

## 2013 Spring League

### League Rules/Game Format Reference Sheet

#### League Games Format:

- Game Time: Games will start PROMPTLY at the scheduled time. Each team is responsible for arriving on time with appropriate numbers each week. Forfeited or shorted rosters are highly frowned upon.
  
- Modified Seven Aside: Games are played 7 vs 7 (6 field players and 1 GK) for 19 minutes and the last 3 mins of each half, 5 vs 5. Goalkeepers are recommended. Teams can play with or without GKs. Sharing of GKs is acceptable.
  
- Duration of Match: 2 x 23 minute halves, 3 minute halftime, No overtime.
  
- Pool Play Points: Win=3, Tie=1, Loss=0, Tie-breaker: Head to Head, Goal Against, Goal Diff and then Goal For.
  
- Rules:
  - We will be playing a modified indoor game. The ball can be played off the boards like traditional indoor and all balls crossing the end line, will go to the defending team. The ball will be able to be played 3D as long as it does not endanger the defender.
  
  - No hitting the ball. Sweeping, push passing, drag flicking and slap hitting are primary distribution methods. Any passing or shooting methods where the players stick head breaks contact with the court is illegal (ie. Outdoor style hitting is not permitted).
  
  - Self-start will be played in all games, (on a free hit, it is the option of the team with the ball to either pass in from the free hit or take the ball dribbling by self starting). The ball must be stopped and placed in the vicinity of where the foul occurred. Free hits inside 3 yards from the circles edge will be brought back to the red dots. The ball will have to travel 3 yards before entering the circle.
  
  - Penalty Corners: There will be no penalty corner in Spring League. Instead, we will be playing a 5 vs 3. Ball will be inserted from the back line 10 yards from the goal post by one attacker, the other 4 attackers need to start behind the red dots. 3 defenders will start behind the end line. Remaining defenders and attackers will start at the far red dots. The insert will initiate the play.

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**Manager/Coach/Player Information:**

- Every player should have a Student Id or Drivers License each week for roster checks
- Each team bring pinnies or alternate shirt color (light & dark).
- First team listed is the HOME team (white jersey) and must provide orange ball.
- Second team listed is the AWAY team (colored jersey or pinnie).
- Report scores to official on court immediately following each game.
- Court Shoes: No black soles, cleats or turfs.
- Escondido Sports Center Directions: I-15, exit Via Rancho Parkway (East). Go Left at Kit Carson Park Road. The Escondido Sports Center is located on the left.

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