



Adult League Rules

Ball:

Size 5. Home team provides game ball.

Number of Players:

There are 7 from each team on the field, including the goalie (6 field players and 1 goalie). A maximum of five (5) of the seven (7) players on the field can be male.

Forfeit Clause:

If a team does not have at least four (4) properly identified players ready to play within 10 minutes of the scheduled start time, the Referee shall abandon the game. If one team is ready, then that team may claim a forfeit on the score sheet signed by the Referee. If both teams are not ready, then neither team may claim a forfeit.

Start of game:

To avoid delays, all efforts will be made to begin on time, and Referees will be given discretion to modify game times. The Referee is authorized to start the game clock any time after signaling ready to start following the coin toss. Teams do not need to be present with a minimum number of properly identified players before the clock may start (see forfeit clause).

Length of game:

The game shall consist of (2) 25-minute halves. There will be a 5-minute break at half time. Lost playing time shall accrue only in the first half of play. Kick-off time shall not affect the playtime in the second half.

Equipment:

Shin guards are **MANDATORY**. Socks must be worn completely over the shin guards. Tennis shoes or soccer cleats should be worn. No baseball or football cleats are permitted. They have a toe cleat that soccer cleats do not have. **NO jewelry or metal** hair clips are permitted (yes this means earrings). Band-aids over earrings is **NOT** acceptable.

Field:

The field size is 60 x 40 yards. The goals are centered on the goal lines or end lines. The sidelines are often referred to as touch lines.

Substitution:

No limit to the number of substitutes during the course of the match. All properly identified players are eligible as substitutes. No time allowance for substitutes. A substituted player may continue to take part in the match as a returning substituted player. IFAB Laws 3.3 and 3.4 apply.

Adult League Player Photo ID Cards

Each player shall have a copy of their Player Card with them. Referee(s) will collect the Player Cards prior to the player participating. Managers may provide the participating players' identification cards in a single packet to the referee. DO NOT give cards of players who are not present. Referees shall check players using the cards. The Player Cards of late arrivals can be given to the Referee when they enter the game.

Captains

Each adult team shall have only one speaking captain on the field at any given time. Each adult team shall provide a captain's armband to facilitate any necessary discussions between the Referee and the team captain. The team captain will be responsible for the conduct of their teammates. When substituted, the captain's armband must be passed to a teammate on the field. Only the player with the armband may talk to the referee, and any other players who enter into discussions will be penalized with warnings.

Game Sheets

Adult League will use LSA game sheets. They shall be filled out and have team rosters on them. First and Last names and jersey numbers are required for the score sheet to be complete. This is for the purpose of completing misconduct reports. Team Manager is responsible for printing the game sheet and bringing to the game with them. If no game sheet is present before the end of the game, that team will FORFEIT the game.

Sit Out Verification

The referee shall use the LSA-approved method to verify the sit-out. A player serving a sit-out shall not be verified if, during the game, the player who was sitting out acted in a manner, as a spectator, that would have been cautioned by the Referee as provided by the Rules. A coach that is serving a sit-out verification may not be at the field or in the parking lot.



Referees:

One center referee will be assigned to each field. The referee will check each player's equipment as well as Player Cards. The referees are the sole authority on the field and their decisions are **FINAL**.

Sportmanship:

Referees → Emphasis on competitive soccer with strong enforcement of fouls or attempted fouls to cause injury. Use of cards desired to prevent serious situations and maintain control.

Rules of Play

IFAB Laws of the Game apply along with the following exceptions:

- a. A maximum of four (5) of the seven (7) players on the field can be male.
- b. All goals scored by male players count as one (1) point.
- c. All goals scored by female players count as two (2) goals. This includes a shot-on-goal initiated by a female player that deflects off a defending player.
- d. A defensive own goal counts as one (1) point.
- e. Final determination of an own goal, female-initiated goal, or deflection is the Referee's discretion.
- f. There are no slide tackles allowed in adult coed. Any player slide tackling another player will automatically be given a yellow card unless the fouls warrants a direct red card.
- g. Monetary fines for cards. Yellow - \$40.00; Red - \$100.00. Must be paid, in cash, before team is allowed to play. Games will be forfeit until the fines are paid.
 - a. Player suspensions still apply per normal rules. A red for accumulation of 2 yellows will result in a 1-game suspension. Direct red card will result in a 2-game suspension and an A&D hearing.
- h. There is no offside in adult coed play.

Slide tackling:

The League does not allow slide tackling; this is a safety rule for the League. Does that mean that a player can never leave their feet? No! A player may slide to make a play on the ball, provided there are no other players within playing distance of the ball. Like with most other soccer laws, it is the judgment of the referee that will determine whether another player is within playing distance of the ball when a slide tackle is taken. Thus, you don't have to touch or make contact with another player to have violated the league's law on slide tackling. **If in the referee's opinion a slide tackle is violent with intent to injure a player deliberately, the player will be ejected (Red Card).**

ALL restarts for slide tackling fouls are an Indirect Free Kick, including those which occur in the Box, unless there is contact with the player. This results in a Direct Free Kick like for any foul committed.

Note about goalkeepers: A goalkeeper may slide to make a save, provided that in doing so they do not violate the law against slide tackling. While incidental contact may occur, a goalkeeper sliding to cradle the ball will not be penalized. If contact is made due to a goalkeeper sliding toward an opponent leading with the feet, the slide tackle law would apply.

A goalie is permitted to slide within their box to MAKE A SAVE but CANNOT slide solely to tackle the ball away from an attacker. If the goalie slides within their box to make a tackle (and not a save using their arms/body), they are guilty of a slide tackle and must be cautioned (or red carded if violent).

**Goalies:**

Goalies shall wear a different color from their team and the opposing team. Pennies are a good option. Please keep in mind that on hot days, long sleeves may not be the best option.

Goalies have 8 seconds to release the ball. The goalie cannot use their hands if:

1. The goalie has picked up the ball and then placed it on the ground. They may not pick the ball up again until another player has touched it.
2. The goalie receives an intentional pass from their own team.
3. The goalie receives the ball from a throw-in from their teammate.

The goalie may only pick up the ball if it is in their defensive goal box.

Sidelines:

All players, coaches and water bottles shall always remain at least 6 feet from the sidelines during the game. There is also a spectator area that spectators must stay within when watching the game. No spectators will be permitted along the goal lines, near the corners or behind the goals.