



Inaugural EPSA Women's Indoor Tournament at Sofive

Rosters

All player rosters must be submitted before the start of the competition.

1. Players not listed on the team roster form prior to the day of the tournament and/or not properly registered with EPSA with an insurance waiver on file will not be permitted to participate in this tournament.
2. Players can only play for one team in this tournament

Team Structure

1. There will be a maximum of 5 players per team on the field at any one time, consisting of 4 field and one goal keeper.
2. A minimum of 4 players per team is needed to start the game

Substitutions

Substitutions are unlimited during the game and may be made "on the fly"

1. Outgoing substitutes must leave the field of play before the replacement enters the playing area.
2. The oncoming players are active immediately and can receive the ball.
3. Substitutes must stand outside the pitch perimeter and spectators must not enter the field of play under any circumstance.
4. A change of goalkeeper must be authorized by the referee.

Game Structure

1. The match will consist of one 25 minute period.
2. If stoppage is deemed appropriate by the referee, a maximum of one minute will be added.
3. Lateness to a scheduled match will result in a penalty against the offending team:
 - a. 5 minute lateness will result in a one goal deficit
 - b. 10 minute lateness will result in a forfeit

Field Restrictions

There are two marked goal areas on the pitch

1. Only the defending goalkeeper is permitted to play the ball inside the goal area and only she may handle the ball in this area (the line belongs to the goal area.)

2. A defending field player can enter her own goal area but cannot deflect or play the ball in her own goal area. If she does, the opposing team will be awarded a free kick seven feet from the goal area line closest to where contact with the ball was made.
3. A field player entering her opponent's goal area will be penalized. The game will be re-started from the goalkeeper by a goal kick.
4. A goalkeeper gaining, or seeking to gain, an advantage by leaving her goal area or by playing the ball when it is outside the goal area will result in a free kick for the opposing team.

General Play

There is no offside

A goal may be scored from any point within the field of play

1. Goalkeepers are not permitted to take penalty kicks (except in a penalty shootout)
2. Goals cannot be scored directly from a side line kick-in or directly from the kick-off

Free Kicks and Penalty Kicks

All free kicks will be Direct (DFK)

Opposing players must be at least seven feet from where any free kick is taken.

1. If a free kick is awarded on or near the goal area it must be moved seven feet backwards to allow defenders to be seven feet from the ball.
2. A Penalty Kick will be awarded if, in the referee's opinion, an imminent goal scoring opportunity was taken away by an infraction.

Starting and Restarting the Game

The kickoff will take place on the center line in the center of the field, to start the game and after a goal.

1. The kickoff is the only Indirect Free Kick.
2. The kickoff can go forward or backward.
3. Opposing players must be 7 feet from the ball in all directions.
4. To start the game, the Home Team (listed first) will have first possession and take the kick.
5. The Visiting Team will decide which side of the field they will defend.

When the goalkeeper has possession of the ball with her hands, she must return the ball into play by throwing or placing it on the ground and kicking it out of the goal area (no punting)

1. The goalkeeper has a maximum of 5 seconds to return the ball into play
2. A goalkeeper cannot pick up or touch the ball with her hands after it has been purposely passed back to her from a teammate.
3. There is no restriction on how far the goalkeeper can play the ball, or how far a goal kick can go.

If the ball goes out of play over the endline/board:

1. If the defending goalkeeper deflects the ball, a corner kick will be awarded.
2. Otherwise, a goal kick or corner kick will be awarded, depending on which team had the final touch.
3. Goal kicks will be taken by the goalkeeper from anywhere in the goal area.
4. Corner kicks will be played by the attacking team from anywhere on the center line.
5. If the ball goes out of play over the sideboard a kick-in will be awarded depending on which team had the final touch.
6. The kick-in will be played from the spot where the ball went out of play (no throw-ins)

If the ball hits the ceiling:

1. A DFK will be given to the team that did not last touch the ball, from the spot directly below where the ball hit the ceiling, but outside of the goal area.

Penalty Kicks Procedure

1. A penalty kick will be placed seven feet from the top of the goal area directly in the center of the field
2. The goalkeeper must begin by standing on the goal line and may move only laterally before the kick is taken
3. There is no run-up to the ball. The kicker's planted foot must be placed before the kick and remain stationary.
4. The rest of the players must be outside the boundaries of the goal area and behind the ball until the kick is taken.
 - a. FIFA rules will be followed as to the result of the PK

Player Safety and Fouls

Infringement of these rules will result in a Direct Free Kick.

1. A foul occurs if a player (in addition to any previously mentioned situations):
 - a. Holds an opponent
 - b. Plays in a dangerous manner
 - c. Impedes the progress of an opponent
 - d. Prevents the Goalkeeper from releasing the ball from her hands.
2. A foul occurs when a player commits the following in a careless, reckless or excessive force manner:
 - a. Kicks or attempts to kick an opponent
 - b. Trips or attempts to trip an opponent
 - c. Jumps at an opponent
 - d. Charges an opponent
 - e. Strikes or attempts to strike an opponent
 - f. Pushes an opponent

3. Unsporting Behavior
 - a. Leverage: Using the body of a teammate or any part of the field to gain an advantage
 - b. Encroachment: Entering the protected area of an opposing player taking a free kick (after a warning has been given)
 - c. Dissent: Referee abuse
 - d. Other: Behavior which, in the opinion of the Referee, does not warrant another category of penalty (e.g. taunting, foul language)

4. Boarding
 - a. Unnecessary roughness on the boards will not be tolerated.
 - b. "Boarding" is defined as double teaming (2 players from the same team) a player against the boards, and is not permitted, including in the corners.
 - c. Players may not grab onto the boards with both hands.
 - d. Any player that uses the corner for time wasting will lose possession of the ball and a DFK will be awarded to the other team
5. There are no slide tackles allowed
6. No jewelry, including watches or fit-bit bands, is allowed
7. The advantage rule will not be applied
8. Verbal Warnings will be given by the Referee:
 - a. "Boards" – for someone to step away from the boards
 - b. "Corner" – for someone to give space or to get away from the corner
 - c. "Space" – to prevent encroachment
 - d. "Time" – to prevent time wasting; quick restarts of play should always take precedence

Disciplinary

The purpose of the rules of EPSA and Sofive Soccer Center is to provide a guideline to describe the way the game is to be played. No one may intentionally violate the rules.

Yellow Cards

1. A player who receives a Yellow Card must leave the field of play for 2 minutes
2. If a yellow card is issued, their team will play down one player for the full 2 minutes, even if a goal is scored.
3. Cautionable Offenses: The Referee may issue a yellow card for:
 - a. Reckless fouls
 - b. Unsporting behavior by a player on or off the field
 - c. Unsporting behavior by non-player bench personnel
 - d. Repeated warnings
 - e. Provoking Altercation: Making physical contact with an opponent (i.e. pushing or poking), short of fighting, or using the ball for the same

Red Cards

1. A player who receives a Red Card must leave the field of play immediately and for the duration of the game.
2. A red card results in the team playing down a player for a full 5 minutes, even if a goal is scored.
3. Ejectionable Offenses: The Referee may issue a red card for:
 - a. Fouls which are considered violent or using excessive force
 - b. Striking with the hand or elbow
 - c. Leaving the team bench or penalty area to engage in a confrontation with the opposition or a Referee
 - d. Extreme unsporting behavior
 - i. Spitting at another player or referee
 - ii. Abusive language towards another player or Referee
 - iii. Bodily contact with a Referee
 - iv. Abusive language or dissent with a Referee

Suspension

1. A player who is sent off may receive a suspension for a minimum of their next scheduled game.
2. A player who receives a red card for violent conduct or any sort of physical contact will not be permitted to participate in any future games in the tournament

Disputes

The Referee's decision of all on-field matters is final and discussion will not be entertained either on the field or off the field. There is no appeal or protest process.

1. Dissent and bad mouthing will not be tolerated.
2. The Referee's jurisdiction on disciplinary matters begins when the players enter the field and bench area, until when they completely leave the playing area.
3. Players and/or coaches repeatedly disputing decisions by the Referee may be subject to further disciplinary action.

Scoring

At the end of each group stage game, teams will be awarded game points for the following:

Win = 3 points

Tie = 1 point

Loss = 0 points

Group stage games may end in a tie.

Semis and Finals need a winner. If the game is tied at the end of regulation, a 5 minute overtime period will be played. Away team will kick off. First team to score wins and the game will end. The full 5 minutes do not need to be played. If neither team scores within the 5 minute overtime, Knockout Penalty Kicks will take place as described below. Referee will flip a coin to decide who kicks first.

Tie Breakers

If necessary, tie breakers will be used at the end of the group stage rounds. The group winner will be the team with the most points within their group. In the event of a tie, the following criteria shall be used to determine the winner:

1. For two teams only: Winner of head-to-head play
2. Lowest number of goals allowed (maximum of 5 per game)
3. Highest goal differential (maximum of 5 per game)
4. Bonus points
5. 1v1 Penalty Kicks, (Knockout Penalty Kicks – i.e. If team A scores and team B does not score, then team A wins)

Bonus points will be awarded as follows:

5 bonus points will be awarded for a shutout. Bonus points will also be awarded for winning team's goal differential, one point for each goal up to a maximum of 5 points. Thus, if a team wins 5-0 or 7-1, they would receive 5 bonus points for goal differential plus the team winning 5-0 would also receive 5 bonus points for a shutout. In the case of a 0-0 tie, both teams receive 5 bonus points for the shutout. In addition, 5 bonus points will be deducted for each red card issued to a player or coach (ejection) during tournament play. Bonus points are not added to the game points and are only used in the case of a tie in standings after step 3 above.

All decisions made by Eastern Pennsylvania Soccer Association in interpretation of these rules are final.