



Real People. Real Possibilities.

Adult Soccer League Rules

Unless otherwise noted, much of the rules have been copied by the USSF Laws of the Game. Any rule that is not covered in the document will abide by the USSF classifications.

PLAYERS

- A team will consist of seven (7) players one dressed as a goalie, however you may start and play with five (5). If a team drops below five (5) players due to an injury, it will be to the official's discretion if the game shall continue.
- Every player on the roster must be 18 years of age or older.
- If a team drops below five (5) players due to an ejection the game will be forfeited.
- A team must complete a roster on the day of the first game and may add any players throughout the season with a maximum of 14 players.

GAMEPLAY

- Games will begin at the Roger A. Reynolds Municipal Fields at the following times on Sunday afternoons:
 - Men's: 1:00pm and 2:15pm
 - Co-Rec: 3:30pm and 4:45pm
- Length of game.
 - The game will consist of two 25-minute halves (running clock) separated by a 3-minute half time.
 - During play, the clock will not stop for injuries.
 - During the regular season, games CAN end in a tie.

EQUIPMENT

- Gym shoes or molded rubber cleats are allowed. Shoes must be gym or running shoes. Shoes with pliable rubber cleats may be worn on the Municipal Soccer fields. **NO METAL SPIKES**, plastic cleats with metal tips, or shoes with a toe cleat will be allowed. **ALL PLAYERS MUST WEAR SHOES** (No Flip-Flops, or open toe shoes).
- **Shin guards are required. In order to prevent injuries the city requires that shin guards are worn by all players. You must provide your own.**
- All team members must wear similar colored shirts.
- No pads, splints, casts, or protective devices may be worn. Mouthpieces are acceptable.
- **Players must REMOVE ALL JEWELRY prior to participating, including any viewable body piercing.(no exceptions)**

MERCY RULE

- If at the end of the first half, or at any point in the second half, a team is down by ten (10) or more goals then the game will be over.
- If with two (2) minutes remaining in the second half a team is down by six (6) or more goals the game will be over.

PLAY

- *Please refer below to the Playoffs section, for the tie-breaking procedures.*
- There are **NO** timeouts.
- Substitutions
 - Either team may substitute an unlimited number of players between periods, when a goal is scored, or on a goal kick.
 - The team in possession of the ball may substitute an unlimited number of players on a throw-in or a corner kick. The team NOT in possession of the ball may substitute an unlimited number of players at a throw-in or corner kick if the team in possession of the ball is also substituting.
 - All substitutes must be beckoned onto the field of play by the official and be checked in on the team's roster before they may enter the game.
 - **Substitutions may not be made on indirect or direct kicks.**
 - Substitutions must be made for injured or cautioned players. **No substitutions will be allowed for ejected players.** The opposing team may substitute **ONE** player as well during the injury.
- Start of Game
 - The game will begin with a coin toss, the winner of which will have the choice to kickoff or designate the goal they will defend.
 - Teams will switch ends at half time. The team that did not kick off to start the game will do so at the start of the second half.
 - At the moment of the kickoff, all players shall be in their team's half of the field. Players opposing the kicker shall be at least 10 yards from the ball until it is kicked.
 - The ball shall be kicked while it is stationary on the ground in the center of the field of play. The ball must be advanced forward. A goal may be scored directly from the kickoff.
 - The player that initially puts the ball into play may not touch the ball a second time until another player has touched it.
- Scoring
 - A goal is scored when the entire ball passes beyond the goal line, provided it has not been deliberately thrown, carried or propelled by the hand or arm of a player of the attacking team.
 - A goal **MAY** be scored directly from a:
 - Kickoff
 - Direct free kick
 - Goal kick
 - Penalty kick
 - Corner kick
 - Drop ball
 - Goalkeeper's throw, punt or drop-kick
 - A goal **MAY NOT** be scored directly from a/an:
 - Indirect free kick
 - Throw-in

- Free kick into a team's own goal
- Out of Bounds
 - The ball is out of play only when it has entirely crossed a goal line or touchline, whether on the ground or in the air.
 - A throw-in will be awarded to the opposing team.
 - Throw-ins must come directly from behind the head with both hands on the ball and both feet on the ground.
 - A goal kick is awarded to the defending team when the entire ball crosses the goal line, outside of the goal posts.
 - A corner kick is awarded to the attacking team when the entire ball crosses over the goal line outside of the goal posts, off of the defense.
- Goalie play
 - When goalies put the ball on the ground they relinquish their privileges as a goalie.
 - From the moment he/she takes control of the ball, the goalie is allowed six (6) seconds to put the ball back into play, regardless of the number of steps that might be taken.
 - The goalie may clear the ball in any of the following manners:
 - Rolling the ball on the ground.
 - Throwing the ball.
 - Punting the ball.
 - Once the goalie puts the ball on the ground and plays it with his/her feet, they may not pick it up again until it is touched by another player.
 - When a player deliberately kicks or throws the ball to his/her goalkeeper, the goalkeeper is not permitted to touch it with their hands. The goalie can only pick up the ball if a player uses a part of their body above the waist to play it back. The player may not flick the ball with his/her foot in order to head it back to the goalkeeper. (VIOLATION: indirect free-kick outside of the box)
 - In the case of a throw-in the ball may be thrown to the goalie, however the goalie may not play it with their hands. (VIOLATION: indirect free-kick)
- Goal Kicks
 - A goal kick must be outside the 18-yard box before being touched by another player. (VIOLATION: re-kick)
 - The kicker may not play the ball a second time after it has passed beyond the penalty area and before another player has touched it. (PENALTY: indirect free-kick from the point of the infraction)
- Fouls
 - The following infractions will result in a **DIRECT FREE KICK**:
 - Handling the ball.
 - A successful attempt at handling the ball by a player, other than the goal keeper, to prevent a goal results in an automatic red card/ejection.
 - An unsuccessful attempt to deny an opponent an obvious goal-scoring opportunity by a foul (i.e. the goal is scored anyways) is unsporting conduct and will result in an automatic yellow card.
 - Holding, pushing, striking, tripping, or jumping at an opponent.
 - Kicking or using your knee on an opponent.
 - Charging an opponent violently and dangerously.
 - Handling of the ball by a goalkeeper while outside the penalty area.
 - Violently or intentionally fouling the goalkeeper while they are in possession of the ball in the penalty area.

- Goalkeeper intentionally striking or attempting to strike an opponent with the ball.
 - Charging illegally when the ball is not within playing distance, unless being obstructed.
 - Spitting at an opponent (automatic red card/ejection).
 - Slide tackling from behind will result in an automatic red card/ejection.
 - Slide tackling with spikes up can also be considered grounds for removal from the contest.
- All direct kicks awarded to the offensive team in the penalty area will result in a penalty kick.
- Any of the above may warrant an ejection if deemed necessary by the official.
- The following infractions will result in an **INDIRECT FREE KICK**:
 - Improper substitution
 - Charging illegally (not violent or dangerous)
 - Dangerous play
 - Interfering with the goalie
 - Obstruction
 - Unsportsmanlike behavior
 - Yellow or red carding of player, coach, or fans. Any player receiving a red card will also be ejected from the game.
 - **Goalie not releasing the ball within 6 seconds.**
- Offside
 - There will be no offside call.
- Slide Tackles
 - **Slide tackling is ILLEGAL.**
 - An official reserves the right, based on their own judgment, to card/eject any player that attempts a slide tackle with the intent of being malicious, dangerous or results in an injury.

CARDS

- Yellow cards can/will be given for the following offenses: entering or leaving the field of play without the official's permission, persistent infringement of the rules, dissent toward official (either verbal or non-verbal), incidental use of vulgar/profane language, unsuccessful attempt to deny an opponent an obvious goal scoring opportunity and unsporting conduct.
 - Any player receiving a Yellow Card must be substituted for immediately and can reenter the game at any subsequent substitution opportunity.
- Red cards can/will be given for the following offenses: taunting, violent conduct, striking or attempting to strike an opponent or official, committing serious foul play, slide tackling a player from behind, deliberately handling the ball to prevent a goal (other than keeper), committing a foul that denies an obvious opportunity to score, spitting at another player, vulgar/abusive/offensive language toward another player or official, and leaving team area (bench) during a fight/altercation.

PLAYER AND COACH CONDUCT

- **Team captains and coaches are responsible for the conduct of their players and fans.**
- **Only the captain or designated coach is allowed to politely address the officials about rules interpretations during play.**
- Coaches must stay at the team bench area during play.
 - Acts of unsportsmanlike conduct include, but are not limited to, the following: unnecessary roughness, arguing with officials, fighting, and abusive language directed towards officials/opponents. These actions will result in the player(s) involved being ejected from the game.

- Any player ejected from a game will be ineligible to participate in any intramural sport until he/she meets with the designated Graduate Assistant.
- Penalties for ejected players may include, but are not limited to, the following: probation, suspension from one or more contests, disqualification for the remainder of the sport and/or upcoming sports, being banned from Intramural Sports competition for the remainder of that school year, or future years.

CO-REC MODIFICATIONS

- Co-Rec teams will play with a 4 men/women and 3 opposite sex, but may begin with a 3 and 2. You may never have more than a one (1) person sex advantage.
- In the case of penalty kicks to determine the winner of a game during playoffs, teams may choose to start with a male or female kicker. However, they must alternate genders the remainder of the penalty kicks.

PLAYOFF QUALIFICATIONS

- The top four (4) teams will qualify for the playoffs and play on the final Sunday of league play. The championship will occur on the same day as the semi-finals.
- The champion will be crowned and receive city issued t-shirts commemorating them on their accomplishments