



ADULT LEAGUE **RULEBOOK**





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FACILITY RULES

- No food or drink in field house (water permitted).
- Coed team field players must be 1:1 gender ratio.
- Mens leagues have no gender restrictions.
- Ladies leagues are for women only.
- Fighting is not tolerated.
- First offense is 1 week ban from facility.
- Second offense is 1 month ban from facility.
- Third offense = 1 year ban from facility.
- No refunds will be given for time banned.

GAME RESCHEDULING

- We will attempt to fulfill requests for a game reschedule so long as we receive notice at least one week prior to the scheduled date and the change does not adversely affect other teams in the league. Once the request is received, as long as the other team agrees to the new date and time, the game can be rescheduled. Should the opposing team not agree to the change, the game will say at it's originally scheduled day and time.
- To reschedule a game, please email; ddavis@rsl.com

GAME STRUCTURE

- Games will be a total of 55 minutes played in 25 minute halves with a 5 minute halftime
- Any team that reports for a match any later than 5 minutes from kick off time or with less than minimum required players, will forfeit the match 3-0.
- Half times may be shortened in the interest of time constraints at the discretion of referee when trying to stay on time for the next match. Games not starting as scheduled as a result of team delay will still end at the scheduled time (minutes deducted from match) in order that the next game starts as scheduled.
- If a game in progress is cancelled, the game will be considered a completed match if at least one half of time has been played. If one half has not been played, the game will be rescheduled and start with the remaining time and score from when the match was called.
- Home team listed on schedule will kick off first half.
- Away team kicks off second half.

SUBSTITUTIONS

- Substitutions are unlimited during any game.
- Substitutions are made freely throughout the game.
- A substitute can only get on to the pitch once the player he is replacing has come off.



ROSTER RULES

- Rosters should be complete by the **first** game of the season with the **minimum # of players**.
- At start of **fourth** game, **the roster is locked** through remainder of season (and tournament if applicable).
- In the event a player is **injured** during the season, that **player may be replaced** by a new player at any time throughout the season.

NON-ROSTER PLAYERS

- Non-roster players may be picked up from a **lower or same** division. (if applicable)
- The **referee must be notified** the player's first and last name, and the team he/she is on the roster for.
- Maximum # of Non-rostered players is **2 per game per team**.
- Non-roster players may **not** be used if your team has enough rostered players to field a full team. (gender will be considered for coed games)
- If non-roster players are picked up, the team can only add players up to the number of players on the opposing team.

EQUIPMENT

- Teams should wear like jerseys.
- Training bibs are available in the situation of color conflicts at the front office. An ID is required to borrow pinnies.
- Team listed as **VISITOR** on game schedule is responsible to wear the vests or change colors.
- Shin guards are **required and mandatory for all players** and must be covered by socks.
- Players may play in flats, turfs, or molded plastic or rubber cleats (**no screw-in studs or metal cleats**)
- **NO JEWELRY** that protrudes from the body is allowed except medical/alert bracelet, necklace, anklet.
- Casts: **No hard casts allowed** in games. Unless covered with referee approved padding (not supplied)
- **No caps with bills** allowed.
- Match Soccer Balls: League will provide match balls.

REFEREE

- The referee's decision is **final**. Any fouls or penalties will be awarded at their sole discretion.
- The referee reserves the right to penalise a player for aggressive behaviour or excessive arguments.
- The referee also reserves the right to penalise coaches/LOCs/substitutes situated on the bench
- The referee may restart play using a drop ball if he is required to stop play temporarily for any extenuating circumstances



IN-GAME RULES

- If the ball crosses the touch line, the match will restart with a kick in (no throw ins)
- If the ball crosses the goal line, the match will restart with a goalkick (to be taken within 3 yards of the goalmouth) or corner kick
- Ball used will be age appropriate as recommended by USSF
- No offside rule
- Slide Tackling is not allowed (see section "Slide Tackles")
- A goal can be scored from anywhere including the opposition's penalty box.

SLIDING TACKLES

- Defined as a form of tackle that involves sliding along the ground to kick the ball away from an opponent.
- Dropping a knee to the ground, without horizontal movement, to block a pass or shot is not considered a sliding tackle
- A slide tackle is illegal when the slide is engaging an opponent or when an opponent is within playing distance of the ball.
- A slide of the ball not directly involving an opponent (for example - sliding a free ball to keep it in bounds, sliding a free ball into the goal), are not slide-tackles and are allowed.
- All calls by the referee are final.
- A slide tackle call results in an indirect free kick from area of the violation.
- A restart may be deemed direct by the referee if the slide also resulted in an illegal foul against the player's body.
- The offending player may be verbally warned on the initial instance which serves as a warning to both teams, or, based upon severity of initial instance, may be given a yellow or red card at the referee's discretion.
- Play-on advantage may be awarded by the referee in the instance of a slide tackle.
- The goalkeeper is allowed to slide. Within their penalty box.
- A referee may decide to issue a send off to a goalkeeper if the goalkeeper slide tackles and fouls an opponent for denying a goal scoring opportunity.

STUDS UP

- Exposing the bottom of the shoe/studs including while wearing flat/turf style shoe.
- This is considered an infraction if committed while tackling an opponent.
- Result is a direct free kick for the opposing team regardless if contact is made with player.



SETPLAYS

- Free kicks will be awarded according to **FIFA's law 12**
- The opposing team must automatically be **5 feet away from where the free kick is taken.**
- The opposing team must **when asked move 15 feet away from where the free kick is taken.**
- If a "penalty kick" is awarded the kick will be taken **10 yards from the center of the goal.**

GOALKEEPER

- Goalkeeper may throw/punt/drop-kick ball with **no limit on distance** of a played ball.
- Keeper must release ball within referee's **6-second count**, or result is indirect kick for opposing team at top-center of 10 yard box.
- Goalkeepers are **allowed to go forward**(outside the box) during open play.
- Goalkeepers are **allowed to take penalties, free kicks, corners and kick ins.**
- The Goalkeeper may use **any part** of his body to make a save inside the box including his hands.
- Goalkeepers are **not allowed to pick up or handle back passes.** This shall result in a free kick.
- While saving a penalty, the goalkeeper **cannot take a step forward.** However, he may take steps to either the left or the right.

YELLOW CARDS

- Yellow cards are to be issued in accordance to **Fifa rules and laws.**

RED CARDS

- Players who are issued a send-off (red card) **must leave the field of play immediately and may not return to the field of play** for the remainder of that match.
- The player may **not** participate in any other league games that same day.
- The player's suspension only **lasts one day** and the player may participate in his/her next scheduled game unless further disciplinary action is taken by the League (case specific).
- The team must play **one less player for the remainder of that match.**
- A goalkeeper who is issued a red card is also subject to this same rule.



GROUP GAMES

- Points will be awarded as follows: 3 points for **WIN** | 1 point for **DRAW** | 0 points for **LOSS**
- If teams are **tied** on points, the following will be used: 1. Goal Difference 2. Goals For 3. Goals Against • If all the above are equal then winner will be determined based on **Head to Head** result in group stage
- If still equal, team captains will **draw lots** to determine 1st & 2nd position

PLAYOFF GAMES

- If a match is tied after full time, **kicks from the spot shall decide the winner.**
- Penalty shootouts will consist of **3 kicks** per team. (coed games will require kickers to alternate in gender)
- If tied after 3 penalties, the match shall go into **sudden death.**
- During sudden death, if the team shooting first misses, the team shooting second must score to win.
- If the team shooting first scores, the team shooting second **must score** to stay alive, a miss will result in **elimination.**
- Until the ball is kicked, the **goalkeeper cannot take a step forward** while saving a penalty. He may however, take steps to either the left or the right.

	5A SIDE	7A SIDE	11A SIDE
FIELD LENGTH	135'	195'	315'
FIELD WIDTH	90'	135'	195'
GOAL WIDTH	12'	18'	24'
GOAL HEIGHT	6.5'	6.5'	8'
ROSTER MIN	5 Players	7 Players	11 Players
ROSTER MAX	9 Players	11 Players	15 Players
GAME MIN	4 Players	5 Players	7 Players

*ROSTER MAXIMUMS FOR ADULT LEAGUES ONLY







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