

Adult League Rules & Regulations

Updated 6/7/2023

1) General Rules of Play

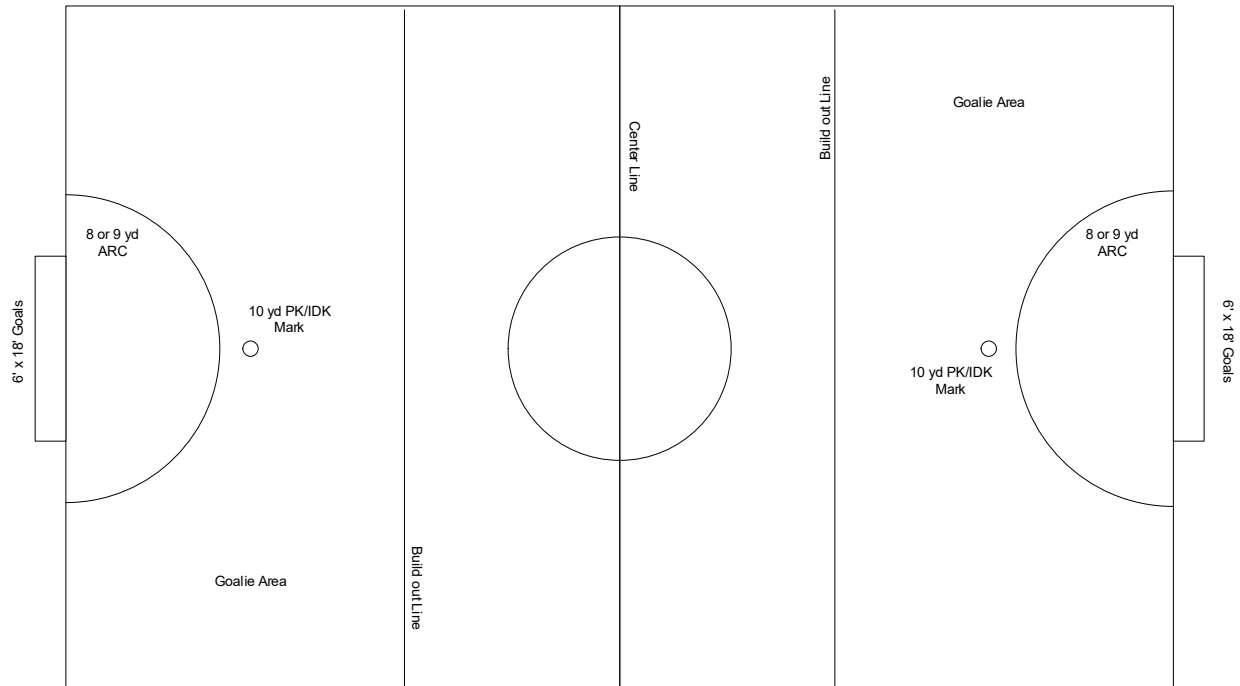
- a) Games will be played according to standard FIFA rules, except as noted elsewhere in these rules.
- b) All players must play the ball at all times and not the body. We need to avoid situations which could cause potential bodily injury. Playing from behind, tackle from behind, playing from the ground and/or overly aggressive play (i.e. dumping players) will not be tolerated. A yellow card will be issued for this type of play.
- c) Slide tackling of any type is not permitted in this league. Offenses will result in the following actions by the referee:
 - i) Any “intentional” slide tackle, as well as any “from behind” slide tackle, will result in an issuance of a red card to the player performing the tackle. All red cards will be reviewed by the league representatives to determine if further punishment is warranted (see Rule 7).
 - ii) Players are allowed to slide at any time when there is no opponent making a play on the ball. Examples of permissible slide tackles include:
 - (1) Saving a ball from going out of bounds when an opponent is not near
 - (2) Saving a ball from crossing the goal line
 - (3) Sliding to play a pass or shot when in the clear
- d) Foul or abusive language directed at any other player or referee will result in an automatic red card for the player. All red cards will be reviewed by the league representatives to determine if further punishment is warranted (see Rule 7). Incidental foul language, if heard by the referee, may result in a yellow card to the offender, at the discretion of the referee.

2) Adult League Modifications

a) Field Of Play

- 1. The field of play for the adult league consists of the normal small sided 7v7 field with some slight modifications

2. The following diagram exhibits the field of play:



3. Areas of the diagram are defined as:

- a. **Center Line** – The mid field of play. It equally separates each team’s side of the field.
- b. **Goalie Area** – It is the limited boundary in which the goalie may play the ball with their feet, but not their hands.
- c. **Build Out Line** – Identifies the boundary of the Goalie Area
- d. **ARC** – it is the limited boundary where the following may occur:
 - i. The goalies may use their hands or feet to possess the ball.
 - ii. Attacking players must give themselves up and exit the area immediately. They are not allowed to shoot or pass through the arc during play.
 - iii. Defending players can possess the ball with their feet and dribble out restarting play.

b) Number of Players

1. Each game should start with 5 field players and 1 keeper, for a total of 6 players for each team.
2. In the spirit of the league, this number maybe increased or decreased based on attendance.
3. Teams with a limited number of players should attempt to acquire “guest players” from the league prior to the current game or other games being played that evening

c) Goalie Modifications

1. Goalies are allowed to play the ball with their feet outside of the arc up to the build out line (BOL). They are not to be involved in play over the BOL.
 - a) If goalies play the ball on the other side of the BOL, the result of the infraction is an IDFK at the spot of occurrence.

2. Goalies are no longer allowed to use hands when ball is played back to them inside the arc.
 - a) If the ball is played with the hands during a pass-back, then an IDFK will take place at the top of the ARC.
3. Goalies must release the ball in a timely manner.
 - a) Within 6 seconds is the preferred limit.
 - b) At the discretion of the referee, additional time may be allowed, i.e. Substitutions.
 - c) Infringement of delay will result in an IDFK will take place at the top of the ARC.

d) Adult League Modifications

1. Unlimited substitutions (players and goalkeepers) may be made by both teams at any time during the game.
2. There are no off-sides.
3. Restarts are from kick in (not throw-in) from the sideline. You cannot score directly from a sideline kick-in.
4. There are no goal kicks, Keeper restarts are either a throw to a player or to be set down and played immediately.
5. All free kick restarts require defenders to remain a minimum of 5 yards from the ball or touchline until the ball is in play. Failure to do so may result in a caution at the referee's discretion for delaying the restart of the game.

2) Fighting and Violent Behavior

- a) Any player involved in a fight or other violent behavior, including shoving another player or an intentional malicious tackle will receive a red card.
- b) Any player involved in violent behavior deemed particularly offensive will, at the sole discretion of the league representatives, be expelled from the league.
- c) Any play viewed as "Intent to Injure" will result in a red card for the player or players executing the play and will be reviewed by the league.

3) Players & Teams

- a) All players must carry health insurance on their own (or through their company).
- b) All players must sign the waivers required by Warrington Soccer Club.
- c) All players must be registered with the league and be enrolled on team rosters. No "guest players" from outside the league are allowed to play in any game.
- d) A team may, however, use a "guest player" from within the league in order to field a team for the game. Captain contact information can be accessed through the website to contact available players.
- e) In the spirit of the league, we request captains use "guest players" only when necessary. Additionally, we ask that for the integrity of the league, captains try to not stack rosters for games.

4) Equipment

- a) All team captains are responsible for ensuring their players are wearing the shirts issued by the league.
- b) All players must wear shin guards.
- c) **Soft casts may be worn at the referee's discretion. Anyone with a hard cast, wrapped or not, will not be permitted to play due to player safety**
- d) No player will be allowed on the field while wearing any clothing, jewelry or accessories that has the potential to injure himself or another player. Examples of clothing, jewelry or accessories which will not be allowed include hooded jackets or shirts, eye glasses, watches, necklaces, bracelets, loop earrings, etc.

5) Reporting of Scores and Cards

- a) The Referee is the sole keeper of record for all games.
- b) The Referee will keep a list of the names of players receiving cards during the game. If a captain is unclear as to who received a card or why the card was issued, they should consult with the referee at the end of the game.

6) Games

- a) All teams will play each team within the league, as scheduling allows.
 - i) There will be no A/B divisional breakdowns.
- b) Games will be played at the fields as specified on the Game Schedule.
- c) Game should begin promptly at 6:30 to ensure games will be completed in day light.
- d) The league will provide an official to officiate each game.
- e) There will be no rescheduling of games to suit player availability. If a team needs players to complete, the captain is to reach out to the league for "guest players". If this is not successful, the opposing team should share players in the spirit of the league.
- f) Game will consist of two (2) 25-minute halves with a 5-minute halftime.
- g) Visiting teams will start the game with the opening tap. Home teams will begin the 2nd half kickoff.
- h) If the game is tied at the end of regulation, then a shootout will occur.
 - i) If a shootout occurs, the five players on the field at the end of regulation will participate in the shootout.
 - ii) All other rules should follow FIFA Laws of the Game
 - iii) If all 5 players are exhausted, then players off of the field may participate.
 - (1) Once all players are exhausted for a specific team, please restart with the original order of players for taking kicks
- i) In the event of inclement weather, games will be rescheduled on the Thursday of the current week or Monday of the following week.
 - i) Please register for text and email notifications for field closures from the club website.

- ii) Captains will be notified via e-mail when games are cancelled.
- iii) Cancellations will also be posted on the website.
 - (1) The league will notify referees when games are cancelled.
- iv) If a game is called in the first half, the match will be replayed. If a game is called in the second half, the game is official.
- v) Every attempt will be made to make up all cancellations. Mondays and Thursdays are the available days.
 - (1) The league is limited in the availability of the fields from the Youth program.

7) Review of Cards & Gameplay Implications

- a) Any player receiving a yellow card must sit out 5 minutes.
 - i) A player receiving a yellow card can be replaced with a substitution.
 - ii) Any player receiving two (2) yellow cards during a game will be immediately ejected from the game and will be suspended for the next game.
- b) Any player issued a red card during a game will be immediately ejected from the game and will be suspended for the next game.
 - i) If a player is ejected from the game, then the player cannot be replaced with a substitution. The team will play with one less player for the remainder of the game.
 - ii) The referees will provide an official account of the situation, which will then be reviewed by the league representatives.
 - iii) If the league representatives feel the scenario warrants a major infraction of league rules, the player may face an additional suspension, such as additional games or removal from the league.
- c) The league representatives reserve the right to suspend or expel players from the league if they do not meet the standard etiquette of the league.

8) Disputes

- a) If someone has a serious dispute, please contact the league managers at **adultsummersoccer@gmail.com** in writing with a description of the event. Please be respectful and show good sportsmanship.
- b) A grievance committee will review all cases where a player has received enough cards to be expelled from the league. The committee will consist of team captains and league officials.