

Adult Soccer Rules & Regulations

All games will be played using F.I.F.A. rules with the following modifications:

League Format

- ❖ Leagues will be comprised of 4 – 12 teams.
- ❖ Once placed in a league, a team will remain there for the entire season. There will be no moving of a team once league play has started. The moving of teams, however, is at the discretion of the adult sports staff.
- ❖ The season will consist of 10 weeks of scheduled games.
- ❖ If a team takes first place for two consecutive seasons that team will be moved into an upper division if it retains 70 % of its roster from the seasons in which they took first place.

Awards

- ❖ 1st place teams win a prize towards their choice of championship t-shirts or a sponsor trophy,

Points for Play

- ❖ Teams are awarded points for game results as follows: 3 points per win, 1 point per tie, and 0 points per loss.

Tie Breakers

In the event that two or more teams are tied in points at the end of the season the following tie breaker rules shall be applied in order listed until a winner is determined:

1. Winner of Head-to Head competition
2. Goals Against
3. Net goals ('Goals For' minus 'Goals Against')- Only applies to the women's League
4. **If all of the above does not determine a winner for the league championship a playoff game will be scheduled.**

Schedule

- ❖ Schedules will be played as published unless modified by the Adult Sports Staff. The Adult Sports Staff will alter schedules/reschedule games only in the event of inclement weather, unsafe field conditions, or other extenuating circumstances.
- ❖ **If your team cannot make a regularly scheduled game, please inform the Adult Sports Staff at least 24 hours prior to game time. A loss will be recorded in the standings.**

Player Eligibility

- ❖ **All players must be at least eighteen (18) years of age to play in the Tuesday Co Ed or Friday Men's Leagues.**
- ❖ **In the Mixed Over 40 League all males must be 40 or older. The female players must be 30 or older.**
- ❖ **In the Women's Over 30 League teams are allowed to have only 2 players under 30 (but over 18) on their rosters. The only exception being the Strictly Over 30 League in which case all players must be over 30 years of age. Only in the Women's league may players play for more than team and players playing on more than one team must be on the original roster or added by the third game with an addition/deletion form.**
- ❖ Players attempting to play under an assumed name or false age will cause their team to forfeit the game. If the rostered player knowingly lets another non-rostered individual play on the team the rostered player is red carded automatically the next game.
- ❖ After game time, only rostered players are eligible to play.
- ❖ All participants must have a **Valid California I.D./Driver's license (or reasonable facsimile thereof)** and need to have it with them at all times should their eligibility to play in a particular league come into question

out on the field.

Addition/Deletion of Players

- ❖ Players can be added to or deleted from a team roster at anytime up to the 3rd game of the season, **by completing an ADD/DELETE form and returning it to the Official prior to the game starting.**
- ❖ Do not allow at anytime a player to participate in a game who is not on the original roster or has not been added properly with an add/delete form.
- ❖ After the 3rd game no more players can be added to a roster unless deemed okay by the Adult Sports Staff, and only if the team needs to due to injury or players that have quit the team.

Player Conduct (This applies to before, during, and after the game.)

- ❖ Good sportsmanship is expected to be maintained at all times.
- ❖ Continuous harassment of officials, players, managers, city personnel, or spectators, will result in a yellow card and if necessary a red card.
- ❖ Profanity will result in an automatic red card. Derogatory remarks and taunting will not be tolerated; players who engage in this act **MAY** be warned (**officials are not required to warn players but may eject a player without warning.**) If the behavior continues, the player will be ejected from the game.
- ❖ Fighting and physical abuse of any kind is inexcusable and **will not** be tolerated. Players who engage in any type of physical confrontation will be suspended for at least one (1) game, up to expulsion from the league depending on the severity of the action. Decision on punishment for fighting is solely at the discretion of the Adult Sports Staff and **is not subject to appeal.**
- ❖ Please be aware that spectators are considered part of the team for player conduct purposes. Therefore, they are bound by the same code of conduct as participants and teams are responsible for their actions.

Ejections

- ❖ Any player ejected from a game will be automatically suspended for a minimum of one (1) game, and during that week the player may not play in any other league. Upon a second ejection, that player will be suspended for the remainder of the season or longer.
- ❖ League officials may eject a player from the game and, if deemed necessary, the field. If ejected from the field that player has one (1) minute to leave the premises or the game will be ruled a forfeit.
- ❖ Officials may eject any player, coach, spectator or manager without prior warning for any player conduct situation regardless of the severity of the situation.
- ❖ No appeals will be considered for players that have been ejected from a game.
- ❖ Any player that is ejected from a game will result in the **loss of one (1) team point** in the standings.

Forfeits

A game will be ruled a forfeit and a fee will be required if any of the following apply:

- ❖ A team fails to field the required number of players by game time.
- ❖ If neither team is ready to play, it will result in a double forfeit.
- ❖ Any player or manager who consumes any alcoholic beverages during the game.
- ❖ Continued delay of game.
- ❖ Continued harassment of officials, players, managers, city personnel or spectators.
- ❖ A team uses an ineligible player or players.
- ❖ In the opinion of the official, a manager does not control his/her team.
- ❖ Game time is forfeit time. There is no grace period after the first scheduled game. There is a five minute grace period for the 1st game.

Alcoholic Beverages

- ❖ **Absolutely no alcoholic beverages may be consumed during any game by players or managers.**
- ❖ **PLEASE REMEMBER THAT ALL GAMES ARE PLAYED IN PUBLIC PARKS AND THERE IS NO ALCOHOL PERMITTED ON SCHOOL GROUNDS AT ANY TIME!**
- ❖ Any player who consumes an alcoholic beverage during any game will immediately be ejected from that game and that player will receive a mandatory one game suspension for the next scheduled game. In addition, the team will forfeit that game.

- ❖ In consideration of your safety and the safety of other participants, please do not show up to the games intoxicated.
- ❖ No alcoholic beverages are allowed at any field at any time, during or after games.

Referees

- ❖ Referees have the final say on the outcome of the game. If you have a grievance with an official, please complete an Official Complaint Form and return it to the sports administrative office by the next day.
- ❖ Any disputes concerning the score of the game or calls made by an official should be settled during each half.

Rain Out Policy

- ❖ Teams must contact the Redlands Community Center after 3pm on the day of the game to get an update on the game, do not call earlier than 3pm on game day or on a day other than game day.
- ❖ Officials will make the decision on site to continue or postpone games in progress due to any unsafe situation or inclement weather.
- ❖ All postponed or unfinished games will be replayed at the end of the regular season only if the game affects 1st or 2nd place teams in league standing and time permits.
- ❖ If a game is postponed prior to being a legal complete game a make-up will be scheduled at the end of the season only if it affects the 1st and the 2nd place league standings and if time permits.
- ❖ If a game is called due to weather conditions, light failure, or other unsafe situations after it has become a legal and complete game, the game will be deemed complete.

Line-ups

- ❖ The team manager must submit a line-up card to the referee five (5) minutes prior to the game.
- ❖ Line-up cards must have the first initial and the last name of all players participating in that game.
- ❖ Any late arriving rostered player can be added to the line-up card upon checking with the referee at half time or stoppage in play.
- ❖ Players may not be added to the line-up unless they are physically present.

Legal and Complete Games

- ❖ Games played to completion will be considered legal and complete. Games that have completed the first half and have been started for the second half that are interrupted by weather or injury will be rescheduled to play only the time that was remaining unless the score differential is more than four (4) points and the officials decide that due to the level/type of play the game should not be finished, the game will be considered legal and complete. If the play is interrupted in the first half due to weather or injury the game will be rescheduled.

Substitutions

- ❖ Unlimited substitutions are allowed and players may re-enter the game.
- ❖ Substitutions will enter the field at the mid point.

The Equipment

- ❖ Cleated shoes and shin guards must be worn during the game. Players' jerseys must be of the same color as the teammates. Numbered jerseys are required. No two numbers may be on the same team. If there are color conflicts between the teams, the home team will be required to change. Goalies will wear attire that is of different color than the teams playing and officials.
- ❖ **No jewelry is to be worn during any soccer game. This includes: earrings, nose rings, necklaces, eyebrow rings, rings on fingers, any jewelry that is visible must be taken off during game time. Failure to remove jewelry will mean that the individual will not be allowed to play in the game. If jewelry is discovered during the play the player will be asked to leave the field and may be substituted for. If the player refuses, a yellow card will be given.**
- ❖ No metal cleats!

Six On A Side Rules

- ❖ Each team is allowed to have 6 players (1 goalkeeper & 5 field players) on the field at one time. The mixed over 40 league allows teams 7 players (1 goalkeeper & 6 field players) on the field. Men playing in the mixed Over 40 league must be 40 or older while the women playing in that league must be 30 or older. There must be a minimum of 4 players from each team on the field at all times. Co-ed teams, if possible, must have at least two women on the field at all times. However, if only one

woman is present, they will be required to play short as long as there is a minimum of four (4) players on the field. Players may only play for a team on whose roster they are listed. Players may only play on one team per league. In the women's over 30 league, teams may have only two (2) players under 30 (but at least 18) on their roster (Except in the Strictly Over 30 League in which case all players on a particular team must be over 30 years of age. Mixed league will have at least 2 women on the field. If only one is present that team will play short one male player. A score by a woman will count as 2 points in the over 40 mixed league only. Teams must have up to 15 players on their roster. Teams are allowed to make additions or deletions to their rosters up until their 3rd game. Any changes to the roster after the 3rd game must approved by the Head Sports Official. **All teams need to have photocopies of each player's driver license accompanying their rosters by the first game.**

- ❖ Each game will consist of two 25-minute periods with 5 minutes allotted for ½ time. There will be 5 minutes grace period only for the start of the first game, all following games will start at the scheduled time. Teams not having at least four (4) players on the field must forfeit. If both teams forfeit, the game will be rescheduled at the end of the season if the end result of the game could change either teams standings final standings.
- ❖ No foul language will be tolerated.
- ❖ Absolutely no slide tackling. A yellow card will be given to the players that slide tackle.
- ❖ Substitutions may be made at any time but substitute players must enter the game at the midfield line and before they enter, must wait for any players leaving, who also must exit at the midfield line to be off the field.
- ❖ Any player receiving a yellow card must sit out for 10 minutes or enter at the beginning of the second period. In this case a player can be substituted for or play short if the team still has a minimum of (4) four players on the field.
- ❖ If a player has been ejected from a game that player's team will not be allowed to make a substitution. That team will play short handed for the rest of the game but still must maintain a minimum of players on the field. If the ejected player is a woman in the co-ed league a male player must be replaced by a woman player if they have additional women substitutes. If the team does not have another woman to play, they will forfeit the game.
- ❖ During kickoffs the ball may be kicked forward or backward but may not be more than once by the player that takes the kickoff.
- ❖ A distance of five (5) yards away from the ball on all sides must be given on a free kick by the defensive team. A player that does not comply with the distance or moves toward the ball and is hit by it will be given a yellow card.
- ❖ Goal kicks may be taken from any spot inside the goal area. Any ball thrown or kicked to the goal keeper by a member of his or her team may not be touched by the goalkeepers hands.
- ❖ If the goal keeper throws or kicks the ball back into play, it must touch another player or bounce off the ground before it crosses the midfield line. Goal kicks must be touched or bounce before the midfield line regardless who takes the kick. If over the time in the air, a direct kick will be given to the opponent at the midfield line, from any point on the line.
- ❖ Midfield kicks and kickoffs shall be direct kicks.

Full Field Eleven On A Side Rules

- ❖ Teams will consist of a minimum of 7 players and a maximum of 11 players including the goal keeper. All FIFA rules will apply during the play of the game. In the Women's Over 30 league, teams may only have five players under 30 (but at least 18) on their roster. These players will be identified on the roster/game card so the official can control the number of players on the field. Only three per team can be on the field at one time. This will be controlled by the referees. Teams may have up to 20 players on their roster. Teams are allowed to make additions or deletions to their rosters up until their third game. Any changes to the roster after the third game must be approved by the Head Sports Official. All teams need to have photocopies of each players drivers license accompanying their rosters by the third game. Any teams using illegal players during a game will forfeit that game.
- ❖ Each game will consist of two 35 minute periods with 10 minutes allotted for half time. There will be a five minute grace period only for the start of the first game, all following games will start at the scheduled time. Teams not having at least 7 players on the field must forfeit. If both teams forfeit, the game will be rescheduled at the end of the season if the end result of the game could change either teams standing final standings.
- ❖ No foul language will be tolerated.
- ❖ Absolutely no slide tackling. A yellow card will be given to the player that slide tackles.
- ❖ Substitutions may be made by the team possessing the ball on throw-ins (the other team may make substitutions at the same time providing the team that has possession elected to substitute) and corner kicks and by both teams for goal kicks and beginning of the game and the beginning of the second half. Injured players can be substituted for or be removed from the field and the team plays short. The injured player or a selected substitute can be entered at the next time the team has an

opportunity to legally substitute players. Substitute players must enter the game at the midfield line and before they enter, must wait for any players leaving, who also must exit at the midfield line, to be off the field.

- ❖ Any player receiving a yellow card must sit out for 10 minutes or enter at the beginning of the second period. In this case a player may be substituted for the team may play short if a minimum of 7 players are on the field.
- ❖ If a player has been ejected from a game that player's team will not be allowed to make substitution. That team will play short handed for the rest of the game but still must maintain a minimum of 7 players on the field or the game will be forfeited.
- ❖ During kickoffs the ball must be kicked forward and may not be kicked more than once by the player that takes the kickoff.
- ❖ A distance of 10 yards away from the ball on all sides must be given on a free kick by the defensive team. A player that does not comply or moves toward the ball and is hit by it will be given a yellow card.
- ❖ Any indirect kick awarded for a foul inside the penalty area will be taken from line at the top of the goal box or 6 yards from the goal line and parallel to the goal line closest to the point of the foul. For an indirect kick the defense may build a wall.
- ❖ Goal kicks may be taken from any spot inside the goal area.