



Performance Indoor Training

Frisco Rules

Last Updated August 2021

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PERFORMANCE INDOOR TRAINING

The following rules (the “*House Rules*”) of Performance Indoor Training - Frisco (PIT Frisco) have been adopted by the PIT Management and governs all PIT Frisco activities. In the event of any inconsistency in the rules PIT Management will clarify and announce the clarification to all teams and players. Those inconsistency that are clarified by The PIT Management will be amended and updated before each Fall Season if necessary.

1. YOUTH DIVISION GENERAL RULES

The following rules apply to the youth divisions of PIT Frisco.

A. SOCCER YEAR

The soccer year begins on September 1st of each calendar year and ends on August 31st of the following year.

B. PLAYING SEASONS

Throughout the year, the PIT Frisco will hold multiple seasons for teams to compete in. The following represents the respective times of the year when a season may be played (dates subjected to change due to Fall/Spring Outdoor Leagues):

2021/22 Youth Playing Seasons

SEASON NAME	START DATE	END DATE	HOLIDAY BREAKS
WinterONE 2021	Fri Nov 05 2021	Sun Dec 19 2021	Nov 22-28 2021 (Thanksgiving Break)
WinterTWO 2022	Fri Jan 07 2022	Sun Feb 20 2022	None
SummerONE 2022	Fri May 06 2022	Sun Jun 19 2022	May 27-30 2022 (Memorial Weekend)
SummerTWO 2022	Fri Jul 08 2022	Sun Aug 21 2022	None

C. BIRTH YEAR MATRIX

The youth leagues will consist of girl's and boy's leagues, each with a league per age group: Under 5 (U5), U6, U7, U8, U9, U10, U11, U12, U13, U14, U15, U16, U17, and U18. Eligibility for each league is based on the following birth year table:

AGE GROUP	BIRTH YEAR	AGE GROUP	BIRTH YEAR
U5	2017	U12*	2010
U6	2016	U13*	2009
U7	2015	U14*	2008
U8	2014	U15**	2007
U9	2013	U16**	2006
U10	2012	U17**	2005
U11	2011	U18**	2004

*These age groups will be considered the “*Middle School League*”: Under 12 (U12), U13 and U14.

**These age groups will be considered the “*High School League*” and played under the Adult League: Under 15 (U15), U16, U17, and U18.

Depending on the number of teams registered for a league during a season, the league director may (i) combine age groups (e.g., combine U13 and U14) or (ii) disbanded the age group if unable to combine groups.

D. GAME MATRIX

Plus (“+”) or DEV (“DEV”) brackets denotes advanced play by playing up in GAME format.

AGE BRACKET	GENDER	FORMAT	GAME DURATION	BALL	LEAGUE FEE*
U5/U6	COED	4v4	4x 10-min Q	3	\$ 475
U7	BOYS / GIRLS	4v4	2x 20-min H	3	\$ 475
U8	BOYS / GIRLS	4v4	2x 20-min H	3	\$ 475
U8+	BOYS / GIRLS	5v5	2x 22-min H	3	\$ 575
U8 DEV	BOYS / GIRLS	7v7	2x 25-min H	3	\$ 675
U9	BOYS / GIRLS	5v5	2x 22-min H	4	\$ 575
U9+	BOYS / GIRLS	7v7	2x 25-min H	4	\$ 675
U9 DEV	BOYS / GIRLS	9v9	2x 30-min H	4	\$ 775

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AGE BRACKET	GENDER	FORMAT	GAME DURATION	BALL	LEAGUE FEE*
U10	BOYS / GIRLS	5v5	2x 22-min H	4	\$ 575
U10+	BOYS / GIRLS	7v7	2x 25-min H	4	\$ 675
U10 DEV	BOYS / GIRLS	9v9	2x 30-min H	4	\$ 775
U11	BOYS / GIRLS	7v7	2x 25-min H	4	\$ 675
U11+	BOYS / GIRLS	9v9	2x 30-min H	4	\$ 775
U12	BOYS / GIRLS	7v7	2x 25-min H	4	\$ 675
U12+	BOYS / GIRLS	9v9	2x 30-min H	4	\$ 775
Middle School (U12-14)	BOYS / GIRLS	7v7	2x 25-min H	5	\$ 675
Middle School Plus (U12-14+)	BOYS / GIRLS	9v9	2x 30-min H	5	\$ 775

*Referee fees are included in the league fee

E. LEAGUE FEE

No team is permitted to play past the second weekend of a season without first having paid the team fee for the current season. Any team found to have played after the second weekend without paying their team fee will forfeit any game(s) to be played or have played unless the balance is paid.

F. LEAGUE STANDINGS

The following point system is used to determine standings within a league or division thereof:

- No standings will be kept for U5/U6
- Points will be awarded for U7 thru U18, as follows:
 - Three (3) points for a win
 - One (1) point for a tie
 - Zero (0) points for a loss
 - Minus two (-2) points for a forfeit
 - *In the event of a forfeit, the team that forfeits the match will have two (2) points deducted and the opponent will be awarded three (3) points and a score of 3-0.*

G. PLAYER ELIGIBILITY AND REGISTRATION REQUIREMENTS

Birth year of the player will determine the league in which the player will be allowed to play in regardless of age at the start of the season. Players may play up two (2) age groups but may not play down.

PLAYERS: A properly executed registration for each player must be in the PIT's management system, DASH. The proper player registration includes a completed DASH profile, signed waiver, and payment of the membership fee (\$20 per year).

For the purpose of league play, only players who are rostered to a team may participate in the league play and one (1) guest player may be allowed on the team per game with approval of the PIT League Director (for more information regarding guest players, see section on *GUEST PLAYERS*). The playing of any player including unapproved guest player for whom the PIT Frisco holds no record may result in the forfeiture of all games in which said player participated.

H. REFUNDS

The PIT Frisco only provides a full refund for a team that cannot be placed in a division. A refund may be granted on a case-by-case basis subject to the approval of the PIT Frisco General Manager and League Director.

I. TEAM STRUCTURE

All teams competing in the Youth Summer or Winter Leagues must be formed outside of our facility (Individual players will not be registered or placed on any teams competing in our league). Most teams competing in our league include many of club teams in the North Texas area, recreational teams, or group of friends.

- Maximum Recommended Roster Size

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For all playing formats, the maximum number of players on a team shall be 22 players. PIT Frisco recommends that the number of players playing per game be the following:

PLAYING FORMAT	MIN	RECOMMENDED MAX
4v4 Small-Sided	3	8
5v5 Small-Sided	4	10
7v7 Full-Sided	5	14
9v9 Full-Sided	7	18

J. DUAL-ROSTERED PLAYER(S)

A team may split into two or more teams within the same age group. Teams may dual-roster players that are on their official rosters as long as those players being dual-rostered are not Club Pass (or Guest) players. This may result in a team roster being larger than the recommended maximum. In the event that there is conflict or question regarding a dual-rostered team, the team in question may be required to produce a copy of either their teams North Texas Roster or US Youth soccer roster used for outdoor leagues

K. CLUB PASS (GUEST) PLAYER

Club Pass (formerly Guest) players must come from within your club (for independent clubs, or those teams that are not associated with one of the North Texas Soccer recognized [club list](#), may submit a request to the League Director to add a player from outside their team). Only players that hold a current PIT Frisco Youth Electronic ID Membership, signed wavier and completed DASH profile may be club pass (formerly “guest”) for a team within the same club. The maximum allowed number of club pass players is the following:

- If 8 players on team roster: + 14 players
- If 9 players on team roster: + 13 players
- If 10 players on team roster: + 12 players
- If 11 players on team roster: + 11 players
- If 12 players on team roster: + 10 players
- If 13 players on team roster: + 9 players
- If 14 players on team roster: + 8 players
- If 15 players on team roster: + 7 players
- If 16 players on team roster: + 6 players
- If 17 players on team roster: + 5 players
- If 18 players on team roster: + 4 players
- If 19 players on team roster: + 3 players
- If 20 players on team roster: + 2 players

In order for a Club Pass (formerly guest) player to be eligible,

- A properly executed registration for the player must be in the PIT’s management system, DASH (this includes a completed DASH profile, signed wavier, and payment of a PIT Youth Electronic ID membership fee).
- An emailed request must be sent to the League Director to have a club pass player, which must be received 48 hours before said game the player is to guest play in.
- Teams may add Club Pass players throughout the course of a season provided that the total number of players does not exceed the maximum allowed.
- Teams may not replace Club Pass players once they are placed/added except if such change is done prior to a team playing its first game of any season.

L. TEAM OFFICIALS

The coach, assistant coach, or manager (“Team Officials”) must accept the responsibility of being the primary contact for the team that the League Director or PIT Frisco General Manager will contact in case of any questions or disciplinary matters that occur in a season.

Team Officials are responsible for any misbehavior on the part of the team’s spectators, parents, and players. This includes any foul and abusive language and any comments directed

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toward the referees, opposing players, and coaches. Offenders may be cautioned or ejected from the facility by the referee.

Team officials who do not adhere to the rules and policies may be removed at any time as determined by the PIT Frisco Management (including but not limited to the PIT Chief Operations Officer or Owner, the PIT Frisco General Manager, or the PIT Frisco League Director).

M. TEAM OFFICIALS / PARENTS RESPONSIBILITIES

Team officials and parents are reminded that there is a responsibility, which must be met not only to their players but also to the league and the PIT Frisco. The following actions by team officials and/or parents are **STRICTLY FORBIDDEN** in all PIT Frisco matches:

- Foul or abusive language
- Harassment of players
- Harassment of PIT Frisco Management, PIT Frisco Staff, league officials, referees or spectators
- Acts of aggression to players, league officials, referees or spectators
- Accepting any form of assistance from any person or persons officially suspended from all Performance Indoor Training facilities.
- Conduct contrary to the rules or policies of the PIT Frisco, the coaches code of ethics or the parent code of conduct
- Failure to comply with any disciplinary actions of the PIT Frisco.

Any violation of the above may result in a warning, and/or suspension from all Performance Indoor Training facilities. Offenders can be subject to suspension from the Performance Indoor Training facilities for an indefinite period of time. Parents and interested spectators will be expected to display good sportsmanship at all times. It must be remembered that all adults are examples for our youth.

N. GAME PROCEDURES

All players must check in at the front desk and receive a wristband before every game, any player that does not have a wristband may be asked to leave the pitch by the referee and instructed to go to the front desk to receive their wristband before being allowed back onto the pitch.

Parents and spectators must remain behind the glass at all times for games played inside the facility and on the black turf for games played on the outside field.

For all age groups, team officials may be allowed on the field when the game is stopped and **ONLY** with the Referee's approval. Failure to comply may cause forfeitures and/or abandonment of the game.

UNIFORM COLOR CONFLICT

- The home team is responsible for providing contrasting jerseys/shirts in the event of conflict of color. The referee has the final decision on whether there is a color conflict.

The visiting team is responsible for providing the match ball.

For ALL Youth age groups, the location of players and team officials will be as follows on the end line away from the spectators on the indoor fields and touchlines away from the spectators on the outdoor field:

- HOME team: Occupies the north or west side of the field
- AWAY team: Occupies the south or east side of the field

GAME FORFEITURE

- The score for forfeiture is 3-0. The following constitutes a game forfeiture:
 - i. Any game canceled (excluding weather cancellations) within 24 hours of scheduled game time.

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- ii. Any team with an outstanding balance after the League Fee Due Date (usually the Sunday of the second week of the season). A double forfeit will be declared if both teams have an outstanding balance.
- iii. Fielding an ineligible player or a player under suspension.
- iv. A nine-minute grace period will be allowed after the starting time. After nine minutes, forfeiture for the team not fielding the minimum number of required players will be declared. A double forfeit will be declared if neither team fields the minimum number of required players within nine minutes of game time. A FORFEIT is equivalent to a LOSS. No points will be accumulated for forfeiting teams. Teams must not assume that a game has been postponed.
 - Points earned during the grace period will count towards the official score.
- Any team with knowledge of an upcoming need to forfeit a game must notify the League Director at least 48 hours prior to the game if possible.

O. WEATHER PROCEDURES

The referee, the PIT Frisco League Director or onsite PIT Frisco manager may postpone a game because of weather or field conditions. Their decision will be based on the conditions of the playing field, player safety and well-being, or in accordance with the policies and procedures of the PIT Frisco.

Teams **MUST** report to the playing fields ready to play unless previously **OFFICIALLY NOTIFIED** by the League Director or onsite PIT Frisco manager/staff.

LIGHTNING

➤ Operations

When a probability of lightning is detected within 10-miles of Performance Indoor Training - Frisco facility, PIT Management will notify any game either in progress or about to start/resume play. When the threat of no longer detected, PIT Management will notify it is safe to return and resume play.

Lightning detection is monitored by *My Lightning Tracker - Live Thunderstorm Alert*.



➤ Game Policy

As soon as the notification is made, all **OUTDOOR** games will be immediately stopped. Players, officials, and spectators must leave the field of play **IMMEDIATELY** and seek shelter for the duration of the threat (cars are strongly suggested as the space inside the indoor facility may be very limited by ongoing games). Should the referee(s) feel, using their best judgement, that a potential threat is present, they **HAVE** the authority to stop the game(s) before being notified by PIT Management.

Since there is no way to determine how long the threat will last, the following rules will apply for all **OUTDOOR** games (Indoor games will continue as scheduled), regardless of who stops play (PIT Management or referee):

1. Any game not started (initial kick-off) will be delayed 30-minutes. Should the threat no longer exist and (a) all clear is given within 30-minutes, the game will start or (b) delayed beyond the 30-minutes from initial kick-off time, the game will be considered canceled, and every effort will be made to reschedule the game (subject to time constraints and field availability).
2. Any game being played and stopped **BEFORE** the completion of the first half will be considered canceled and every effort will be made to reschedule the game (subject to time constraints and field availability). The score will **NOT** count and will be zeroed for the reschedule.
3. Any game being played and stopped **AFTER** the completion of the first half will be considered **PLAYED** and will **NOT** be rescheduled. The score will count as it stands.

Just because the skies look relatively clear, a lightning strike can still occur.

COLD WEATHER GUIDELINES (WINTER SEASONS)

For winter play, cold weather becomes a factor. Field conditions may be affected by freezing rain, sleet, and snow. The ground may become frozen and be unsafe for play. A wet and windy

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30-50 F degree exposure can be as serious as a subzero exposure. For this reason, PIT Frisco's guidelines follow US Soccer Cold Weather Guidelines ([click here](#) to view) and uses the wind chill temperature instead of the ambient temperature.

➤ Allowable additional clothing:

- Clothing layered beneath the uniform (i.e. long sleeves, long pants, additional socks, etc.);
- Gloves or mittens;
- Stocking caps without straps;
- Sweatpants or shirts with no hoods in the case of extremely cold weather, may be worn underneath the uniform;
- Jackets with no hoods may be worn under the uniform so that referee(s) can see the player's number in the event of a card being issued.

➤ Clothing NOT allowed:

- Hooded sweatshirts - hoods and strings present possibility of being grabbed;
- Earmuffs (headbands OK) - plastic or metal part crossing to of the head present potential hazard in a contact sport;
- Scarves - present the possibility of being grabbed.

➤ Operations

In the event of cold weather, PIT Frisco will use the following chart to determine the wind chill temperature (WCT):

WIND CHILL TEMPERATURE (WCT) INDEX													
TEMPERATURE IN DEGREES FAHRENHEIT													
	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20
5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34
10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41
15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45
20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48
25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51
30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53
35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55
40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57
45	27	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58
50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60

Once wind chill temperature (WCT) has been determined, PIT management will issue one of the following "Alert Level":

ALERT LEVEL	WCT (F)	EVENT CONDITION
BLACK	< 0	Extreme Conditions
RED	1-15	High Risk for Cold Related Illness
ORANGE-RED	16-20	Moderate-High Risk for Cold Related Illness
ORANGE	20-24 w/o Precipitation	Moderate Risk for Cold Related Illness
YELLOW	25-30 w/ Precipitation	Less than Ideal Conditions
GREEN	> 30	Good Conditions

➤ Game Policy

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Since there is no way to determine how long the wind chill factor (WCT) will constantly change throughout the day, the following rules will apply for all OUTDOOR games (Indoor games will continue as scheduled) and will be re-evaluated hourly:

ALERT LEVEL	9v9 Full-Sided	7v7 Full-Sided	5v5 Small-Sided	4v4 Small-Sided
BLACK	NO OUTDOOR MATCHES (RESCHEDULE)	NO OUTDOOR MATCHES (RESCHEDULE)	NO OUTDOOR MATCHES (RESCHEDULE)	NO OUTDOOR MATCHES (RESCHEDULE)
RED	NO OUTDOOR MATCHES (RESCHEDULE)	NO OUTDOOR MATCHES (RESCHEDULE)	NO OUTDOOR MATCHES (RESCHEDULE)	NO OUTDOOR MATCHES (RESCHEDULE)
ORANGE-RED	NO OUTDOOR MATCHES (RESCHEDULE)	NO OUTDOOR MATCHES (RESCHEDULE)	NO OUTDOOR MATCHES (RESCHEDULE)	NO OUTDOOR MATCHES (RESCHEDULE)
ORANGE	2x 30-min HALVES w/ 5-min HALFTIME	2x 25-min HALVES w/ 5-min HALFTIME	NO OUTDOOR MATCHES (RESCHEDULE)	NO OUTDOOR MATCHES (RESCHEDULE)
YELLOW	2x 30-min HALVES w/ 5-min HALFTIME	2x 25-min HALVES w/ 5-min HALFTIME	2x 22-min HALVES w/ 5-min HALFTIME	NO OUTDOOR MATCHES (RESCHEDULE)
GREEN	2x 30-min HALVES w/ 5-min HALFTIME	2x 25-min HALVES w/ 5-min HALFTIME	2x 22-min HALVES w/ 5-min HALFTIME	2x 20-min HALVES w/ 5-min HALFTIME*

**With exception for U5/U6 4v4 timing of 4x 10-min Quarters*

Players on sidelines should remain dressed (if in warm-ups) until they enter the game. Players coming off should towel off (if sweaty) and get dressed quickly. No one should sit or lie directly on the ground as heat is lost faster to the ground than to the air. Blankets and chair are recommended. Keep hydrated and avoid caffeine and sodas. Keep an eye on field conditions (wet, icy, etc.) Cold wet conditions can quickly change the field from being safe to play on to unsafe and slippery. Keep an eye the goalkeeper who is usually the player who gets coldest first as they are not running or moving like a field player. Safety and health of the players come first.

HEAT GUIDELINES (SUMMER SEASONS)

For summer play, heat becomes a factor. For this reason, PIT Frisco's guidelines follow US Soccer Heat Guidelines ([click here](#) to view) and uses the wet bulb globe temperature instead of the heat index as wet bulb globe temperature is the value for working in direct sunlight.

➤ Operations

In the event of hot weather, PIT Frisco will use the following chart to determine wet bulb globe temperature (WBGT):

WET BULB GLOBE TEMPERATURE (WBGT) FROM TEMPERATURE AND RELATIVE HUMIDITY																																	
		TEMPERATURE IN DEGREES FAHRENHEIT																															
		68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0	
RELATIVE HUMIDITY (%)	0	59.0	60.8	60.8	62.6	64.4	64.4	66.2	66.2	68.0	68.0	69.8	71.6	71.6	73.4	73.4	75.2	75.2	77.0	77.0	78.8	80.6	80.6	82.4	82.4	84.2	84.2	86.0	86.0	87.8	87.8	89.6	89.6
	5	60.8	60.8	62.6	64.4	64.4	66.2	66.2	68.0	68.0	69.8	71.6	71.6	73.4	75.2	75.2	77.0	78.8	78.8	80.6	80.6	82.4	84.2	84.2	86.0	87.8	87.8	89.6	91.4	91.4	93.2	95.0	95.0
	10	62.6	62.6	64.4	64.4	66.2	66.2	68.0	69.8	69.8	71.6	73.4	73.4	75.2	77.0	77.0	78.8	80.6	80.6	82.4	84.2	84.2	86.0	86.0	87.8	89.6	89.6	91.4	93.2	95.0	96.8	96.8	98.6
	15	60.8	62.6	62.6	64.4	66.2	66.2	68.0	69.8	69.8	71.6	73.4	73.4	75.2	77.0	77.0	78.8	80.6	80.6	82.4	84.2	86.0	86.0	87.8	89.6	89.6	91.4	93.2	95.0	96.8	96.8	98.6	98.6
	20	62.6	64.4	64.4	66.2	68.0	69.8	69.8	71.6	73.4	75.2	75.2	77.0	78.8	80.6	80.6	82.4	84.2	84.2	86.0	87.8	89.6	89.6	91.4	93.2	95.0	96.8	98.6	98.6	100.4	102.2	102.2	102.2
	25	64.4	64.4	66.2	68.0	68.0	69.8	71.6	73.4	75.2	75.2	77.0	78.8	80.6	82.4	84.2	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2
	30	64.4	64.4	66.2	68.0	69.8	71.6	73.4	75.2	75.2	77.0	78.8	80.6	82.4	84.2	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2
	35	64.4	66.2	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2
	40	66.2	68.0	69.8	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2
	45	66.2	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	80.6	82.4	84.2	86.0	89.6	91.4	93.2	95.0	96.8	98.6	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2
	50	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	91.4	93.2	95.0	96.8	98.6	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2
	55	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	93.2	95.0	96.8	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2
	60	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	95.0	96.8	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2
	65	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	87.8	89.6	91.4	93.2	96.8	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2
	70	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	91.4	93.2	95.0	96.8	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2
	75	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	91.4	93.2	95.0	96.8	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2
	80	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	96.8	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2
85	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	95.0	96.8	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	
90	75.2	77.0	78.8	80.6	82.4	84.2	87.8	89.6	91.4	95.0	96.8	98.6	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	
95	75.2	77.0	78.8	80.6	84.2	86.0	87.8	91.4	93.2	95.0	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	
100	75.2	78.8	80.6	82.4	84.2	87.8	89.6	91.4	95.0	96.8	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	

Once wet bulb globe temperature (WBGT) has been determined, PIT Management will issue one of the following "Alert Level":

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ALERT LEVEL	WBGT (F)	EVENT CONDITION
BLACK	> 92.0	Extreme Conditions
RED	90.1 - 91.9	High Risk for Heat Related Illness
ORANGE	87.1 - 90.0	Moderate Risk for Heat Related Illness
YELLOW	82.2 - 87.0	Less than Ideal Conditions
GREEN	< 82.1	Good Conditions

➤ Game Policy

Since there is no way to determine how long the wet bulb globe temperature (WBGT) constantly change throughout the day, the following rules will apply for all OUTDOOR games (Indoor games will continue as scheduled) and will be re-evaluated hourly:

ALERT LEVEL	9v9 Full-Sided	7v7 Full-Sided	5v5 Small-Sided	4v4 Small-Sided
BLACK	NO OUTDOOR MATCHES (RESCHEDULE)	NO OUTDOOR MATCHES (RESCHEDULE)	NO OUTDOOR MATCHES (RESCHEDULE)	NO OUTDOOR MATCHES (RESCHEDULE)
RED	4x 15-min QUARTERS w/ 4-min BREAKS	4x 12-min QUARTERS w/ 4-min BREAKS	4x 10-min QUARTERS w/ 5-min BREAKS	4x 10-min QUARTERS w/ 5-min BREAKS
ORANGE	2x 30-min HALVES w/ 10-min HALFTIME	2x 25-min HALVES w/ 10-min HALFTIME	2x 22-min HALVES w/ 5-min HALFTIME	4x 10-min QUARTERS w/ 5-min BREAKS
YELLOW	2x 30-min HALVES w/ 5-min HALFTIME	2x 25-min HALVES w/ 5-min HALFTIME	2x 22-min HALVES w/ 5-min HALFTIME	2x 20-min HALVES w/ 5-min HALFTIME*
GREEN	2x 30-min HALVES w/ 5-min HALFTIME	2x 25-min HALVES w/ 5-min HALFTIME	2x 22-min HALVES w/ 5-min HALFTIME	2x 20-min HALVES w/ 5-min HALFTIME*

*With exception for U5/U6 4v4 timing of 4x 10-min Quarters

Once the wet bulb globe temperature is reaches 89.6 F or warmer; match play hydration breaks will be given (4-minute break for every 30-minutes of play).

P. SCHEDULING PROCEDURES

➤ Reschedule Policy

Games for the youth league play as scheduled, there are no reschedules unless games were canceled due to *Weather Procedures* or coach conflict with multiple teams in the same season or a conflict with a primary/home spring/fall outdoor league or conflict with NTSSA or SMC Soccer approved tournament.

➤ Conflict Request Form Policy

As Part of Performance Indoor Training Frisco's (PIT Frisco's) commitment to delivering the best possible leagues, we do our best to honor a minimum of one (1) conflict per team (if needed), in addition to honoring conflicts of coaches with multiple teams.

A conflict is defined as specific day and/or time that a team will be UNABLE to participate due to not having the minimum number of players required to participate; missing one (1) or two (2) players does NOT constitute a conflict unless it places your team below the required number of participants. Missing a coach does NOT constitute a conflict, as a team's ability to participate is determined on the number of players able to play.

APPROVED CONFLICTS - IN ORDER OF PRIORITY:

1. Coaches with multiple teams in this season;
2. Conflicts with Primary/Home Spring/Fall Outdoor League;
3. Conflicts with a NTSSA or SMC Soccer tournament;

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4. Conflict with another soccer event (other indoor, futsal, etc...);
5. Conflicts with a major school event (SAT testing, high school graduation, etc...);
6. Other items will be at the League Director's discretion (club events, etc...).

Q. DISCIPLINE

The PIT Management (including but not limited to the PIT Chief Operations Officer, PIT Frisco General Manager, or PIT Frisco League Director) will review and rule on any disciplinary actions taken by the referee within 48 hours of the disciplinary action and will communicate with the primary contact for team the disciplined player was on.

If disciplinary action is an ejection, the disciplined player must leave the facility. Failure to leave the facility may result in harsher disciplinary action than the initial action.

The general rule will be one (1) red card offense equals one (1) game suspension unless more than one (1) game suspension is ruled by the PIT Management.

For any player receiving a second red card offense in the same season, the player will be suspended at least one (1) game (unless specifically stated by PIT Management) plus the player will be fined \$50.

For any player receiving a third red card offense in the same season, the player will be suspended at least one (1) game (unless specifically stated by the PIT Management) plus the player will be fined \$100 and suspension will carry across all leagues the player plays in.

Any player with outstanding fines will remain suspended until fine is paid. Outstanding fines will carry across leagues until all fines are paid.

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2. YOUTH DIVISION PLAYING RULES

The rules of play for the youth division will be the Laws of the Game modified as provided below. *If no game format specific rules are named, the game format conforms to IFAB LAWS OF THE GAME with no exceptions.*

A. SMALL-SIDED PLAYING RULES

Law 1. The Field of Play

Field and goal sizes below are recommended but may vary depending on availability of pitches.

FIELD #	FIELD SIZE (YDS)	GOAL SIZE (4V4)	GOAL SIZE (5V5)
Frisco 1 (Indoor), A	20 x 30	4 ft. x 6 ft.	6 ft. x 10 ft.
Frisco 1 (Indoor), C	20 x 30	4 ft. x 6 ft.	6 ft. x 10 ft.
Frisco 4 (Outdoor)	25 x 35	4 ft. x 6 ft.	6 ft. x 10 ft.

Law 2. The Ball

Ball sizes for various age groups will be the following

AGE GROUP	BALL SIZE
U5/U6	3
U7 thru U12	4
U13 thru U18	5

Law 3. The Number of Players and Substitutions

- Game format by age group

GAME FORMAT	MINIMUM PLAYERS ON FIELD
4v4	3
5v5	4

- 4v4 Small-sided Goalkeeping

There is **NO** goalkeeping in 4v4 Small-Sided. If in the opinion of the referee a team is guilty of intentionally placing a player in front of his/her/their goal while his/her/their team is on the attack, the referee shall stop play, warn the team, and restart with an indirect free kick to the other team at the point where the ball was in play when the stoppage accrued.

- Substitutions Rule

All substitutions will be “on the fly” substitutions meaning teams can substitute players whenever they like without asking for the referee’s permission. If in the opinion of the referee that both the substitute and the player leaving the pitch are on the pitch at the same time and the player leaving the pitch interferes will play, the referee shall consider the exiting player an “Outside interference” and shall stop play, allow the exiting player to leave the pitch and restart with an indirect free kick to the other team at the point where the ball was in play when the stoppage accrued.

Law 4. The Players Equipment

Players must wear a numbered shirt of the same colors as their teammates. Each player on a given team must wear a different number. The PIT Frisco Management will make the final decision in allowing or disallowing a player to participate.

The two teams must wear colors that distinguish them from each other and the referee. The referee will make the final decision on whether there is a color conflict. In the case both teams have the same color the *HOME* team will be required to change colors.

Each goalkeeper must wear colors that distinguish the goalkeeper from the other players and the referee. The referee will make the final decision on whether there is a color conflict.

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Gym shoes, tennis shoes, or soccer cleats must be worn by all players. All footwear must be of soft toe and have no metal studs (screw-ins) or any other exposed metal. Baseball cleats are not allowed.

Skin guards are mandatory for all players and must be covered by the socks.

Casts will not be allowed unless properly padded. The referee will have the final decision as to whether padding is sufficient.

Outdoor Field Only: Under foul weather conditions, additional garments may be worn as long as the team jersey is on the outside.

Law 5. The Referee

Only registered referees are permitted to officiate a game.

A referee's decision on issues of fact connected to the game is *FINAL*.

All rule infractions may be briefly explained to the offending player.

Law 6. The Assistant Referee

Not applicable as all Youth Small-Sided games are single referees.

Law 7. The Duration of Match

GAME FORMAT	AGE GROUP	LENGTH OF PERIODS
4v4 Small-Sided	U5/U6	4 x 10-min Q
	U7 thru U8	2 x 20-min H
5v5 Small-Sided	U8 thru U10	2 x 22-min H

Half-time breaks will be 5-minutes, and quarter-breaks will be 2-minute.

All games will start on time, unless delayed by previous game. If the game was delayed by the previous game, then players are checked in and the clock starts running once both teams are verified by PIT Frisco staff as eligible players. At the same time, the referee will instruct the teams to get on the field and the referee should start the game.

Law 8. The Start and Restart of Play

Conform to IFAB Laws of the Game with the following exceptions:

The first kickoff of each game will be started by a kickoff taken by the visiting team.

Law 9. The Ball In and Out of Play

Conform to IFAB Laws of the Game with the following exceptions:

If the ball hits the ceiling during play, play shall be stopped and restart with an indirect free kick to the other team, placement of the ball will be the following:

- If point of impact is between the goal line and the red line, ball will start from red line; or,
- If point of impact is between the two red lines, the ball will start from the halfway line.

Law 10. Method of Scoring

Conform to IFAB Laws of the Game with the following exceptions:

- 4v4 Small-Sided: a goal may not be scored from the kickoff.
- 5v5 Small-Sided: a goal may not be scored from the kickoff.

Law 11. Offside

Not applicable as there is no offside in Youth Small-Sided.

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Law 12. Fouls and Misconduct

Conform to IFAB Laws of the Game with the following exceptions:

Charging the goalkeeper in possession of the ball is NOT ALLOWED. Possession is defined as; One or two hands on the ball, holding it, bouncing it, tossing it up and then catching it or patting it along the ground.

U11 and younger: a player must not engage in heading in games. When a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, there is no foul and play should continue.

There is no slide tackling on our fields. Slide tackling is defined as a play where any player intentionally tackles an opponent who has control of the ball and comes into contact with the playing surface with any part of their body other than the soles of their feet. Slide tackling without any contact with either the opponent or the ball is a FOUL. Any player that is persistently called for this infraction may be issued a caution (yellow card) for Persistent Infringement. Slide tackling where any contact is made on the opponent, or the ball will be considered Unsporting Behavior and a caution (yellow card) will be issued to the offender. Any slide tackle that the referee feels is made using excessive force will be considered serious foul play and will result in the offending player being shown a Red Card and that player will be dismissed from the game.

- Sliding to control a FREE BALL (a ball with no other players in the vicinity) is NOT considered a slide tackle. The goalkeeper may slide tackle as long as the slide begins within the penalty area and that, in the opinion of the referee, the slide does not put an opponent in danger of being injured.

It is not intentional “hand-ball” offense for any player to attempt to protect the vital body areas (chest, crotch, face) by placing hands or arms across them to protect themselves from being struck at close range by the ball. The referee will be the sole judge of whether the hands or arms were used to deliberately propel the ball.

Team officials are subject to the same game disciplinary procedures by the referee as the players are, i.e., cautions and/or ejections.

Law 13. Free Kicks

Conform to IFAB Laws of the Game with the following exceptions:

All free kicks are indirect in 4v4 Small-Sided and opponents must be at least 3 yards from the ball.

All free kicks are indirect in 5v5 Small-Sided and opponents must be at least 5 yards from the ball.

Law 14. Penalty Kick

Not applicable as free kicks are INDIRECT in Youth Small-Sided.

Law 15. Throw-in

Conform to IFAB Laws of the Game with the following exceptions:

All throw-ins are kick-ins in 4v4 Small-Sided. Ball may be kicked in any direction, ball is not in play until it has been kicked and moves, and a goal may not be scored directly.

All throw-ins are kick-ins in 5v5 Small-Sided. Ball may be kicked in any direction, ball is not in play until it has been kicked and moves, and a goal may not be scored directly.

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Law 16. Goal Kick

Conform to IFAB Laws of the Game with the following exceptions:

All goal kicks in 4v4 Small-Sided will be taken within 1 yard of the goal, ball is not in play until it has been kicked and moves, and a goal may not be scored directly.

All goal kicks are goal clearances in 5v5 Small-Sided that is considered a throw or punt taken by the goalkeeper from any point within 3 yards of the goal, ball is not in play until the goalkeeper releases the ball, and a goal may not be scored directly if solely thrown or punted by the goalkeeper.

Law 17. Corner Kick

Conform to IFAB Laws of the Game

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B. FULL-SIDED PLAYING RULES

Law 1. The Field of Play

Field and goal sizes below are recommended but may vary depending on availability of pitches.

FIELD #	FIELD SIZE (FT)	GOAL SIZE
Frisco 1 (Indoor)	86 x 193	7 x 21
Frisco 2 (Indoor)	86 x 194	6.5 x 18
Frisco 3 (Outdoor), 7v7 (Blue Lines)	120 x 180	7 x 21
Frisco 3 (Outdoor), 9v9 (White Lines)	150 x 240	7 x 21

7v7 Full-Sided: There is an “offside line”, which should be equal distance between the end line and the halfway line.

Law 2. The Ball

Ball sizes for various age groups will be the following

AGE GROUP	BALL SIZE
U5/U6	3
U7 thru U12	4
U13 thru U18	5

Law 3. The Number of Players and Substitutions

- Game format by age group

GAME FORMAT	MINIMUM PLAYERS ON FIELD
7v7	5
9v9	7

- Substitutions Rule

All substitutions will be “on the fly” substitutions meaning teams can substitute players whenever they like without asking for the referee’s permission. If in the opinion of the referee that both the substitute and the player leaving the pitch are on the pitch at the same time and the player leaving the pitch interferes will play, the referee shall consider the exiting player an “Outside interference” and shall stop play, allow the exiting player to leave the pitch and restart with an indirect free kick to the other team at the point where the ball was in play when the stoppage accrued.

Law 4. The Players Equipment

Players must wear a numbered shirt of the same colors as their teammates. Each player on a given team must wear a different number. The PIT Frisco Management will make the final decision in allowing or disallowing a player to participate.

The two teams must wear colors that distinguish them from each other and the referee. The referee will make the final decision on whether there is a color conflict. In the case both teams have the same color the *HOME* team will be required to change colors.

Each goalkeeper must wear colors that distinguish the goalkeeper from the other players and the referee. The referee will make the final decision on whether there is a color conflict.

Gym shoes, tennis shoes, or soccer cleats must be worn by all players. All footwear must be of soft toe and have no metal studs (screw-ins) or any other exposed metal. Baseball cleats are not allowed.

Skin guards are mandatory for all players and must be covered by the socks.

Casts will not be allowed unless properly padded. The referee will have the final decision as to whether padding is sufficient.

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Outdoor Field Only: Under foul weather conditions, additional garments may be worn as long as the team jersey is on the outside.

Law 5. The Referee

Only registered referees are permitted to officiate a game.

A referee's decision on issues of fact connected to the game is *FINAL*.

All rule infractions may be briefly explained to the offending player.

Law 6. The Assistant Referee

A second referee may be used for youth games in 9v9 Full-Sided games.

Law 7. The Duration of Match

GAME FORMAT	LENGTH OF PERIODS
7v7 Full-Sided	2 x 25-min H
9v9 Full-Sided	2 x 30-min H

Half-time breaks will be 5 minutes.

All games will start on time, unless delayed by previous game. If the game was delayed by the previous game, then players are checked in and the clock starts running once both teams are verified by PIT Frisco staff as eligible players. At the same time, the referee will instruct the teams to get on the field and the referee should start the game.

Law 8. The Start and Restart of Play

Conform to IFAB Laws of the Game with the following exceptions:

The first kickoff of each game will be started by a kickoff taken by the visiting team.

Law 9. The Ball In and Out of Play

Conform to IFAB Laws of the Game with the following exceptions:

If the ball hits the ceiling during play, play shall be stopped and restart with an indirect free kick to the other team, placement of the ball will be the following:

- If point of impact is between the goal line and the red line, ball will start from red line; or,
- If point of impact is between the two red lines, the ball will start from the halfway line.

Law 10. Method of Scoring

Conform to IFAB Laws of the Game.

Law 11. Offside

Conform to IFAB Laws of the Game with the following exceptions:

For 7v7 Full-Sided there is an "offside line", which should be equal distance between the end line and the halfway line.

Law 12. Fouls and Misconduct

Conform to IFAB Laws of the Game with the following exceptions:

Charging the goalkeeper in possession of the ball is NOT ALLOWED. Possession is defined as; One or two hands on the ball, holding it, bouncing it, tossing it up and then catching it or patting it along the ground.

U11 and younger: a player must not engage in heading in games. When a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within

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the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, there is no foul and play should continue.

There is no slide tackling on our fields. If slide tackling occurs, then play will be stopped and restarted with an indirect free kick to the opposing team. Slide tackling and making contact with an opponent is a cautionable offense and the player will be shown a yellow card. If the referee, determines that the slide tackle was dangerous in manner, a red card may be issued.

It is not intentional “hand-ball” offense for any player to attempt to protect the vital body areas (chest, crotch, face) by placing hands or arms across them to protect themselves from being struck at close range by the ball. The referee will be the sole judge of whether the hands or arms were used to deliberately propel the ball.

Team officials are subject to the same game disciplinary procedures by the referee as the players are, i.e., cautions and/or ejections.

Law 13. Free Kicks

Conform to IFAB Laws of the Game with the following exceptions:

Kicks may be indirect or direct in 7v7 Full-Sided and opponents must be at least 7 yards from the ball.

Kicks may be indirect or direct in 9v9 Full-Sided and opponents must be at least 10 yards from the ball.

Law 14. Penalty Kick

Conform to IFAB Laws of the Game.

Law 15. Throw-in

Conform to IFAB Laws of the Game.

Law 16. Goal Kick

Conform to IFAB Laws of the Game.

Law 17. Corner Kick

Conform to IFAB Laws of the Game.

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The following rules (the “**House Rules**”) of Performance Indoor Training - Frisco (PIT Frisco) have been adopted by the PIT Management and governs all PIT Frisco activities. In the event of any inconsistency in the rules PIT Management will clarify and announce the clarification to all teams and players. Those inconsistency that are clarified by The PIT Management will be amended and updated before each Fall Season if necessary.

3. ADULT DIVISION GENERAL RULES

The following rules apply to the adult divisions of PIT Frisco.

A. SOCCER YEAR

The soccer year begins on September 1st of each calendar year and ends on August 31st of the following year.

B. PLAYING SEASONS

Throughout the year, the PIT Frisco will hold multiple seasons for teams to compete in. The following represents the respective times of the year when a season may be played (dates subjected to change).

2021/22 Adult Playing Seasons

SEASON NAME	START DATE	END DATE	HOLIDAY BREAKS
Fall 2021	Mon Aug 30 2021	Sun Oct 24 2021	Sep 03-06 2021 (Labor Day Weekend)
WinterONE 2021	Mon Oct 25 2021	Sun Dec 19 2021	Oct 31 2021 (Halloween) Nov 22-28 2021 (Thanksgiving Holiday)
WinterTWO 2022	Mon Jan 03 2022	Sun Feb 27 2022	Jan 03 2022 (Winter Holiday)
Spring 2022	Mon Feb 28 2022	Sun Apr 24 2022	Mar 07-13 2022 (Spring Break)
SummerONE 2022	Mon Apr 25 2022	Sun Jun 19 2022	May 27-30 2022 (Memorial Weekend)
SummerTWO 2022	Mon Jul 04 2022	Sun Aug 28 2022	Jul 04 2022 (Summer Holiday)

C. LEAGUES

The adult division will consist of Men's, Women's, and COED leagues, each with a league per age group: High School, College Open, Over21, Over30, Over40, and Over50. Eligibility for each league is based on the following table:

Age Group	League	Birth Year	Additional Birth Years Allowed*
High School	Men's	2007 - 2004	N/A
	Women's	(15-18)	
College**	COED	2004 - 2001 (18-21)	N/A
Open**	Men's	2004 or earlier (18+)	N/A
	Women's		
Over21	COED	2001 or earlier (21+)	2004 - 2001 (ONLY 3 players allowed to check-in per match)**
Over30	Men's	1992 or earlier (30+)	1995 - 1992 (ONLY 3 players allowed to check-in per match)
Over40	Men's	1982 or earlier (40+)	1985 - 1982 (ONLY 2 players allowed to check-in per match)
			1987 - 1982 (ONLY 1 player allowed to check-in per match)
Over50	Men's	1972 or earlier (50+)	1975 - 1972 (ONLY 2 players allowed to check-in per match)
			1977 - 1972 (ONLY 1 player allowed to check-in per match)

*A team may roster multiple players that are approved under the “Additional Birth Years Allowed”; however, the team may only play a specific number of those players in a single match (may not switch players once match begins).

**Players must have turned 18 years of age prior to playing a game for College, Open, or over21; any player not 18, will be required by PIT Frisco Management to sit out all games until they turn 18.

FRISCO RULES

PERFORMANCE INDOOR TRAINING

D. COPA FORMAT

Teams are placed into a single random pool play bracket in which they play 4 regular season games that will determine placement in championship series playoff bracket, (brackets of less than 8 teams) Frisco Cup or (brackets of more than 8 teams) Gold Cup/Silver Cup.

E. LEAGUE FEES

No team is permitted to play past the second Friday of the season without first having paid the team fee for the current season. Any team found to have played after the second week without paying their team fee, may result in the forfeiture of the games and/or ineligibility for the championship unless balance is paid.

F. LEAGUE STANDINGS

The following point system is used to determine standings within a league or division thereof:

- Points will be awarded as follows:
 - Three (3) points for a win
 - One (1) point for a tie
 - Zero (0) points for a loss
 - Minus two (-2) points for a forfeit
 - *In the event of a forfeit, the team that forfeits the match will have two (2) points deducted and the opponent will be awarded three (3) points and a score of 3-0.*

If two or more teams are tied in points after the regular season games are completed, the following tie breaker procedures will be used in the following order to determine the final standings:

- Goal Differential: the team with the highest goals differential
- Wins: the team with the most wins
- Goals For: the team with the most goals scored

G. AWARDS

A Championship T-shirt will be presented to all players of the team that wins the championship game at the end of the season.

H. PLAYER ELIGIBILITY AND REGISTRATION REQUIREMENTS

Birth year of the player for the current calendar year determines the league in which the player will play regardless of age at the start of the season.

- Age Verification Policy: In order for the PIT+ Frisco Management to verify the age of all players playing in a season, ALL players are REQUIRED to provide Valid Photo ID with Date of Birth (i.e. Driver License, Passport, Military ID, etc.) to the front desk staff to make a copy of prior to the first game of each new calendar year (the first Fall season game). Failure to present a valid photo ID prior to the second game that player is playing in will result in the player being considered ineligible to play and a forfeit score will be entered for the game.

PLAYERS: A properly executed registration for each player must be in the PIT's management system, DASH. The proper player registration includes a completed DASH profile, signed waiver, and payment of the membership fee (\$22 per year).

For the purpose of league play, only players who are rostered to a team may participate in the league play. The playing of any player for whom the PIT Frisco holds no record may result in the forfeiture of all games in which said player participated.

I. REFUNDS

The PIT Frisco only provides a full refund for a team that cannot be placed in a division. A refund may be granted on a case-by-case basis subject to the approval of the PIT Frisco General Manager and League Director.

FRISCO RULES

PERFORMANCE INDOOR TRAINING

J. TEAM STRUCTURE

All teams competing in the Adult leagues must be formed outside of our facility (Individual players may register as a Free Agency Player if they do not have a team).

The recommended number of players per game format will be as follows:

GAME FORMAT	MAXIMUM	MINIMUM
7v7 Full-Sided	22	9
9v9 Full-Sided	22	11

No additions to the team roster will be allowed after the fourth game without approval from the League Director. If a player is needed due to a team not having enough players to meet the minimum required to start a match, then the following constitutes an eligible addition:

- The player is not a player already playing in the age group and/or division;
- The player has a properly executed registration for each player must be in the PIT's management system, DASH. The proper player registration includes a completed DASH profile, signed waiver, and payment of the membership fee (\$22 per year); and,
- The addition was approved by the League Director.

K. FREE AGENCY PLAYERS

Players that don't have a team playing in the adult division but would like to join one of our many teams, may complete Adult Free Agency Registration link for the season they are wish to join.

Completing the Free Agency Registration form does not guarantee a spot on one of our teams as they must request PIT Frisco League Director to reach out on their behalf to initialize contact between Free Agency players and the team official.

Free agency lists are available to current teams upon request or by the email sent at the begin of WeekONE and WeekTHREE of each season.

L. DUAL-ROSTERED PLAYERS

Dual rostering (or playing on multiple teams in the age group) is NOT allowed within the Adult Divisions. A player may ONLY play on one (1) team per age group but may play on one team in each of the age groups.

M. TEAM OFFICIALS

The coach, assistant coach, or manager ("Team Officials") must accept the responsibility of being the primary contact for the team that the League Director or PIT Frisco General Manager will contact in case of any questions or disciplinary matters that occur in a season.

Team Officials are responsible for any misbehavior on the part of the team's spectators, parents, and players. This includes any foul and abusive language and any comments directed toward the referees, opposing players, and coaches. Offenders may be cautioned or ejected from the facility by the referee.

Team officials who do not adhere to the rules and policies may be removed at any time as determined by the PIT Frisco Management (including but not limited to the PIT Chief Operations Officer or Owner, the PIT Frisco General Manager, or the PIT Frisco League Director).

N. TEAM OFFICIALS / SPECTATORS RESPONSIBILITIES

Team officials and parents are reminded that there is a responsibility, which must be met not only to their players but also to the league and the PIT Frisco. The following actions by team officials and/or parents are STRICTLY FORBIDDEN in all PIT Frisco matches:

- Foul or abusive language
- Harassment of players

FRISCO RULES

PERFORMANCE INDOOR TRAINING

- Harassment of PIT Frisco Management, PIT Frisco Staff, league officials, referees or spectators
- Acts of aggression to players, league officials, referees or spectators
- Accepting any form of assistance from any person or persons officially suspended from all Performance Indoor Training facilities.
- Conduct contrary to the rules or policies of the PIT Frisco, the coaches code of ethics or the parent code of conduct
- Failure to comply with any disciplinary actions of the PIT Frisco.

Any violation of the above may result in a warning, and/or suspension from all Performance Indoor Training facilities. Offenders can be subject to suspension from the Performance Indoor Training facilities for an indefinite period of time.

O. GAME PROCEDURES

All players must check in at the front desk; if the number of players on the field does not match the number of checked in players, then the League Director or onsite PIT Frisco Manager may delay the game to re-check-in the entire team before and/or during the match.

Spectators must remain behind the glass at all times for indoor games and on the black turf for outdoor field games.

For all age groups, team officials may be allowed on the field when the game is stopped and ONLY with the Referee's approval. Failure to comply may cause forfeitures and/or abandonment of the game.

UNIFORM COLOR CONFLICT

- The home team is responsible for providing contrasting jerseys/shirts in the event of conflict of color. The referee has the final decision on whether there is a color conflict.

For Adult Full-Sided games, the location of players and team officials will be as follows on the end line at the start of the game and will change at halftime:

- HOME team: Occupies the north or west side of the field
- AWAY team: Occupies the south or east side of the field

GAME FORFEITURE

- The score for forfeiture is 3-0. The following constitutes a game forfeiture:
 - i. Any game canceled (excluding weather cancellations) within 24 hours of scheduled game time.
 - ii. Any team with an outstanding balance after the League Fee Due Date (usually the Friday of the second week of the season). A double forfeit will be declared if both teams have an outstanding balance.
 - iii. Fielding an ineligible player or a player under suspension.
 - iv. A nine-minute grace period will be allowed after the starting time. After nine minutes, forfeiture for the team not fielding the minimum number of required players will be declared. A double forfeit will be declared if neither team fields the minimum number of required players within nine minutes of game time. A FORFEIT is equivalent to a LOSS. No points will be accumulated for forfeiting teams. Teams must not assume that a game has been postponed.
 - Points earned during the grace period will count towards the official score.
- Any team with knowledge of an upcoming need to forfeit a game must notify the League Director at least 48 hours prior to the game if possible.

P. CHAMPIONSHIP PROCEDURES

There are built-in playoff games within the season game count. Placement in the playoffs will be determined by the outcome of the first four (4) games in a season.

The following constitutes an ineligible team for playoffs:

- A team with an outstanding team balance (team may be considered eligible if balance is paid before the end of day on the day of their last game)
- A team that has forfeited three (3) or more games during the regular season.

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PERFORMANCE INDOOR TRAINING

Unlike a regular season game, if playoff game is tied at the end of regulation, then one (1) five-minute golden goal period will be played. If the game is still tied after the five-minute golden goal, then the tie breaker is as follows:

- Adult Full-Sided will continue to a penalty kick (PKs). It starts out as the best out of five (5) PKs; if still tied after five (5) PKs, then PKs will be taken into sudden death.

For COED Adult games reaching PKs, all PKs will count as one (1) goal for all players regardless of gender.

Q. WEATHER PROCEDURES

The referee, the PIT Frisco League Director or onsite PIT Frisco manager may postpone a game because of weather or field conditions. Their decision will be based on the conditions of the playing field, player safety and well-being, or in accordance with the policies and procedures of the PIT Frisco.

Teams **MUST** report to the playing fields ready to play unless previously **OFFICIALLY NOTIFIED** by the League Director or onsite PIT Frisco manager/staff.

LIGHTNING

- Operations

When a probability of lightning is detected within 10-miles of Performance Indoor Training - Frisco facility, PIT Management will notify any game either in progress or about to start/resume play. When the threat of no longer detected, PIT Management will notify it is safe to return and resume play.

Lightning detection is monitored by *My Lightning Tracker - Live Thunderstorm Alert*.



- Game Policy

As soon as the notification is made, all **OUTDOOR** games will be immediately stopped. Players, officials, and spectators must leave the field of play **IMMEDIATELY** and seek shelter for the duration of the threat (cars are strongly suggested as the space inside the indoor facility may be very limited by ongoing games). Should the referee(s) feel, using their best judgement, that a potential threat is present, they **HAVE** the authority to stop the game(s) before being notified by PIT Management.

Since there is no way to determine how long the threat will last, the following rules will apply for all **OUTDOOR** games (Indoor games will continue as scheduled), regardless of who stops play (PIT Management or referee):

1. Any game not started (initial kick-off) will be delayed 30-minutes. Should the threat no longer exist and (a) all clear is given within 30-minutes, the game will start or (b) delayed beyond the 30-minutes from initial kick-off time, the game will be considered canceled, and every effort will be made to reschedule the game (subject to time constraints and field availability).
2. Any game being played and stopped **BEFORE** the completion of the first half will be considered canceled and every effort will be made to reschedule the game (subject to time constraints and field availability). The score will **NOT** count and will be zeroed for the reschedule.
3. Any game being played and stopped **AFTER** the completion of the first half will be considered **PLAYED** and will **NOT** be rescheduled. The score will count as it stands.

Just because the skies look relatively clear, a lightning strike can still occur.

COLD WEATHER GUIDELINES (WINTER SEASONS)

For winter play, cold weather becomes a factor. Field conditions may be affected by freezing rain, sleet, and snow. The ground may become frozen and be unsafe for play. A wet and windy 30-50 F degree exposure can be as serious as a subzero exposure. For this reason, PIT Frisco's guidelines follow US Soccer Cold Weather Guidelines ([click here](#) to view guidelines) and uses the wind chill factor instead of the ambient temperature.

FRISCO RULES

PERFORMANCE INDOOR TRAINING

- Allowable additional clothing:
 - Clothing layered beneath the uniform (i.e. long sleeves, long pants, additional socks, etc.);
 - Gloves or mittens;
 - Stocking caps without straps;
 - Sweatpants or shirts with no hoods in the case of extremely cold weather, may be worn underneath the uniform;
 - Jackets with no hoods may be worn under the uniform so that referee(s) can see the player's number in the event of a card being issued.
- Clothing NOT allowed:
 - Hooded sweatshirts - hoods and strings present possibility of being grabbed;
 - Earmuffs (headbands OK) - plastic or metal part crossing to of the head present potential hazard in a contact sport;
 - Scarves - present the possibility of being grabbed.
- Operations

When the probability of cold weather, PIT Frisco will use the following chart to determine the wind chill factor (WCT):

WIND CHILL TEMPERATURE (WCT) INDEX													
TEMPERATURE IN DEGREES FAHRENHEIT													
	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20
5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34
10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41
15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45
20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48
25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51
30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53
35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55
40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57
45	27	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58
50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60

Once wind chill factor has been determined, PIT management will issue one of the following “Alert Level”:

ALERT LEVEL	WCT (F)	EVENT CONDITION
BLACK	< 0	Extreme Conditions
RED	1-15	High Risk for Cold Related Illness
ORANGE-RED	16-20	Moderate-High Risk for Cold Related Illness
ORANGE	20-24 w/o Precipitation	Moderate Risk for Cold Related Illness
YELLOW	25-30 w/ Precipitation	Less than Ideal Conditions
GREEN	> 30	Good Conditions

➤ Game Policy

Since there is no way to determine how long the wind chill factor will last, the following rules will apply for all OUTDOOR games (Indoor games will continue as scheduled) and will be re-evaluated hourly:

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PERFORMANCE INDOOR TRAINING

ALERT LEVEL	9v9 Full-Sided	7v7 Full-Sided	5v5 Small-Sided
BLACK	NO OUTDOOR MATCHES (RESCHEDULE)	NO OUTDOOR MATCHES (RESCHEDULE)	NO OUTDOOR MATCHES (RESCHEDULE)
RED	NO OUTDOOR MATCHES (RESCHEDULE)	NO OUTDOOR MATCHES (RESCHEDULE)	NO OUTDOOR MATCHES (RESCHEDULE)
ORANGE-RED	NO OUTDOOR MATCHES (RESCHEDULE)	NO OUTDOOR MATCHES (RESCHEDULE)	NO OUTDOOR MATCHES (RESCHEDULE)
ORANGE	2x 30-min HALVES w/ 5-min HALFTIME	2x 25-min HALVES w/ 5-min HALFTIME	2x 25-min HALVES w/ 5-min HALFTIME
YELLOW	2x 30-min HALVES w/ 5-min HALFTIME	2x 25-min HALVES w/ 5-min HALFTIME	2x 22-min HALVES w/ 5-min HALFTIME
GREEN	2x 30-min HALVES w/ 5-min HALFTIME	2x 25-min HALVES w/ 5-min HALFTIME	2x 22-min HALVES w/ 5-min HALFTIME

Players on sidelines should remain dressed (if in warm-ups) until they enter the game. Players coming off should towel off (if sweaty) and get dressed quickly. No one should sit or lie directly on the ground as heat is lost faster to the ground than to the air. Blankets and chair are recommended. Keep hydrated and avoid caffeine and sodas. Keep an eye on field conditions (wet, icy, etc.) Cold wet conditions can quickly change the field from being safe to play on to unsafe and slippery. Keep an eye the goalkeeper who is usually the player who gets coldest first as they are not running or moving like a field player. Safety and health of the players come first.

HEAT GUIDELINES (SUMMER SEASONS)

For summer play, heat becomes a factor. For this reason, PIT Frisco's guidelines follow US Soccer Heat Guidelines ([click here](#) to view) and uses the wet bulb globe temperature instead of the heat index as wet bulb globe temperature is the value for working in direct sunlight.

➤ Operations

In the event of hot weather, PIT Frisco will use the following chart to determine wet bulb globe temperature (WBGT):

WET BULB GLOBE TEMPERATURE (WBGT) FROM TEMPERATURE AND RELATIVE HUMIDITY																																		
TEMPERATURE IN DEGREES FAHRENHEIT																																		
		68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0		
RELATIVE HUMIDITY (%)	0	59.0	60.8	60.8	62.6	64.4	64.4	66.2	66.2	68.0	68.0	69.8	71.6	71.6	73.4	73.4	75.2	75.2	77.0	77.0	78.8	80.6	80.6	82.4	82.4	84.2	84.2	86.0	87.8	87.8	89.6	89.6		
	5	60.8	60.8	62.6	64.4	64.4	66.2	66.2	68.0	68.0	69.8	71.6	71.6	73.4	73.4	75.2	75.2	77.0	77.0	78.8	80.6	80.6	82.4	82.4	84.2	84.2	86.0	87.8	87.8	89.6	91.4	91.4	93.2	95.0
	10	60.8	62.6	62.6	64.4	66.2	66.2	68.0	69.8	69.8	71.6	73.4	73.4	75.2	77.0	77.0	78.8	80.6	80.6	82.4	84.2	86.0	86.0	87.8	89.6	89.6	91.4	93.2	95.0	96.8	96.8	98.6	98.6	
	15	60.8	62.6	62.6	64.4	66.2	66.2	68.0	69.8	69.8	71.6	73.4	73.4	75.2	77.0	77.0	78.8	80.6	80.6	82.4	84.2	86.0	86.0	87.8	89.6	89.6	91.4	93.2	95.0	96.8	96.8	98.6	98.6	
	20	62.6	64.4	64.4	66.2	68.0	69.8	69.8	71.6	73.4	75.2	75.2	77.0	78.8	80.6	80.6	82.4	84.2	86.0	87.8	89.6	89.6	91.4	93.2	95.0	96.8	96.8	98.6	98.6	100.4	102.2			
	25	64.4	64.4	66.2	68.0	69.8	69.8	71.6	73.4	75.2	75.2	77.0	78.8	80.6	82.4	82.4	84.2	86.0	87.8	89.6	89.6	91.4	93.2	95.0	96.8	96.8	98.6	100.4	102.2					
	30	64.4	64.4	66.2	68.0	69.8	69.8	71.6	73.4	75.2	75.2	77.0	78.8	80.6	82.4	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	96.8	98.6	100.4	102.2						
	35	64.4	66.2	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	96.8	98.6	98.6	100.4	102.2								
	40	66.2	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	96.8	98.6	98.6	100.4	102.2										
	45	66.2	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4													
	50	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	91.4	93.2	95.0	96.8	98.6	102.2														
55	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	93.2	95.0	96.8	98.6	100.4																
60	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	95.0	96.8	98.6	100.4																	
65	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	87.8	89.6	91.4	93.2	96.8	98.6	100.4																		
70	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	91.4	93.2	95.0	96.8	100.4	102.2																		
75	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	91.4	93.2	95.0	96.8	100.4	102.2																		
80	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	89.6	91.4	93.2	96.8	98.6	100.4																				
85	73.4	75.2	77.0	78.8	82.4	84.2	86.0	87.8	89.6	93.2	95.0	98.6	100.4	102.2																				
90	75.2	77.0	78.8	80.6	82.4	84.2	87.8	89.6	91.4	95.0	96.8	98.6	102.2																					
95	75.2	77.0	78.8	80.6	84.2	86.0	87.8	91.4	93.2	95.0	98.6	100.4																						
100	75.2	78.8	80.6	82.4	84.2	87.8	89.6	91.4	95.0	96.8	100.4	102.2																						

Once wet bulb globe temperature (WBGT) has been determined, PIT Management will issue one of the following "Alert Level":

FRISCO RULES

PERFORMANCE INDOOR TRAINING

ALERT LEVEL	WBGT (F)	EVENT CONDITION
BLACK	> 92.0	Extreme Conditions
RED	90.1 - 91.9	High Risk for Heat Related Illness
ORANGE	87.1 - 90.0	Moderate Risk for Heat Related Illness
YELLOW	82.2 - 87.0	Less than Ideal Conditions
GREEN	< 82.1	Good Conditions

➤ Game Policy

Since there is no way to determine how long the wet bulb globe temperature (WBGT) constantly change throughout the day, the following rules will apply for all OUTDOOR games (Indoor games will continue as scheduled) and will be re-evaluated hourly:

ALERT LEVEL	9v9 Full-Sided	7v7 Full-Sided	5v5 Small-Sided
BLACK	NO OUTDOOR MATCHES (RESCHEDULE)	NO OUTDOOR MATCHES (RESCHEDULE)	NO OUTDOOR MATCHES (RESCHEDULE)
RED	4x 15-min QUARTERS w/ 5-min BREAKS	4x 12-min QUARTERS w/ 5-min BREAKS	4x 12-min QUARTERS w/ 5-min BREAKS
ORANGE	2x 30-min HALVES w/ 10-min HALFTIME	2x 25-min HALVES w/ 10-min HALFTIME	2x 25-min HALVES w/ 10-min HALFTIME
YELLOW	2x 30-min HALVES w/ 5-min HALFTIME	2x 25-min HALVES w/ 5-min HALFTIME	2x 25-min HALVES w/ 5-min HALFTIME
GREEN	2x 30-min HALVES w/ 5-min HALFTIME	2x 25-min HALVES w/ 5-min HALFTIME	2x 25-min HALVES w/ 5-min HALFTIME

Once the wet bulb globe temperature is reaches 89.6 F or warmer; match play hydration breaks will be given (4-minute break for every 30-minutes of play).

R. SCHEDULING PROCEDURES

➤ Regular Season

Games played during the first four (4) or five (5) weeks of each season will consist of four (4) placement games for the playoffs.

➤ Playoffs/friendlies

Games played during WeekSIX and WeekSEVEN will be combination of either two playoff games or a playoff game and friendly. WeekEIGHT of each season will be the championship games between the semi-final winners.

➤ Reschedule Policy

Games for the adult league play as scheduled, there are no reschedules unless games were canceled due to *Weather Procedures*. It is highly recommended that teams submit any conflict requests upon registering for the league.

A conflict is defined as a specific day/time that a team will be **unable** to participate due to not having the minimum number of players required to participate.

FRISCO RULES

PERFORMANCE INDOOR TRAINING

S. DISCIPLINE

The PIT+ Management (including but not limited to the PIT Chief Operations Officer, PIT Frisco General Manager, or PIT Frisco League Director) will review and rule on any disciplinary actions taken by the referee within 48 hours of the disciplinary action and will communicate with the primary contact for team the disciplined player was on.

If disciplinary action is an ejection, the disciplined player must leave the facility. Failure to leave the facility may result in harsher disciplinary action than the initial action.

The general rule will be one (1) red card offense equals one (1) game suspension unless more than one (1) game suspension is ruled by the PIT+ Management with the following exceptions:

INFRACTION	SUSPENSION
Game Misconduct - foul / abusive language	One (1) game
Game Misconduct - physical contact with official during dissent	Two (2) games
Unseemly behavior directed at officials, player, or spectator	One (1) game
Leaving players area during an altercation whether to join in or assist in breaking up the altercation	Two (2) games
Violent conduct toward non-opponent*	Four (4) weeks
After game misconduct	Two (2) games
Violent conduct	Two+ (2+) games
Fighting 1-on-1*	Four (4) weeks
Fighting 2 or more*	Eight (8) weeks
Serious foul play	Two (2) games
Second cautionable offense ("Soft Red")	Game Ejected
Spitting on another player or official	Two (2) games

*For the infractions: Violent conduct toward non-opponent, fighting 1-on-1, and fighting 2 or more; suspensions include ALL teams the player is on and WILL carry over seasons, if necessary.

The PIT Management holds the right to issue a suspension that is longer or more severe than the suspensions and fines above.

RED CARD COUNT

Red cards are counted for each player and carry over seasons with the count being reset each Fall and Spring season. Cards will be acclimated as the following seasons:

- Fall - WinterONE - WinterTWO
- Spring - WinterONE - WinterTWO

For any player receiving a second red card offense, the player will be suspended the above suspend **PLUS** one (1) additional game **AND** fined \$50.

For any player receiving a third red card offense, the player will be suspended the above suspension for the offense **PLUS** two (2) additional game **AND** fined \$100. This suspension will carry across all leagues the player plays in.

Any player with outstanding fines will remain suspended until fine is paid. Outstanding fines will carry across leagues until all fines are paid.

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4. ADULT DIVISION PLAYING RULES

The rules of play for the adult division will be the Laws of the Game modified as provided below. If no game specific rules are named, the law conforms to IFAB LAWS OF THE GAME with no exceptions.

A. FULL-SIDED PLAYING RULES

Law 1. The Field of Play

Field and goal sizes below are recommended but may vary depending on availability of pitches.

FIELD #	FIELD SIZE (FT)	GOAL SIZE
Frisco 1 (Indoor)	86 x 193	7 x 21
Frisco 2 (Indoor)	86 x 194	6.5 x 18
Frisco 3 (Outdoor), 7v7 (Blue Lines)	120 x 180	7 x 21
Frisco 3 (Outdoor), 9v9 (White Lines)	150 x 240	7 x 21

7v7 Full-Sided: There is an “offside line”, which should be equal distance between the end line and the halfway line.

Law 2. The Ball

Conform to IFAB Laws of the Game.

A game ball will be provided by PIT Frisco for each match.

Law 3. The Number of Players and Substitutions

- Game format by age group

GAME FORMAT	MINIMUM PLAYERS ON FIELD
7v7	5
9v9	7

- Substitutions Rule

All substitutions will be “on the fly” substitutions meaning teams can substitute players whenever they like without asking for the referee’s permission. If in the opinion of the referee that both the substitute and the player leaving the pitch are on the pitch at the same time and the player leaving the pitch interferes will play, the referee shall consider the exiting player an “Outside interference” and shall stop play, allow the exiting player to leave the pitch and restart with an indirect free kick to the other team at the point where the ball was in play when the stoppage accrued.

- COED Number of Players

A COED match may not start or continue if either team does not at least one female on the field that is NOT the goalkeeper. Goalkeepers are gender neutral (may be male or female) and do not count towards each gender maximum allowed on the field:

GAME FORMAT	# OF MALE PLAYERS	# OF FEMALE PLAYERS
7v7	3	3
9v9	4	4

- COED Substitution Rule

When substituting during a match, a male player may only sub for a male player and a female player may only sub for a female player.

Law 4. The Players Equipment

- Jersey Number Policy

ALL adult field players are required to have a **UNIQUE permanent number (sewn-on, ironed-on, or screened-on numbers only)** on the back of their jersey in order to participate in any game (Men’s, Women’s or COED); taped-on or handwritten numbers are not allowed. Numbers must be integers 0-99 and be of at least 5 inches in height. Number(s) should be placed in a legible manner (do not place numbers upside down,

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sideways or in any configuration that is not legible from the back). Number color does not have to match the shirt's lettering color but **MUST** be clearly visible to the referee. In the case of more than one player reporting at check-in with the same number, both (all) can play; however, all goals AND cards apply to all who "share" a number.

For clarification: After a player has check-in for one game, whether they are goalkeepers or field players, they are expected to have a permanent number (ironed or screened) on their jersey to be worn as a field player (not goalkeeper jersey). A goalkeeper who later decides to play in the field **MUST** have a permanent number on their field jersey before taking the field as other than the goalkeeper.

The Adult League Check-in:

1. At check-in, the manager or staff member will ask to see each player's jersey to verify a sewn-on or iron-on or screened-on number is affixed. If it is, the player will be allowed to proceed with "normal" check-in.
2. If no sewn-on or ironed-on or screened-on number is affixed, and this is any game after the player's first game for a season, staff will write an "F" rather than a "✓" on the roster and an "X" will be written on the top of the player's hand (not palm). As stated, in the appropriate box on the roster with an "F" rather than a "✓" on the roster indicating that the player(s) played without a valid, legal number.
3. If the referee(s) find player(s) on without either an "X" on the top of the hand or a sewn-on or an ironed-on or screened-on number on the jersey or with other forms of numbers that are deemed illegal, their goal(s) will not be counted.

Jersey numbers can be purchased from the following:

1. Walmart sells pack of iron on numbers [\\$9.97 for 12 individual 8 inch numbers](#) or [\\$9.97 for 12 individual 8" numbers](#); or,
2. Amazon sells various iron on styles as if you search 8" number; or,
3. Soccer City in Frisco charges \$4/number; or,
4. Soccer Corner in Plano charges \$6/number; or,
5. Soccer Post in McKinney charges \$4.75/location (0-99).

The two teams must wear colors that distinguish them from each other and the referee. The referee will make the final decision on whether there is a color conflict. In the case both teams have the same color the *HOME* team will be required to change colors.

Each goalkeeper must wear colors that distinguish the goalkeeper from the other players and the referee. The referee will make the final decision on whether there is a color conflict.

Gym shoes, tennis shoes, or soccer cleats must be worn by all players. All footwear must be of soft toe and have no metal studs (screw-ins) or any other exposed metal. Baseball cleats are not allowed.

Skin guards are mandatory for all players and must be covered by the socks.

Casts will not be allowed unless properly padded. The referee will have the final decision as to whether padding is sufficient.

Outdoor Field Only: Under foul weather conditions, additional garments may be worn as long as the team jersey is on the outside.

Law 5. The Referee

Only registered referees are permitted to officiate a game.

A referee's decision on issues of fact connected to the game is *FINAL*.

All rule infractions may be briefly explained to the offending player.

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Law 6. The Assistant Referee

A second referee will be used for all Adult Full-Sided games.

Law 7. The Duration of Match

GAME FORMAT	LENGTH OF PERIODS
7v7 Full-Sided	2 x 25-min H
9v9 Full-Sided	2 x 30-min H

Half-time breaks will be 5-minutes.

All games will start on time, unless delayed by previous game. If the game was delayed by the previous game, then players are checked in and the clock starts running once both teams are verified by PIT Frisco staff as eligible players. At the same time, the referee will instruct the teams to get on the field and the referee should start the game.

Law 8. The Start and Restart of Play

Conform to IFAB Laws of the Game with the following exceptions:

The first kickoff of each game will be started by a kickoff taken by the visiting team.

Law 9. The Ball In and Out of Play

Conform to IFAB Laws of the Game with the following exceptions:

If the ball hits the ceiling during play, play shall be stopped and restart with an indirect free kick to the other team, placement of the ball will be the following:

- If point of impact is between the goal line and the red line, ball will start from red line; or,
- If point of impact is between the two red lines, the ball will start from the halfway line.

Law 10. Method of Scoring

Conform to IFAB Laws of the Game with the following exceptions:

For COED games, the method of scoring are as follows:

- Goals scored by a female player:
 - i. Goal will count as two (2) goals;
 - ii. Each individual female player may score an indefinite amount of goals per game; and,
 - iii. Female players can score from anywhere on the field.
- Goals scored by a male player:
 - i. Goal will count as one (1) goal;
 - ii. Each individual male player may score a maximum of three (3) goals per game and any goal scored after three (3) goals will not count toward the official score; and
 - iii. Male players can score from anywhere on the field.
- Goals scored by deflection off the goalkeeper
 - i. A goal scored off the goalkeeper will be based on the last field player to kick the ball (e.g. a female player shots the ball and the goalkeeper deflects the ball into the goal, the goal will count as a goal scored by a female player and two (2) goals will be added to the official score).

Law 11. Offside

Conform to IFAB Laws of the Game with the following exceptions:

For 7v7 Full-Sided there is an “offside line”, which should be equal distance between the end line and the halfway line.

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Law 12. Fouls and Misconduct

Conform to IFAB Laws of the Game with the following exceptions:

Charging the goalkeeper in possession of the ball is NOT ALLOWED. Possession is defined as; One or two hands on the ball, holding it, bouncing it, tossing it up and then catching it or patting it along the ground.

There is no slide tackling on our fields. Slide tackling is defined as a play where any player intentionally tackles an opponent who has control of the ball and comes into contact with the playing surface with any part of their body other than the soles of their feet. Slide tackling without any contact with either the opponent or the ball is a FOUL. Any player that is persistently called for this infraction may be issued a caution (yellow card) for Persistent Infringement. Slide tackling where any contact is made on the opponent, or the ball will be considered Unsporting Behavior and a caution (yellow card) will be issued to the offender. Any slide tackle that the referee feels is made using excessive force will be considered serious foul play and will result in the offending player being shown a Red Card and that player will be dismissed from the game.

- Sliding to control a FREE BALL (a ball with no other players in the vicinity) is NOT considered a slide tackle. The goalkeeper may slide tackle as long as the slide begins within the penalty area and that, in the opinion of the referee, the slide does not put an opponent in danger of being injured.

It is not intentional “hand-ball” offense for any player to attempt to protect the vital body areas (chest, crotch, face) by placing hands or arms across them to protect themselves from being struck at close range by the ball. The referee will be the sole judge of whether the hands or arms were used to deliberately propel the ball.

Team officials are subject to the same game disciplinary procedures by the referee as the players are, i.e., cautions and/or ejections.

A “soft” red card will be given to a player receiving two (2) yellow cards in the same match. Any player receiving a “soft” red card must leave the premises (facility and parking lot) the same as a player receiving a straight red card; however, the team of the player receiving the “soft” red card does not have to play down a player.

- The suspension for “soft” red card, is the player missing the remainder of the game they were given the “soft” red card; however, failing to leave the premises after being ejected from the match may result in additional disciplinary action.

Law 13. Free Kicks

Conform to IFAB Laws of the Game with the following exceptions:

Kicks may be indirect or direct in 7v7 Full-Sided and opponents must be at least 8 yards from the ball.

Kicks may be indirect or direct in 9v9 Full-Sided and opponents must be at least 10 yards from the ball.

Law 14. Penalty Kick

Conform to IFAB Laws of the Game.

Law 15. Throw-in

Conform to IFAB Laws of the Game.

Law 16. Goal Kick

Conform to IFAB Laws of the Game.

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Law 17. Corner Kick

Conform to IFAB Laws of the Game.