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PROGRAMMING DEPARTMENT **ADULT**



Frederick Indoor Sports Center (FISC)

Adult Soccer League Handbook

Table of Contents

Location and Contact Information..... 2

General Facility Rules..... 2

Eligibility for Participation - FISC ID..... 2

Membership..... 3

Division of Sports..... 3

Division of Leagues..... 3

Choose a Team..... 4

Team Captain's Role..... 4

Team Captain's Checklist..... 4

Sportsmanship..... 4

Forfeit and Defaults..... 5

Ejected and Suspended Participants..... 5

Appeal Process..... 5

Verbal Threats or Physical Assaults of Players, Spectators, Game Officials and Other FISC Staff/Patrons..... 5

Inclement Weather..... 6

Alcohol, Drugs and Tobacco Policy..... 6

Ethnic Intimidation Policy..... 7

Risk Management..... 7

Reserve Clause..... 7

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Welcome to the Frederick Indoor Sports Center, Where It's Always GAME ON! The Adult Sports League Programs at the Frederick Indoor Sports Center (FISC) are designed to be the most organized, comprehensive, and safe Recreational Sports Programs in the area. FISC offers a variety of sports and activities intended to encourage players to participate regardless of athletic ability or sport knowledge. FISC provides structured and rewarding recreational opportunities in men's, women's, and co-ed programs.

League participation is open to all eligible FISC Members and Guests. Standards are enforced to maintain the integrity of the sport, and to keep all League rules within the FISC requirements. This Handbook provides a guide to those standards. All activities, policies, and rules are designed to uphold the best interests of FISC Leagues. All participants must abide by the policies and rules described in this Handbook. Every Member and Guest is responsible for learning and adhering to the policies set forth in this Handbook.

Location and Contact Information

FISC is centrally located off N. Market Street / Wormans Mill Ct. @ 1845 Brookfield Ct (across Rt. 26 from Clemson's Corner and Wegmans) Main Number: 240.215.4040

General Facility Rules

1. No outside food & drink allowed.
2. NO smoking & tobacco products.
3. No profanity or negative comments to officials, players, coaches or spectators.
4. No running, playing ball or use of sports equipment anywhere else but the fields.
5. No unattended youth under age 18.
6. No spitting.
7. No chewing gum on the fields.
8. Renew. Reuse. Recycle. Or at least use the garbage cans!
9. No fighting. No excuses.
10. Be a role model—exhibit good sportsmanship at all times.

Eligibility for Participation - FISC ID

FISC is a Membership facility and all Members are required to maintain a FISC ID. In order to be eligible to participate for each game/match, an eligible participant must check-in with his/her current FISC ID. Participants who fail to maintain a current, valid FISC ID Card will not be permitted to participate in that game/match (a Driver's License or valid Government ID may be accepted, in order to be eligible for a game/match).



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Membership

Get your card online (Youth or Adults) or at the FISC Welcome Desk. FISC utilizes a Member ID system to manage the ¾ of a million annual visitors and patrons, who use the facility to participate in leagues, camps, clinics, events, fundraisers.

Adult: \$25

Youth: \$15

Additional monthly Membership fees vary based upon your interests and level of participation.

Division of Sports

FISC Leagues are designed to offer and encourage players to participate in as many teams as possible. In order to do so, the program is able to offer three leagues: Men's, Women's and Co-Ed. Most rules for all sports will remain the same for both Men's and Women's leagues with slight modifications where necessary.

Most sport leagues are separated into three divisions:

- **Division I:** Bring your "A" game. This is the highest level of competition. Top finishing teams will be offered prizes including t-shirt, coupons from sponsors and/or other valuable goods.
- **Division II:** Recreational play with a competitive spirit is what this division is all about. Top finishing team will be offered prizes including: choice of t-shirt, coupons from sponsors and/or other valuable goods.
- **Division III:** Nope, I'm not going to hang up my boots, ever! Players are required to overly embellish highlights of the match while enjoying weekly specials at the in-house restaurant

Division of Leagues

Men's Divisions

Division 1,2,3 – 30+

Division 1,2 – 40+

Women's Divisions

Open 18+

Masters 30+

Coed Divisions

Division 1,2,3 – 18+

Division 1,2 – 30/25

Division 1,2 – 35/30



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Choose a Team

Player Looking For a Team? Teams Looking For Players? Search the FISC Classifieds at www.frederickindoor.com and click on the Adult Tab

Basic steps include:

1. Get a FISC ID Card by visiting the FISC Welcome Desk. A FISC Staff person is ready to help you start the process!
2. Post an ad in the FISC Classified Ads. This is a great way to connect with other players.
3. Newcomers receive a free two-week play pass to connect with teams and find a good fit. We're happy you chose FISC!
4. Once you connect with a team, sign up anytime and the session fee will be prorated.

Team Captain's Role

Programming Department. This includes taking on the responsibility of the administration of his/her team and the behavior of each and every team member on and off the playing field (team members also extend to include coaches and spectators). Team Captains are responsible for understanding, and communicating to their teams, the policies that govern the FISC Leagues, as well as the specific rules that govern each sport. Having a good understanding of the program policies and sport rules will help facilitate and further aide a team's participation to be an enjoyable and worthwhile experience.

Team Captain's Checklist

Review the checklist – www.frederickindoor.com and click on the about us section

Sportsmanship

Since the mission of FISC Leagues aims to encourage increased participation, the spirit of competition is important and will be assessed for every team during each scheduled game/match. Sportsmanship is vital to the conduct of every contest. In order to encourage proper conduct during games, officials, administrative personnel, and supervisors shall make decisions on whether to warn, penalize or eject players or teams for poor sportsmanship. These decisions are final. The FISC administrative staff will rule on further penalties as a result of unsportsmanlike conduct.



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Forfeit and Defaults

If a team or player fails to appear at the appointed place and time the Referee on duty shall declare the contest forfeited to the team or contestant ready to play (as long as that team has the required minimum number of players checked in). All teams are required to have within two players of the required field minimum at the scheduled game time.

Ejected and Suspended Participants

Any player, spectator, or other visitor may be ejected by game officials or other FISC staff for any conduct deemed unsportsmanlike or outside of the spirit of the rules. An ejected person is immediately ineligible for ALL sports and activities.

Any participant who is ejected must exit the playing field immediately. The Referee on duty will address the situation(s) with the ejected individual(s) and also communicate what the required process is for reinstatement. Even after an ejection, players will still be held accountable for their actions and behavior, which may be noted by FISC. Once a participant is ejected from an event he/she is ineligible until the reinstatement process has been complete and all suspensions (if sanctioned) are served.

Appeal Process

A one (1) week or less suspension may not be appealed. Any suspension beyond one (1) week may be appealed in writing by completing the Appeal Form and must be accompanied by a \$25 administrative review fee. No appeals will be added to the Player's FISC account.

A non-biased three (3) person committee will review all appeals within 72 hours of the submission of the appeal. ALL DECISIONS MADE BY THE COMMITTEE ARE FINAL.

Verbal Threats or Physical Assaults of Players, Spectators, Game Officials and Other FISC Staff/Patrons

Anyone who threatens or physically assaults a spectator, player, official, or supervisor will be automatically suspended for a minimum period of one (1) year from the date of the incident.

You may appeal the suspension in writing by completing the Appeal Form and must be accompanied by a \$25 administrative review fee. No appeals will be reviewed unless the fee is paid and should the suspension be overturned, a \$25 credit will be added to the Player's FISC account.

A non-biased three (3) person committee will review all appeals within 72 hours of the submission of the appeal. ALL DECISIONS MADE BY THE COMMITTEE ARE FINAL.

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Incident Weather

While winter weather is sometimes a welcome change and invitation to slow down from our hectic schedules, we know no one likes to miss game day at FISC, due to a few flakes!

To better serve you, and in response to what we know you've been asking for, we've revised our incident weather policy to allow for a limited number of make-up games for any games missed due to weather-related closings. Here's what you need to know:

Safety First! FISC will make decisions on closing based on safety for all patrons and staff.

Read your email! Announcements will be made at least two hours prior to any scheduled event(s), and all patrons with registered e-mail addresses will receive notification via e-mail. Check frederickindoor.com. To check the status of events at FISC, visit the FISC website (News & Events section), and Facebook page.

Make Up Games:

FISC has built in time in future session schedules to allow make up days for a select number of make-up games. However, given the complexity of the schedules, which are set one year in advance, and volume of play on our fields, special requests cannot be accommodated.

Therefore, each team affected by a weather closing may have only one option for a make-up timeslot, if slots are available.

Alcohol, Drugs and Tobacco Policy

Possession or consumption of alcohol (except when purchased and consumed at the Replay Café) or drugs at FISC facility is prohibited. Furthermore, all forms of tobacco are prohibited at any and all FISC League venues unless otherwise specified. Consumption of alcohol or drugs either at the game site or prior to the game will not be tolerated. Team Captains and participants are responsible for cooperating with FISC Staff in the event a team member or spectator is suspected of alcohol, drug or tobacco use. Any violation or failure to cooperate with this policy could potentially result in suspension.

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Ethnic Intimidation Policy

FISC **WILL NOT** tolerate any individual displaying any act of “malicious intent” towards a particular race, color, religion or national origin of another individual or group. If any individual displays such behavior, that individual will immediately be suspended from participation and will be processed to the full extent through the FISC Suspension Policy (noted above).

Risk Management

As with all physical activity, there are adherent risks while participating in Leagues at FISC. Since participation is on a voluntary basis, FISC will NOT accept responsibility for injuries sustained while participating in any of the program offerings.

It is the responsibility of the participant to determine if any of their health conditions make it inadvisable to participate in any of the activities offered through FISC Leagues. FISC does not assume that responsibility. It is strongly recommended that all participants obtain a medical release from their physician.

For all sports and activities operated through FISC LEAGUES, participants are required to read and sign a Participation Waiver. Any and all injuries sustained while participating in FISC should be reported to a FISC Staff member immediately. Once reported, an accident report will be completed and kept on file.

Reserve Clause

FISC reserves the right to change and amend any policy or rule, as seen necessary. Influencing factors may include participant safety, program needs and incidents that are uncontrollable by nature. FISC reserves the right to rule and make judgments on all interpretations pertaining to League sports rules, regulations, eligibility and disciplinary action. The decision of FISC is final.