



Glen Rock United Adult Soccer League Rules of Competition

The Glen Rock United Adult Soccer League (the "League") is a recreational, co-ed, soccer league for adults aged 19 years and older. All players are expected to know and understand these Rules of Competition. The League follows the IFAB Laws of the Game, except for the following modifications. Material changes made to these Rules of Competition since the last published version are highlighted in **yellow**.

Field: Small-sided 7 v 7 field

Format: 7 v 7 co-ed

Rules:

- Men and women aged 19 years or older
- Two 25-minute halves with a 5-minute half time
- Player maximums/minimums during matches: A maximum of five men and a minimum of two women must be on the field at all times. If only one woman is on the field, a team must play a man down. A minimum of 4 players is required to start each match.
- Brackets: If there are enough teams in the League, teams will be placed into a more competitive or less competitive bracket depending on the prior season's standings. For new teams to the league, the Adult League Commissioner(s) will conduct a brief interview with the team captain to ensure proper bracketing.

At the end of each season following the playoffs and based on the recommendations of the Adult League Commissioners to the Glen Rock United (GRU) Executive Committee, teams will be relegated or promoted in the interest of fair and balanced competition.

For questions or assistance with promotions and relegations, please contact the Adult Soccer League Commissioners at adultsoccerleague@glenrocksoccer.org.

- Substitutions: Unlimited substitutions may be made during any game stoppage. No “on-the-fly” substitutions are permitted. Entry to, and exit from, the field of play during a substitution must be at the halfway line. Referees do not need to be alerted to a substitution.

See also “Guest/Substitute Players” below.

- No slide tackles: automatic yellow card and the restart is an indirect free kick from the spot of the infraction.
- No Punting by Goalkeeper: The restart is an indirect free kick from the spot of the infraction. Throws by the goalkeeper are permitted.
- No offside
- No goal kicks past the halfway line: The ball cannot be kicked in the air past the halfway line. However, if the ball touches another player before crossing the halfway line, the ball shall be considered in play and no penalty incurred. The restart for a violation of this Rule is an indirect free kick from the halfway line at the spot of the violation.
- Restarts after Fouls:
 - Defending team must be a minimum of 5 yards away from the ball
 - If the kicker taking the restart asks the referee to move the defense back 5 yards, the kicker must wait for the referee’s whistle before the restart.
- Goalkeeper Possession: Once the goalkeeper has possession of the ball, they must release the ball within 8 seconds. Possession by the goalkeeper is defined as the goalkeeper having the ball in their hand(s) or having their hand/finger on the ball and the ball is motionless. The release may be accompanied by tossing the ball to another player or dropping it to their own feet at which point the goalkeeper becomes a field player.

In a situation where the goalkeeper has the ball at their feet in the Penalty Area, but has not picked up the ball with their hands and the ball is stationary, the goalkeeper shall have 8 seconds to return the ball to play either directly using their feet or by picking up the ball and returning to play. The goalkeeper does not get an additional 8 seconds when they have picked up the ball.

Violation will be Delay of Game and will result in an indirect free kick at the spot of the infraction.

- Penalty Kicks shall be taken from the top of the Penalty Box
- Yellow cards: Players who are issued a caution (yellow card) must leave the field for 2 minutes before re-entering the match. Player must have an OK from the referee before re-entering the field. This player may NOT be replaced by a substitute while exiting the field. A goalkeeper who is issued a yellow card must be replaced by a field player, but may reenter the field after his/her 2-minute suspension after referee approval. A yellow card results in the offending team playing down a player for the full 2 minutes.

Any player receiving 2 yellow cards over the course of a season will be suspended from playing in their team's next match, including playoff matches.

- Red Cards (either via two yellow cards or a straight red card): Players who are issued a send-off 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 his/her next scheduled game, not including the current match. The offending player must also leave the park immediately. The team must play with one less field player for the remainder of that match. A goalkeeper who is issued a red card is also subject to this same rule.

Consistent infringement can result in the player being removed from the league.

- Scores/final match results: The result of each match will be provided by the referees to the lead Adult League Commissioner who will update the standings tables on the GRU website.
- Standings/points: Standings are determined by Points For > Goal Differential > Goals For. Win = 3 points, Tie = 1 point, Loss = 0 points. The standings table(s) are available on the GRU website.

- Playoffs: The regular season standings will determine team seeding for the tournament. Positions on the standings table will be decided by points, goal differential, and goals scored, in that order. The top four teams will progress to the playoffs. Only players on individual team rosters can play for their team in the playoffs.
- Mercy Rule: Scores will be capped with a 10-goal differential. Play will continue but no team will be awarded more than 10 goals above their opponent for the standings table.
- Halftime: May be shortened or eliminated in the interest of time constraints at the discretion of the referee when trying to stay on time for the next match.
- Weather Delays/Cancellations: Matches will not be rescheduled for weather, though the League may delay matches to wait for the weather to improve. We will honor lightning delays when lightning is in the area. Players will be notified through TeamSnap if an evening's matches have been canceled.
- Delayed Game Due to Late Team Arrival: Games not starting as scheduled because of team delay will still end at the scheduled time (minutes deducted from match) to allow for the next game to start as scheduled.
- Forfeits: Game will be considered a forfeit if a minimum of four rostered players are not ready to play 5 minutes past the scheduled start time. If after those 5 minutes a team still cannot be formed, the opponent may decide to earn the forfeit win 3-0, or wait until more players show. The match will still end at the scheduled time.

Both team managers and the referee must agree that the match will take place if 5 minutes have passed.

Teams in violation of the guest/substitute player rule are also subject to a forfeit of 0-3.

- Abandoned Match: If a match in progress is canceled, the match will be considered a completed match if at least one half has been played. If the match is not played or cannot be completed, both teams will receive a win and the subsequent three points in the standings.

Referees

All matches will be officiated by USSF-certified referees. Glen Rock United will provide referees for each match.

Rosters

Team managers are responsible for roster management. All players must join their team roster through the TeamSnap registration site. All players must upload a clear, recognizable headshot photo of themselves to their TeamSnap profile. Players without a valid photo will not be permitted to participate in matches even if listed on the team roster.

For questions/assistance with roster management, please email the Adult Soccer League Commissioner(s) at adultsoccerleague@glenrocksoccer.org.

- Minimum and Maximum # of Players on a Roster: Minimum 9 Players / Maximum 14 Players. If a registered team does not meet the minimum number of male and female players on their roster within 2 weeks of the start of the season, the Adult League Commissioner(s) may:
 - Dissolve the team and place their registered players into the pool of individual players to be reassigned to a new team;

OR

 - Place players from the individual player pool onto the team roster to fill any empty spots.

Rosters must be complete by the first match of the season with the minimum 9 players. Players may be added to rosters up to the start of the 2nd match. In the event a player sustains a season-ending injury, that player may be replaced by a new player at any time throughout the season with approval of the Adult League Commissioner(s).

- Guest/Substitute Players:
If a team has at least 5 players for the start of a match, guest/substitute players may be used to bring the number of players on a team to 9 players, or minimum 2 females, for the start of a match. Only a player rostered to another team in the League may be a guest/substitute player – no exceptions.

If a team only has the minimum 7 players (no substitute players) available for a match, teams are permitted to add one female player and one male player. Two male guest players cannot be added but two female guest players are permitted.

Male players may NOT play down into a lower division. Female player may be a guest player in any division.

In the event of infringement, a 3-0 forfeit victory will be awarded to the opposing team, even in the instance of the team having more goals at the time.

Guest Players During Playoffs: Female players rostered to any team in the League are permitted as guest players for any team in the Playoffs. Male players are not permitted as guest players during the playoffs.

- **Roster Challenges:** A team manager may request, at any time until 10 minutes into the second half, for the Referee to stop the game to verify the opposing team's roster by a League Official.

In the event of infringement, a 3-0 forfeit victory will be awarded to the opposing team, even in the instance of the team having more goals at the time.

Players' Equipment

- **Jerseys:** Teams must wear the jerseys provided by GRU and those jerseys must be worn during all league matches.
- **Shin Guards:** Use of shin guards is strongly encouraged but not required. Shin guards must be covered by socks for all players.
- **Footwear:** Players may play in flats, turf shoes, or molded plastic or rubber cleats (no screw-in studs or metal cleats).
- **NO JEWELRY** allowed except flat wedding bands and medical/alert bracelet, necklace, anklet. Referee has final discretion.
- **Casts:** No hard casts allowed in games.
- **Hats/Sunglasses:** No hats with bills or sunglasses allowed for field players (keeper may wear a referee approved head covering if desired, like bandana or ball cap)

Infringements/Executive Committee Review

Consistent infringement or a serious incident(s) committed by a player or team may result in suspension or being kicked out of the League.

All disputes, fights, incidents etc. can be reviewed by the GRU Executive Committee with input from the Adult Soccer League Commissioner(s) and are punishable at the Executive Committee's discretion depending on the situation. All decisions are final and non-disputable.

Profanity

Players using profanity are subject to automatic cautions. Consistent infringement may result in suspensions.

Fighting Policy

Glen Rock United takes fighting and aggressive behavior from teams, players, and fans very seriously.

Should a player be involved in a fight or serious incident they will be held to the following:

- 1st Violation - expulsion from the GRU Adult Soccer League for the remainder of the current season and the entirety of the following season with no refunds.
- 2nd Violation - expulsion from the GRU Adult Soccer League for the remainder of the current season and the entirety of the following **two** seasons with no refunds.
- 3rd Violation - permanent ban from the GRU Adult Soccer League.

Once a player's suspension has been served, the affected player **MUST** petition the GRU Adult League Commissioner(s) for permission to play again in the GRU Adult Soccer League. The decision to accept a player's petition to be readmitted will be made by the GRU Executive Committee in consultation with the Adult League Commissioner(s). If a player's petition to be readmitted is rejected, no further petitions from the suspended player will be accepted and the player will be permanently banned from the GRU Adult League.

Teams that are involved in 2 fighting incidents in the same season will be suspended for the remainder of the season with no refunds. All games will be

forfeited. Teams that are suspended for a second time will not be allowed to return under the same team's name or same Manager.

Fans involved in violations will be escorted off the premises immediately.

Changes to Rules of Competition

These Rules of Competition will be updated from time to time to meet the needs of the League.

These Rules of Competition were last updated August 19, 2025 and shall remain in effect hereafter until updated and republished.