper distance. A goal kick shall be rewarded when the offensive team kicks the ball over the wall of the opposing team's goal and it hits the netting. A goal kick must go out of

the penalty area before it can be touched by another player. Goal kicks can be kicked over passed the midfield line. A free kick shall be awarded when the referee has called any kind of infraction against the opposing team, if the ball is kicked out of play over the side netting or if the ball hits the rafters in the ceiling. For an out of play call the ball will be placed approximately six (6) inches from the wall where it went out of play and an indirect kick will be given. Any ball that hits the rafters will be placed directly under the spot where it hit; an indirect kick will be given. Referee's discretion will be used to decide whether an infraction called will be a direct or an indirect kick.

9. **Slide Tackling & Head Balls: Slide tackling of any kind is not permitted at Gaetano Indoor Soccer. Head balls are not permitted at Gaetano Indoor Soccer for age groups U11 and under.**

10. **Scoring:** A goal is scored when the entire ball passes completely over the goal line. ***Please note that any ball crossing the goal line after the halftime or final buzzer will not count.**

11. **Substitutions:** Each team shall be allowed unlimited substitutions. Players must use the door by their respective bench when entering or leaving the field of play. ***Please note that any player entering the field before the player they are replacing has reached the bench will be given a two minute (2) penalty for too many players on the field. Any goal keeper substitutions must be made during a stoppage of play with the referee's permission.**

12. **Goal Keeper:** Keepers cannot play the ball with their hands if a team member passes to them. If this penalty occurs, an indirect kick will be awarded to the opposing team, outside of the box. When the keeper has full possession of the ball as per the referee's discretion, he or she may not distribute it pass the midfield line. The ball must be touched by another player before it crosses midfield. If it is not touched, an indirect kick will be awarded to the opposing team on the center line. It does not matter if the keeper throws the ball out or he or she places the ball on the ground and passes it out, it still has to be touched prior to crossing the midfield line. Even if the keeper decides to place the ball on the ground and dribble it out, it still has to be touched. Goal keepers may not punt or drop kick the ball. They are only permitted to throw, roll, or pass the ball out. ***Please note that if one of the younger age groups is playing and if in the mind of the referee the goalie is having trouble throwing the ball out, he or she will be permitted to punt. (We will be flexible with this rule).** Goalies have approximately six (6) seconds to distribute the ball. Goalies are not subject to any type of step violation. They are permitted to take as many steps as they feel necessary

provided that they do not step out of the box and they distribute the ball within the proper time limit. Once the goalie has released the ball from his or her hands, they cannot play it with their hands again until it has been touched or played by another player outside the box. If the goalie touches the ball with his or her hands outside the box or if they play the ball with their hands after it has been released, an indirect kick will be awarded to the opposing team outside the box.

13. Standings: Divisions will be decided by points. Teams get two (2) points for a win and one (1) point for a tie. The team with the most points at the end of the session will be the division winner. In the case of a tie in points between two or more teams, head to head records will be used. If the tie in points still cannot be resolved, Gaetano Indoor reserves the right to make the decision on how to resolve the tie. (Examples, co-champions or a one game playoff, depending on time availability). ***Total number of goals scored will not be used in order to settle a tie.**

14. Player Eligibility: All teams must be registered in the proper age group. The age groups that are being offered follow the same guidelines that have been set by NJYS. **(The proper year for each age group can be found on the Gaetano Indoor website, specifically the Youth League Registration form).** Each player on your roster must fall within the set age group, no exceptions. Roster sizes should not exceed 15 players. If one player is too old to play, then you must move up to the proper age group or drop said player. Younger players are allowed to play up an age group. Boys are not allowed to play within the girl's groups, but girls are allowed to play within the boy's groups. ***Please note that players are permitted to play on up to two teams within or out of their age group, as long they meet the age requirements, and they are listed on the team roster.** Every player must be listed on each team roster they are playing for. Each player listed on the team roster must have a parent or guardian fill out and sign a release waiver for them. **(See below)**

15. Coaches Responsibility: During each game there should only be a maximum of three (3) coaches on the bench. **NO EXCEPTIONS.** If anyone is on the bench who should not be there the head coach will be responsible to remove that person as soon as possible or risk being penalized during the game. Head coaches are responsible for their assistant coaches, their players and their parents at all times. Problems that occur before, during, or after games and practices will be taken care of by the head coach or the person in charge at that specific time. If the problem persists the team will be penalized. If after that, the problem still persists, Gaetano Indoor reserves the right to

take action. (Example, forfeiture of games, kicking a coach, player, team or parent out for the remainder of the game or session). Coaches are responsible for any outstanding balanced owed. **All balances must be paid prior to the third game.** If the team balance is not paid, the team will forfeit that game and every game going forward until the balance is paid. Coaches must have the \$13.00 referee fee ready prior to the start of the game. **The fee must be paid in cash.** The referee will ask for the fee once you have come onto the field. ***Please do not ask Gaetano Indoor for change, towards the referee fee.** Coaches are also responsible to hand in a roster, and release waivers for each player on the roster. Rosters and release waivers can be found on the Gaetano Indoor website. Coaches must make sure that each release waiver is filled out completely, and signed, prior to handing them in. **Once the roster is handed in teams will have up to the third game to add players.** If Gaetano Indoor does not receive a roster or release waivers the team, or the player in question will not be allowed to play. ***Please note that there are numerous signs posted throughout the indoor facility in order to prevent any damage to walls, lights, fixtures, exit signs, etc... caused by players that play with the soccer ball outside of the playing field. Soccer balls must be kept in the bag until players enter the field. Coaches will be responsible for any damage caused by their players.**

16. Referees: A referee will be provided for each league game. You are expected to treat each referee with respect before, during, and after each game. This rule applies to coaches, players, parents, and spectators. Please keep in mind that referees are usually kept in the same time slots each week, so there is a good chance you will have the same referee for each one of your games. ***Please note that the list of referees to choose from is not long, so it is difficult to change or switch referees. Gaetano Indoor will not discuss the officiating or any other problem with the players, parents, or spectators.** We ask that only the head coach or one of the assistance coaches come to discuss any issues that may come up. Please try to remember that the referees are human and they will make mistakes sometimes. Also whenever you are discussing a matter with an official, please give him/her the respect that you would like yourself.

17. Rescheduling of Games: Games may be postponed from time to time due to inclement weather or any other unforeseen problem. If you are unsure as to the status of your game, you may call 8566944303. We will also try to send out a message regarding the game(s) in question, either by email or by a text remind message. At the bottom of each team schedule there will be instructions on how to sign up for the Gaetano Indoor text/remind system. We ask that everyone sign up for this system, in order to be aware of

important information that may be given during the indoor season. When calling to inquire about the status of a game, keep in mind that we will wait until the last possible moment before making a decision. We understand that some teams come from far distances, so we will try to make a final decision as soon as possible. Any games that are postponed will be rescheduled to a later date and time. Please be prepared to play your rescheduled game on any day and at any time, due to the limited time that is available. ***Please note that in some instances Gaetano Indoor may decide that a game or games cannot be made up because of season time restraints. If this happens, money will not be refunded. Also, there will be instances when sessions are running long, due to bye weeks and/or holiday breaks; because of this, teams must be prepared to play a game or two on days/nights that they are not accustomed to playing on. *Gaetano Indoor will not accept rescheduling requests from teams once the indoor session has started. REFUNDS WILL NOT BE GIVEN, ONCE THE INDOOR SESSION BEGINS.**

18. Fouls and Misconduct: All offenses shall be penalized by the award of either a direct or indirect kick. Direct kicks shall be awarded for hand balls, slide-tackling, tripping, kicking an opponent, charging an opponent in a violent and dangerous manner, holding, or pushing an opponent. Indirect kicks shall be awarded for kicking the ball out of play, dangerous play, obstruction, unsportsmanlike conduct, delay of game, too many players on the field, charging or obstructing the goal keeper while he/she is holding the ball and goal keeper delay of game. ***Please note that most calls are based on referee's discretion. The intent of a player while committing a foul will be decided by the referee's judgment.** Yellow and red cards will be issued on the intent of the foul committed. Any player or team issued a yellow card will also be given a two (2) minute minor. The team will play shorthanded for two minutes or until the opposing team scores; whichever comes first. Two yellow cards issued to the same coach or player during a game will result in a red card. Once the red card is issued, the said coach or player must leave the bench immediately. A one game suspension will then follow. If a coach or player is issued a straight red card, they will be kicked out of said game and must leave the bench immediately. A one or two game suspension will follow, depending on the intent or violence of the foul/act being committed. If a second red card is issued to a coach or player for any reason, then the coach or player in question will sit out for the remainder of the session.

19. Fighting: Fighting will not be permitted at Gaetano Indoor for any reason! Anyone who is involved in a fight will be kicked out of said game and said

session. The player or players in question must then sit out for one whole session before he/she is permitted to play again.

20. Added Rules for the High School Groups: These groups will use a futsal ball, and Gaetano Indoor will supply it for each game. If a player has possession of the ball along the wall only one defender is allowed to attack along said boards. After 5 consecutive fouls against a specific team the opposing team will be awarded a free 1v1 break away opportunity with the keeper. The number of consecutive fouls will decrease each time. The referee will keep the tally of fouls committed. The ball cannot go above the wooden arena walls and hit anything. (Examples, the fence, the netting, the ceiling). If the ball hits anything above the arena walls an indirect kick will be awarded. The referee will go over each one of these rules prior to the start of the first game. Any questions regarding these rules should be directed to frank@gaetanoindoor.com

21. Added Rules for All Adult Leagues: All teams playing in the Co-ed groups must have 2 women on the field at all times. Every team playing in the Adult leagues must follow the age requirements for their respective group, no exceptions. ***Please note that the Co-ed 40 & Over group is allowed to roster up to 2 players between the ages of 37 and 40. (Any questions regarding this rule can be directed to the Gaetano Indoor management).** Each coach or person in charge of their team must make sure that each player on the team reads and signs the **Adult Release Waiver/Roster** form before stepping foot onto the field. Players will be allowed to play on multiple teams, within the same group, provided they are the correct age. Each coach or person in charge must also have the \$13.00 referee fee ready, prior to the start of each game. The referee will ask for the fee once you have come onto the field for your game. The fee must be paid in cash. **(Please do not ask Gaetano Indoor to give change for the referee fee).** We ask that each adult playing at Gaetano Indoor keep an eye on their child or children. Do not allow your child or children to bring a ball with them to the facility. Finally, due to insurance reasons, children are not allowed onto the playing field. No Exceptions!

***By initialing below, you are acknowledging, as the coach or person in charge, that you and anyone associated with your team (group), have read and will abide by each rule and regulation listed on this form.**

Coaches Initials _____