



# YOUTH - HIGH SCHOOL - ADULT INDOOR SOCCER RULES

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# GREAT BEND RECREATION COMMISSION

## YOUTH – HIGH SCHOOL – ADULT INDOOR SOCCER RULES

Games will be played by the Kansas State High School Activities Association (KSHSAA) official rules with the following emphasis and exceptions:

### GENERAL RULES

- a. **Registration:** We have three ways to register: On the internet at greatbendrec.com, at the Great Bend Recreation Commission at 1214 Stone St. or call 620-793-3755.
- b. **Practices:** Once teams have been formed, a team may meet no more than three times a week and for no longer than an hour and a half per meeting (including games.) Teams may accumulate no more than 4.5 hours of meeting time in a week.
- c. **Inclement Weather:** For postponements due to inclement weather, call the Rainout Line at 620-792-3214 after 4:00 p.m. or look for us on Facebook and www.greatbendrec.com Make-up games will be scheduled as soon as possible with a memo passed out to the team managers. Games could include playing during another day of the week and not necessarily on regular game day.
- d. **Assigned players:** Once a team is established, players placed on a team are committed to that team for the entire season. Rarely on a case by case basis, after a written request showing specific justification and approval by all parties and the Sports Director/Assistant Sports Director, is a player moved to another team.

### 1. THE FIELD OF PLAY

**Field Dimensions:** Field - (101 Ft. x 65 feet), Goal Area - (6 x 16 feet), Penalty Area - (21 x 26 feet)

### 2. THE BALL

**Ball Dimensions:** 2<sup>nd</sup> and 3<sup>rd</sup> grade teams will use a size #4 felt ball. 4<sup>th</sup> through 8<sup>th</sup> grade will use a #3 futsal ball provided by GBRC. High School and Adult teams will use a size #3 futsal ball which is given to the team manager at the first scheduled game. This ball must be used during the games and practices. Only approved size #3 futsal balls will be allowed during the games.

### 3. THE PLAYERS AND SUBSTITUTIONS

- a. **Youth Leagues:** 2<sup>nd</sup> through 6<sup>th</sup> grade teams start with 6 players and a goalie. Teams need a minimum of 4 players and a goalie to play.
- b. **Middle School Leagues:** 7<sup>th</sup> & 8<sup>th</sup> grade teams start with 5 players and a goalie. Teams need a minimum of 3 players and a goalie to play.
- c. **Adult & High School Leagues:** 4 players and a goalie will be used in the game. Teams need a minimum of 3 players and a goalie to play.
- d. **Game Time:** Game time is forfeit time.
  1. **Youth Leagues:** The game will consist of (2) 16-minute halves, with a three-minute rest period between halves.
  2. **High School Leagues:** The game will consist of (2) 18-minute halves with a three-minute rest between halves.
  3. **Adult Leagues:** The game will consist of (2) 20-minute halves with a three-minute rest between halves.
- e. **Free Substitution:** Players may substitute while the flow of the game continues. Any number of substitutions may be made during the game.
- f. **Youth Playing Time:** All players must start the first or second half and play for a minimum of 2 minutes. There will not be any substitutions for the first 2 minutes unless there is an injury.
- g. **Rosters Restrictions:**
  1. **Youth & High School Leagues:** Teams will be allowed as many players on their team as spaces on their roster allow. High School leagues must be made up from students currently enrolled in High School.
  2. **Adult Leagues:** Players must be a Freshman in high school or at least 16 years of age by the start on the program. No player who is a member of a college or high school squad is eligible to play during their respected seasons.
  3. **Roster Additions:** Any manager wishing to add a player may do so by placing that player on the roster at the Great Bend Recreation Commission office. Once a player is listed on a roster, he/she is obligated to play with that team and ineligible to play for any other team in that respective league. Any additions to team rosters may be done up to the middle point of the season. Example (For a 8 game league, additions must be made before the team's 5th game. Additions after this point will be based upon certain criteria; injury, moving, forfeits, etc., and must be a player that is not on any current GBRC adult soccer roster. This addition must be approved by the Sports Director/Assistant Sports Director.

## 4. PLAYER EQUIPMENT

**Equipment:** Players will not wear jewelry, watches, or anything that might be dangerous to another player. (Exception: medical alert bracelets). Metal medical alert bracelets must be taped. Any shoes worn that could damage the floor or other participants will not be allowed. Kneepads, elbow pads and shin guards, and eye protection are encouraged. Protective helmets and shirts for goalies will be provided upon request.

## 5. THE OFFICIALS

- a. **Safety:** The referee has "Safety of the Players" as the main concern. The referee may warn, caution, and eject players and stop the game for injuries.

## 6. GOALKEEPERS

- a. **Goalie's shirt:** must be a distinctively different color from the two playing teams.
- b. **Pass from Teammate:** The goalie may stop any ball in the penalty area with his/her hands provided the ball was not intended as a pass from a teammate. If the ball was intended as a pass back to the goalie then, the goalie may not handle the ball with their hands.  
*Penalty:* Arch kick, a free kick from the arch mark, started by the Official's whistle.
- c. **Half Court:** The goalie cannot throw, punt or goal kick the ball past half court without the ball first touching his/her side of the court. The goalie will not be allowed to drop the ball outside of his/her box and kick the ball down court. The goalie must dribble out (minimum 3 touches with the feet) before directing the ball in the air down court past the half court line. *Penalty:* Free kick from midcourt line.
- c. **Goalie Delay of Game:** The goalie shall have (6) seconds to release the ball once he/she has gained possession, is up on his/her feet, and the opposing team has left the penalty area. *Penalty:* Arch kick for the opposing team, a free kick from the arch mark, started by the Official's whistle.
- d. **Small Goalie Box:**
1. **Youth Leagues:** No offensive player will be allowed in the opponent's small goal box area. This includes the momentum of the shooter at any time during or after kicking the ball to score. If a goal is scored and an offensive player was in the small box at the time of the shot or as the goal is scored, any goal scored will be nullified. *Penalty:* Goal kick by defending team.
  2. **Adult and High School Leagues:** An attacker may enter the small goal box and play the ball if the play on the ball and momentum of the player does not interfere with the safety of the goalie. *Penalty:* Any goal scored will be nullified. Any foul, which occurs due to contact with the goalie, will be assessed.

## 7. DURATION OF THE GAME/OVERTIME

- a. **Continuous Clock:** The clock shall be kept running with the following exceptions:
1. Team time-outs.
  2. Injury time-outs.
  3. When the ball is kicked over the walls and out of play with delay in restart.
  4. On all dead balls during the last 2 minutes of the second half.
- b. **Time-Outs:**
1. **Youth Leagues:** Two time-outs per half.
  2. **High School and Adult Leagues:** Two time-out per game.
  3. **Sudden Victory Period:** Each team will have (1) time-out to use in the Sudden Victory period. Excessive time-outs will not carry over into the Sudden Victory period.
  4. **Dead Ball Time-outs:** Either team may call a time-out after a foul is called, the ball has gone out of play or after a goal is scored.
  5. **Live Ball Time-outs:** For a time-out to be granted during a live ball, the team calling the time-out must have definite control of the ball. If a time-out is called when the ball is in play, play will resume with a free kick. **Exception:** A time-out called inside the penalty area will resume with an arch kick, a free kick from the arch mark, started by the Official's whistle.
- d. **Adult and High School Blow Out Rule:** If a team is leading by 12 goals at any time during the game, then the game will be called.
- e. **Overtime (Sudden Victory):**
1. **Adult and High School Leagues:** If the score of the game is tied after regulation play, a **5 minute** Sudden Victory period will start after a one-minute time out. If the score is still tied after the Sudden Victory period, a Shoot-Out will immediately proceed.
  2. **Youth Leagues:** If the score of the game is tied after regulation play, a Shoot-Out will immediately proceed.
- e. **Shoot-Out:**
1. **Adult and High School Leagues:** Will have 4 shooters. Each player (one at a time) will start at the midcourt line. At the Referee's whistle they will attempt to score by shooting as many shots as they can, from anywhere on the court, in the five second time limit. The ball must cross the goal line before the horn sounds.
  2. **Youth Leagues:** Will have 4 shooters. The ball will be placed at the penalty kick spot. After the whistle has been blown, each shooter will have five seconds to shoot one shot from the penalty kick line. The official must wait until the goalie is ready before blowing the whistle. The ball may be touched only once by the shooter. No dribbling will be allowed. The goalie may participate as a shooter.

- a. Teams will shoot at the west goal facing the scoreboard.
- b. A coin flip with the team managers shall determine whether the team will attack or defend first.
- c. The defending team is represented by the goalie only. The goalie selected by the defensive team must be used during the entire Shoot-out unless he/she is injured during play.
- d. Teams alternate with a chance at a goal.
- e. The team that scores the most goals out of 4 chances wins the game.
- f. All rules of Indoor Soccer are observed during the Shoot-out procedure.

If at the end of the Shoot-out, the score is tied, a Sudden Victory Shoot-Out immediately follows. Teams must now pick shooters who have not participated in the original shoot-out. If a team runs out of players, they may then start over with their original first shooter. Each team gets one chance to score until one team scores and the other team does not.

## 8. START OF PLAY

**a. Kickoff:** A kick-off is taken at the center spot to start the game, after a goal is scored and at the start of the second half. The team listed second on the schedule is the home team and will kick-off to start the game. The other team will kick-off to begin the second half. Teams switch ends at half. After a goal, the team scored against kicks off. Players must be in their half of the field on the kick-off. The non-kicking team must be at least 10 feet from the ball. The player kicking off cannot play the ball again until it has been touched or played by another player (either team). A goal cannot be scored on a kick-off unless it first touches another member of the playing court. *Penalty:* Goal kick

## 9. BALL IN AND OUT OF PLAY/DROP BALL

- a. **Ball in Play:**
  1. It bounces off a goal post, crossbar, basketball goal, ceiling or Referee and stays in play.
- b. **Ball Out of Play:**
  1. The entire ball is completely outside the wall.
  2. The Referee stops the game.
  3. Any ball going directly above the goal is out of play and shall be put into play with a goal kick or corner kick.
  4. If the ball becomes entrapped along a wall, for safety reasons, the official shall stop play and resume play with a drop ball.
- c. **Drop Ball:** When two players from opposing teams both kick the ball out of bounds at the same time, a double foul is called or a time out is called without a team having sole possession. The official drops the ball from waist level between the two players to put it in play.

## 10. SCORING

**Scoring:** A goal can be scored only if the ball goes completely over the outside edge of the goal line, under the crossbar and between the goal posts. Any player may score, including the goalkeeper. A player may score on the goal he/she is defending except when he is taking a free kick, goal kick, penalty kick or kick off. **(Coaches in younger age groups should be sure to teach their goalkeepers not to back into the goal after stopping a ball.)**

## 11. FOULS AND MISCONDUCT

- a. **Advantage Clause:** The Referee may let play continue and not call a foul if, in his/her opinion, thinks it is to the advantage of the fouled team to let play continue. Example: If a handball on a defensive player results in an immediate play and goal, the goal shall count.
- b. **Sliding Tackles:** No sliding tackles will be allowed. *Penalty:* Free kick
- c. **Dangerous Play:** No one shall attempt to kick the ball while lying on the ground. No one shall kick the ball in the vicinity of anyone's head or face. A goal may be scored while sliding after kicking the ball, provided the slide is not a safety issue and no contact with any player is made. *Penalty:* Free Kick
- d. **Fouls:** *Penalty:* Free kick.
  1. High Kicking - A high kick will be called for any kick that is made above the kicker's waist that in the official's opinion endangers those around the kicker.
  2. Illegal obstruction - when not within playing distance of the ball.
  3. Charging the goalie. Taking more than 4 steps while controlling the ball.
  4. Fair Charging but with ball out of playing distance. (Definition: fair charging; shoulder to shoulder contact without danger to either player.)
  5. Kicking or trying to kick an opponent.
  6. Tripping
  7. Jumping at an opponent.
  8. Charging an opponent from the front, side or from behind.
  9. Holding
  10. Hitting or trying to hit an opponent.
  11. Pushing

12. Handling the ball, except by the goalkeeper in his/her own penalty area. It is a foul when the ball touches any part of the hand or arm with intention to control the ball. Note: Instinctively protecting oneself from injury is not a foul.
13. Sliding tackles are only allowed by goalie inside goalie box if he/she first touches the ball. It is illegal for the goalie to end up outside of the goalie box. Penalty: Arch kick for opposing team, a free kick from the arch mark, started by the Official's whistle.
14. It is the referee's judgment whether to call the foul or if the hand ball was intentional or gave an advantage to the offending team.

**e. Misconduct - Yellow Cards:** The Referee will issue a yellow card to a player or coach under the following guidelines:

1. Continually breaking the rules or persistently infringing upon any of the rules of the game
2. Arguing with referee (dissent), objecting by word of mouth or action to the decisions given by an official.
3. Interrupting the flow of the game with unsportsmanlike behavior.
4. Intentionally/recklessly kicking the ball which may result in a displaced and/or broken ceiling tile.

*Penalty:* A free kick for the opposing team.

**f. Yellow Card Sit Rule:** Any player receiving a yellow card will sit for a two-minute penalty or until the opponent scores. Only one penalized player can re-enter per opponent's score. On a team's 6th foul, one player from the offending team receives a 2-minute penalty. On each alternating foul thereafter (8th, 10th, 12<sup>th</sup>, etc.), a two-minute penalty is assessed or until the opposing team scores a goal. All yellow card penalties carry over into succeeding periods.

**g. Misconduct - Red Cards:** The Referee will issue a red card for players or coaches under the following guidelines:

1. Persistent misconduct or committing a second cautionable act after already receiving one caution.
2. Exhibiting violent behavior such as kicking, hitting, or spitting at/on opponents or officials.
3. Using foul, insulting, abusive or threatening language
4. Acting in an unsportsmanlike or threatening manner toward other players, officials and GBRC staff.
5. Physically challenging the Referee.

*Penalty:* In addition to a caution or disqualification's, a free kick shall be awarded, unless the play had already been stopped for another reason (throw-in, etc.) Exception: Misconduct by a non-player, which occurs during a live ball, the ball shall be played at the spot where the ball became dead at the time of the unsportsmanlike act.

**h. Multiple Yellow/Red Card Progression for an Individual:**

**The following will apply to all yellow or red cards:**

1. 2 Yellow Cards or 1 Red Card in the Same Game: 2 yellow cards accumulated during the same game equal 1 red card.
  - a. The offending player must leave the facility within two minutes or his/her team will forfeit that game.
  - b. The offending player will receive a 2-game suspension and is barred from the facility during the length of the suspension.
  - c. If there are less than 2 games left in the season, all game suspensions will carry over to the next season.
2. 3 Yellow Cards in the Season: 3 individual yellow cards accumulated during the season equals 1 red card.
  - a. The offending player must leave the facility within two minutes or his/her team will forfeit that game.
  - b. The offending player will receive a 2-game suspension and is barred from the facility during the length of the suspension.
  - c. If there are less than 2 games left in the season, all game suspensions will carry over to the next season.
3. 4 Yellow Cards or 2 Red Cards in the Season: Any player who accumulates four yellow cards during the season will equal two red cards.
  - a. The offending player must leave the facility within two minutes or his/her team will forfeit that game.
  - b. The offending player will be suspended for the remainder of the season and the first 3 games of next season and is barred from facility during length of suspension.
4. Suspensions: Anytime there are less than 2 games left in a season, all game suspensions will carry over into the next season regardless of the league the player was participating in when the suspension was received.

**i. Multiple Yellow/Red Card Progression for a Team:**

1. 6 Yellow Cards or 3 Red Cards accumulated for a team during a season will result in a one game suspension for that team. The next game on the schedule will be considered a forfeit and will not be played. If this occurs during the last game of the season, then the suspension will carry over to the next season with a forfeit.
2. 8 Yellow Cards or 4 Red Cards accumulated for a team during a season will result in suspension of the remainder of the current season and all next season.

## 12. FREE KICK

**Free Kicks:** A goal may be scored by kicking the ball directly into the opponent's goal. The ball must be still when it is kicked. Opponents must be at least 10 feet from the ball when the free kick is taken. The kicker may kick the ball when the opponents are closer if he/she wishes. All free kicks may be taken in any direction and are taken from the spot of the foul except for the penalty kick, fouls for unsportsmanlike conduct committed by a non-player during a live ball and fouls committed in the goal area by the attacking team. Any foul committed within the goal area by the attacking team shall result in a free kick within that half of the goal area in which the foul occurred. Any player of the offended team may take the free kick.

## 13. PENALTY KICK

**Penalty Kick:** If a player commits a foul in his/her own penalty area, the fouled team is given a penalty kick from the penalty mark, rather than a free kick. All players except the kicker and goal keeper must be outside the penalty area and at least 10 feet from the ball, when it is kicked. The defending goalkeeper must stand on his/her goal line between the goal posts, not moving his/her feet until the ball is kicked. If he/she moves his/her feet and the shot doesn't score, the referee has the penalty kick retaken. No defending or attacking player may enter the penalty area or 10 feet within the penalty mark before the ball is kicked (Encroachment). The ball must leave the penalty area before it is in play. **Defender encroaches:** A scoring shot is allowed. A non-scoring shot is retaken. **Attacker encroaches:** A scoring shot is disallowed, and the kick is retaken, a non-scoring shot that goes out of play, the game is restarted with a goal kick or corner kick as if it were any other non-scoring shot or goal. For a non-scoring shot that remains in play, someone must first play the ball other than the shooter.

## 14. KICK IN AND DEFENSIVE CLEARING

- a. **Kick-In:** If the ball goes out of bounds above the side walls, a kick-in (free kick) is taken by any player on the team that did not touch the ball last, with the official's whistle starting play.
- b. **Defensive Clearing:** If a defensive player **intentionally** kicks or "clears" the ball out of bounds, the ball will be put back in play with an Arch Kick, a free kick from the arch mark, started by the Official's whistle.

## 15. GOAL KICK

**Goal Kick:** a free kick awarded to a defensive player when the ball is driven out of bounds over the end line by an opposing player. The kick may be taken from anywhere on the horizontal small goalie box line. All opposing players must be out of the penalty area before the goal kick is taken. To be in play, the ball must leave the penalty area and stay in the field of play. If the ball doesn't leave the penalty area, or is played again before leaving the area, the goal kick must be retaken.

## 16. CORNER KICKS

**Corner Kick:** when the ball goes out of play over the goal line, without a goal being scored, and having last been touched by a member of the defending team. The kick is taken from the corner nearest to where it went out. Any player may take the corner kick on the attacking team. He/she may score by kicking the ball directly into goal. Opponents must be 10 feet from the ball when it is kicked. To be in play, the ball must move a distance equal to at least one full turn. The kicker must not play the ball again after it is in play until another player (either team) touches or plays it. *Penalty:* Free kick for opposing team.

## 17. COACHES

- a. **Limit:** Each team will be allowed one head coach and one assistant per team.
- b. **Background Check and Certification:** Both coaches must pass a back-ground check and the head coach must complete NYSCA certification.
- c. **Designated area:** Coaches must stay in their designated team area in the stands. *Penalty:* Yellow card. Second Offense: Red card

## 18. CONDUCT & LEAGUE AWARDS

- a. **Code of Conduct:** Players, Coaches and Spectators in the GBRC programs are expected to conduct themselves in a sportsmanlike manner. Unsportsmanlike behavior directed toward other players, teams, officials, coaches and fans will not be tolerated. This includes, but is not limited to, obscene gestures, cheating, hitting, disrespect to officials, or other behavior deemed inappropriate. If a player, coach or spectator is ejected from a game by an official or supervisor, then that person is automatically ejected from the next two scheduled GBRC games, and all practices occurring within this time period. A player may be warned; second warning results in automatic ejection. The Sports Supervisor will notify the players and coaches of the suspension.
- b. **League Awards:** League awards include t-shirts for the team with the best record. Youth medals will be awarded to 1<sup>st</sup> and 2<sup>nd</sup> place teams.
- c. **League Tie-breaker Procedure:**
  1. Head to head competition. Youth Leagues: If still tied, co-champions will be declared.
  2. Comparative records against highest placing common opponents.
  3. Largest positive margin in points scored vs. points given-up in games between the teams that are tied.
  4. If still tied, a playoff game (League Champs Only).

## 19. ADMINISTRATIVE

- a. Youth Leagues Protests:** Protests will not be allowed except concerning player eligibility. Questions about rule interpretations or judgment calls must be settled at the time they are brought to the official's attention. The official's decision is final.
- b. High School and Adult League Protests:** shall be received and considered, concerning matters of the following type:
1. A formal protest must contain the following information:
    - a. The date, time and place of the game.
    - b. The names of the officials, scorekeeper and/or supervisor.
    - c. The rule and section of the official rules under which the protest is made, if player eligibility, players first and last name.
    - d. The decision and conditions surrounding the making of the decision.
    - e. All essential facts involved in the matter protested.
- c. Player Eligibility:**
1. Players not properly signed on team's roster.
  2. Protests must be made before the horn sounds to end the game. If GBRC becomes aware that an ineligible player has played in a game, the team that this player played with will forfeit that game. Alleged violating team must give the first and last name of the player in question.
  3. To protest player eligibility, the manager must notify the official(s) or facility supervisor who will inform the opposing manager and scorekeeper. Managers involved in player protest will be notified after 4 p.m. the next working day, of the decision of the Sports Supervisor or by mail.
- d. Rule Interpretation:** High School and Adult Only (No rule protests for youth leagues)
1. Protests that shall be received and considered, concerning matters of the following type:
    - a. Misinterpretation of a playing rule.
    - b. Failure of an official to apply the correct rule to a given situation.
    - c. Failure of an official to impose the correct penalty for a given violation.
 In all cases the protest must be made at the time of play. For a protest to be considered by the GBRC, a written copy must be accompanied by a \$25.00 cash protest fee which will be returned if the protest is upheld, but forfeited if not upheld.
- e. Indoor Soccer Committee:** An Indoor Soccer committee will be set by the Recreation Commission to decide all protest, ejections, suspensions and all disciplinary actions that are to be invoked against players, managers, and teams. The players, managers, and GBRC staff will provide the make-up of the Indoor Soccer committee. The committee will be used for both the men's and women's divisions. All decisions made by the committee will be given to the Sports Director/Assistant Sports Director for final approval.
- f. Requests for Postponements and Rescheduling League Games:**
1. The team requesting the reschedule will contact the opposing team manager to get their approval to reschedule the game. After contacting the opposing team manager, the requesting team will contact the Sports Director/Assistant Sports Director for approval and reschedule options. Both teams must agree to the rescheduled date and time or the original game will take place as scheduled. The request will need to be approved by the Sports Director/Assistant Sports Director in advance of the scheduled game requested for. Managers will be notified electronically or by phone of the decision. If the request for a rescheduled game is in addition to the printed schedule and additional staff is required, then there is a fee that equals the prorated cost of one game. If the fee is not paid within 24 hours prior, then the game will be considered a forfeit for the requesting team.
- g. Notification of Forfeiture:** Team managers wishing to notify the GBRC office that their team must forfeit a game shall follow one of the two following procedures:
1. Written Notification: This document must be written, typed or emailed and must contain the opponent's name, date and time of game to be forfeited. The GBRC office must receive this document by 4:00 p.m. on the day of game to be forfeited.
  2. Verbal Notification: Must be made by the team manager and include opponent, date and time of game to be forfeited. Verbal notification must be made by 12:00 p.m. on the day of the game in question, or the notification will not be honored.
  3. Notification of forfeiture, will be considered final (in recording the win/loss result of that game) when it has been confirmed and the opposing manager has been notified.
- h. Refund Policy for Adult Team Sports:** Prior to the deadline for late registration the total entry fee will be refunded if a team withdraws from the program. After the closing of the late registration deadline, no refunds will be issued to teams requesting to withdraw from adult team sports programs.
- i. Personnel Seating:** Only GBRC staff, youth coaches and players of the current game will be allowed in the North section of the Gym. Next game participants and spectators will occupy the South and East seating section of the Gym.
- j. Facilities:** GBRC facilities are smoke free, alcohol free and weapon free.