



## LEAGUE PLAY

# Indoor Soccer



## League Rules

### League Philosophy:

The Optimal You Indoor Soccer League is FULLY sponsored by the Amway Corporation in order to provide its employees and family members an opportunity to enjoy friendly competition in a safe, healthy environment. The league games are not intended to be an avenue for unsportsmanlike conduct, childish behavior, or otherwise unacceptable and unprofessional actions. It is expected that ALL league participants will display the highest level of sportsmanship toward the other players, officials and administration at all times. The Fitness Facility management reserve the right to exclude any player(s) from competition and/or access to the gymnasium for actions and attitudes contrary to those outlined above. If you have any questions about the league philosophy or any of the rules defined below, please feel to contact Andy Bix at the Fitness Facility at x7710, or email [andy.bix@amway.com](mailto:andy.bix@amway.com).

### League Rules:

- **Players:** Teams will consist of three players on the court at one time.
  - Two forwards and one goalie.
- **Roster:** Teams are made up of four players. Any roster changes, please report to [andy.bix@amway.com](mailto:andy.bix@amway.com) before they play in a game.
- **Game Time:** Matches are schedule for a 30-time frame.
- **Game Duration:** Each game will consist of two 12-minute halves. The entire match will be a running clock. There will be a five-minute half time.
- **Game Starts:** The match will begin with a kickoff at half court. The team to start the match with the ball will be determined based on being listed first on the schedule. The other team will get the kickoff to start the second half.
- **Time-Outs:** Each team will be allowed two one-minute time outs per game. A time out can only be called while your goalie has complete possession of the ball.
- **Boundaries:** All walls are considered in play and there are no boundaries on the court.
- **Players:** Each team will be allowed three players on the court at a time. One goalie and two forwards. The goalie may use hands and throw the ball to a teammate anywhere on the floor but may not use hands when over their own **RED** line.
- **Substitutions:** Forwards can be substituting on-the-fly or after a goal has been scored (*subs can sit atop the shelf in the back right corner of the gym*).



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- **Goalie Regulations:** The goalie IS eligible to be up in the play and score, however the forwards are not permitted to use hands while covering the net in those situations.
  - *The defender/goalie may only be substituted during a time out (each team has two-time outs per game) and it must be announced to the other team!!*
- **Tiebreaker:** In the event of a tie at the end of regulation, a sudden death overtime of two minutes will commence. Overtime format will be two on two, forwards ONLY (no goalies) and goals must be scored from inside the half court line. Any goal that is kicked or touched beyond half court will not count, and the defending team gets possession of the ball. The first team to score wins the match. Substitutions can be made on the fly.
- **Code of Conduct:** Unsportsmanlike conduct or inappropriate behavior of ANY sort will not be tolerated, and may result in ejection from the match, team forfeiture and/or termination of membership. Any such situation where this behavior is exhibited should be reported to Fitness Staff immediately.

### Game Cancelling / Rescheduling:

- If your team cannot make a scheduled game, captains MUST notify Andy Bix, one day in advance. A reschedule will be scheduled and communicated to both captains. If a match cannot be rescheduled by the time the divisional pool plays ends, the team that originated the reschedule must forfeit the match.
- If the rescheduled match does not work with either team, both team captains can work together to come up with a rescheduled time by checking the Gymnasium's schedule through MS Outlook like you would any conference room, under "Amway Campus Fitness Gymnasium".
- Once a date and time is established, email Andy Bix (or any Fitness Facility Staff member) to do the actual scheduling of the gym (please do not try to schedule the gym yourself).