



LUMBERTON RECREATION

2009 - 2010 *Women's Indoor Soccer*

\$35 Resident/\$45 Non Resident

No Refunds will be given.

PLEASE PRINT:

Shirt Size: _____

Players Name _____

Mailing Address _____

Home Telephone _____

Cell Telephone _____ **email** _____

Any physical restrictions/conditions? _____

How would you rate your ability to play organized soccer?

1 2 3 4 5 6 7 8 9 10

Please circle – 10 being excellent

Please **read/sign** In case of an emergency, I authorize the programs assigned personnel to administer first aid treatment and/or transport me to THE NEAREST Hospital if deemed necessary. I understand that in the event of an emergency, due to accidents beyond their control, **I hereby release Lumberton Department of Recreation, its supervisors, sponsors, employees and program volunteers, from all liability.**

SIGNATURE: _____ **DATE:** _____

DATE PAID _____ RECEIVED BY _____ CHECK# _____ AMOUNT\$ _____

GAMES WILL BE PLAYED AT LUMBERTON MIDDLE SCHOOL ON FRIDAY'S BEGINNING IN JANUARY BETWEEN 7:30PM – 9:00PM (DEPENDING ON HOW MANY REGISTER) UNTIL THE END OF MARCH.

Please register by Friday, December 18th at the Municipal Building.

2010 WOMAN'S INDOOR SOCCER RULES

1. No slide tackling allowed. Players must stay on their feet at all times.
2. No charging. No holding or pushing off with arms. Must keep hands down.
3. Wearing Shin Guards are at each players own discretion
4. Goalie can not throw the ball past half court
If the ball hits the ceiling or wall then lands past half court, it is a foul. *It must land on the ground before the half court line.* Result is a kick at half court. (If hits person before ½ court then lands past ½ court, continue play).
5. Handball will result in an indirect kick for the other team (indirect - must touch another player before a goal can be scored.)
6. Handball in the goalies crease (basketball key) will result in a direct kick for the other team. All players must stay outside the arch until the ball has been kicked.
7. Goalie must keep *both* feet inside the crease
Player cannot put one foot outside the crease and keep one inside while retrieving or getting rid of the ball. Result will be considered a handball inside the crease and a direct kick will be awarded to the other team.
8. Players may freely rotate at anytime during the game
9. Someone must be appointed prior to the start of the game to keep the time
10. Games will be played in two, twenty-minute halves.
11. Teams can take 5 minutes prior to each game to practice.
12. There will be four players plus a goalie on the court (total of five on the court).
13. Ball may be played off the walls, basketball goals, bleachers, etc. If the ball goes into the bleachers, spectators are asked to *toss* it back onto the court. Players may also go into the bleachers to retrieve the ball and toss it back onto the court
*Courtesy: Do not hold it and drop it to yourself, toss it towards opposing players on the court.
14. A soft, size 4 foam ball and hockey goals are used (6x8)
15. If you wear glasses, please use a band to secure them.
16. It is strongly suggested that earrings and rings be removed for everyone's safety.

If there is a change or addition in the format of the games or rules it will be brought to everyone's attention at the beginning of the game.

There will not be a referee for the games. Please read the rules and be honest and fair.

If anyone would like to *volunteer* referee to help the game run smoothly, you're more than welcome, just make sure that everyone on both teams know you will be doing this. All players must respect all calls of a volunteer referee.

Attached is a list of all the teams and players.

Anyone participating in rough physical actions will be terminated from the team.

PLEASE REMEMBER – THIS LEAGUE IS FOR FUN

Bring Water! Remember to stretch before you play! We are not as young as we use to be :(