

XL SPORTS WORLD - CHERRY HILL INDOOR SOCCER RULES & REGULATIONS (2025)

Signing the XL Sports World Waiver acknowledges agreement to the following rules and regulations. All teams and players receive these rules upon registration.

1. REGISTRATION RULES

- 1.1** All players must be registered and rostered to participate.
 - 1.2** A **non-refundable** \$150 deposit is required at least **5 days before** the first game.
 - 1.3** Deposits guarantee preferred game times on a **first-come, first-served** basis.
 - 1.4** Teams that withdraw forfeit all fees and must pay the remaining balance.
 - 1.5** Deposits apply toward the total team fee.
 - 1.6** Teams have **4 weeks** to pay in full; late payments incur a **\$50 weekly fee**.
 - 1.7** Failure to pay results in team removal and collection action.
 - 1.8** Individual **Free Agent** fee: **\$80 (non-refundable, upfront payment)**.
 - 1.9** XL Sports World reserves the right to **ID players** to verify age eligibility.
 - 1.10** Players in Over 30's and Over 40's league must provide ID to verify age
 - 1.11** **Forfeiting Week 1** results in removal from the league.
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2. TEAM INFORMATION

- 2.1** Rosters must be completed online or added at the front desk.
- 2.2** Players **must** register via **DaySmart** and sign a waiver online.
- 2.3** DaySmart provides access to schedules, invoices, and communication.
- 2.4** Rosters **lock after Week 4** (no additions from Week 5-8).

- 2.5** Team Size: **7-16 players** (12 for Free Agent teams).
 - 2.6** Using **unregistered players** or **underage players** results in forfeiting the game.
 - 2.7** Illegal players cannot be used in future games and can be banned from other leagues at the facility.
 - 2.8 Over-30 and Over-40 League: NO UNDERAGE PLAYERS ALLOWED - this will result in a forfeit. ID will be required**
 - 2.9 Coed Teams:** Must have at least **2 female players** on the field at all times.
 - 2.10** Coed Free Agent teams with fewer than **2 female players** allow opponents to mirror.
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3. LEAGUE RULES

- 3.1 8-week season:** 6 regular-season games, 2 playoff weeks (varies by league).
 - 3.2 Game format:** 7v7 (1 GK + 6 field players). Players must be **18+** (16-17 allowed with a parent present).
 - 3.3** Suspensions **carry over** from past seasons.
 - 3.4** No refunds for ineligible players.
 - 3.5** Intentional use of ineligible players results in **suspensions**.
 - 3.6** New/guest players **must check in** before playing.
 - 3.7** All players must be rostered.
 - 3.8** Game times vary depending on number of teams registered
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4. UNIFORMS & EQUIPMENT

- 4.1** Players must wear **matching jersey colors**; GKs must wear a distinct color.
- 4.2** No uniforms with **foul language**.
- 4.3** Jewelry must be removed or taped.

- 4.4 Braces with metal components must be covered.
 - 4.5 Referees determine eyewear safety.
 - 4.6 Allowed footwear: **indoor soccer shoes or smooth-soled sneakers.**
 - 4.7 **NO CLEATS** (molded, screw-in studs, or football shoes).
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5. BENCH AREA RULES

- 5.1 Only active rostered players are allowed in the bench area.
 - 5.2 Teams with players **under 17** must have an **adult in attendance at all times or they can not take the field.**
 - 5.3 No food/drinks (except water/sports drinks).
 - 5.4 No smoking/vaping in the facility.
 - 5.5 No **outside food or beverages** permitted in the facility.
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6. WEATHER POLICY

- 6.1 Games proceed unless staff **cannot safely reach the facility.**
 - 6.2 Rescheduling is at **management's discretion** (no refunds).
 - 6.3 Make-up games may be scheduled on non-standard days.
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7. GAME DURATION & TIMING

- 7.1 Games are **22 or 25 minutes depending on number of registrations.**
- 7.2 The clock runs continuously, stopping only for injuries.
- 7.3 **1-minute warm-up** before games.
- 7.4 Games start **on time**; late arrivals **do not** extend playtime.

7.5 Minimum 5 players required at kickoff (forfeit after 5 minutes).

8. SUBSTITUTIONS

8.1 All subs made from the sideline.

8.2 “On-the-fly” substitutions allowed (including GK).

8.3 Entering players cannot engage until the outgoing player exits.

8.4 Too many players involved in play = **1-minute penalty**.

9. GAMEPLAY RULES

9.1 All restarts are direct free kicks.

9.2 Possession determined by the last touch before stoppage.

9.3 Injury stoppage: injured player must leave the field before play resumes.

9.4 Throw-ins for touchline exits; **corner/goal kicks** for end line exits.

9.5 Slide tackling is prohibited (2-minute penalty if contact occurs).

9.6 GK may **slide within the box** but not feet-first outside the area.

9.7 GK cannot punt/drop-kick; distribution must touch their half first.

10. REFEREE POLICIES

10.1 Each team pays a \$20 **referee fee per game**. Must be paid before the game

10.2 If the referee is not paid before scheduled kick off time, they will start the clock but the game will not start until payment is made.

10.3 Referees' calls are final (no protests).

10.4 No referee removal requests will be granted.

10.5 No offside rule.

10.6 All free kicks are **direct**.

10.7 Flagrant fouls/handballs in the penalty box result in a **penalty kick**.

10.8 Game clock is at the discretion of the referee.

10.9 Referees are assigned to the facility. They are not employees of the facility.

11. DISCIPLINE (YELLOW & RED CARDS)

11.1 Yellow card = **2-minute penalty** (team can sub the player).

11.2 Red card = **ejection (team must play down a player for 5 minutes) + minimum 1-game suspension** (must leave facility).

11.3 Further suspensions depend on severity (up to permanent ban).

11.4 Profanity or abusive language **may result in an automatic red card**.

11.5 All red card incidents will be video reviewed by management.

12. FORFEITS & RESCHEDULING

12.1 Forfeit score: 4-0 or current score if higher.

12.2 Games forfeited due to misconduct resulting in **no refunds**.

12.3 Teams must pay referee fees even for forfeited games.

12.4 **Late forfeits (<48 hours)** incur a **\$50 fee**; no-shows incur **\$100**.

12.5 Games are **rarely rescheduled** unless extenuating circumstances apply