

# Magdalena Ecke Family YMCA Soccer Team Procedures



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-Call 760-635-3030 and follow prompts

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## YMCA Philosophy of Adult Sports

The Magdalena Ecke Family YMCA offers a variety of Adult Sports to the community. These sports are recreational in nature while focusing on friendly competition, good sportsmanship, and respect to all participating (which includes staff, spectators, and teams).

Damage done to any property of the YMCA will not be tolerated. This includes, but is not limited to intentionally slamming bench area doors, and kicking the ball out onto the freeway. Teams will be charged for replacements should this occur.

## Responsibilities of Team Captain

- Informing all players of the game time and location. This includes checking the playoff schedules the first day of posting and every day following competition.
- Contact the Sports Director, Sports Coordinator AND the opposing team if they are not going to show for an upcoming game. Managers must give the opposing team enough time to make appropriate calls so as to save the opposition any level of inconvenience. Phone numbers of all team captains will be included on the schedule for this purpose. ALL FORFEIT CALLS/EMAILS MUST BE MADE NO LATER THAN 2:00pm GAME DAY. SUNDAY GAMES MUST HAVE THE FORFEIT CALL IN BY 12:00pm ON SATURDAY.
- For teams that do not give enough notice to the league and the opposing team, there will be a FORFEIT FEE of \$50 if requested that must be paid to the YMCA before the team can play in their next game. Forfeit fees are given to the Sports Coordinator prior to the next game day.
- Making sure that all members of their team bring their YMCA Player ID card to every game. ID's are required at all soccer games and should be presented each time an individual plans to participate in a game.
- Ensuring that all players have corresponding jersey colors. Teams must bring both a set of dark colors and a set of light colors to each game so as to dress opposite the opposing team. Home team always changes out when the colors are too similar.
- Represent each member of their team and be the only one to discuss rule interpretations and calls with the officials. The Team Captain/Manager MUST identify him/herself to the scorekeeper AND officials prior to the game.
- Be familiar with all rules, schedules, policies, and procedures of the Magdalena Ecke Family YMCA and pass this information along to all team members.
- Assist the YMCA athletic staff with the implementation of the sportsmanship policy and stress to each participant its importance.
- Be at the site at least 15 minutes prior to the start of every contest in order to be sure the team roster is recorded on the scorecard and that all necessary equipment is checked out.
- Communicate with the Sports Director and/or the Sports Coordinator throughout the season about any problems or concerns that may be occurring at the site.
- Making sure that all members of your team are eligible to play in the athletic program. This not only includes whether or not they are on an adult soccer roster but also having full knowledge that each member is playing on a legal number of teams.
- Represent his/her team by cooperating with the supervisors at the site concerning any protests, incidents, or accidents that may occur as well as with the YMCA sports staff the day following such occurrences.

## Protests

- a. Individuals who wish to file a protest must do so by the specified time imposed by the rules of the game or immediately after an incident has occurred. Failure to follow this procedure will result in the protest not being upheld. Judgment calls are not subject to protest. Eligibility protests must be made prior to the start of the contest or when the alleged ineligible player enters the contest.

- b. The athletic director encourages teams to call a roster check if they think an opponent is playing with an ineligible player!! Protests made post game will not change the outcome of the game. Protests for rosters MUST be made before the 2<sup>nd</sup> half begins.

### Player ID Cards

1. **All players WILL be required starting to have a Magdalena Ecke Family YMCA Adults Sports Player ID card in order to participate in games after the 1<sup>st</sup> week of the season.**
2. If you do not have your player ID card at the game you **CAN** play with another form of ID but it will not be recorded as having played.
3. Player ID cards are purchased at the membership office for \$1. Replacement cards are \$5.  
-The membership office is open Monday – Friday 8:00am – 7:00pm and Sat/Sun from 9:00am – 4:00pm.
4. Player ID cards are given to the scorekeeper at check-in prior to the game starting and will be returned to players at then end of the game.
5. A player receiving a RED CARD during the game will not have his/her player ID card returned until the suspension is served.
6. The purpose of the card is to prevent roster problems and questions of eligibility for players. This will also assist the staff and referees should any issues arise.

### House Rules

#### Team Roster AND Payment information-

1. Rosters must be turned in by the first game so that staff can check for member or non-member status in order to let captains/managers know the remaining balance due.
2. **Rosters may be altered freely until the end of the 6<sup>th</sup> game. After the 6<sup>th</sup> week no more changes will be allowed regardless of the situation.**
3. There is a new section on the roster that is entitled "Substitute Players". You can have a max of 3 sub players. These sub players **CANNOT** be from the upper division on the same night you play. Only 1 of the 3 can be eligible for playoffs assuming they have fulfilled the 4 game minimum requirements.
4. Only personnel listed on the roster shall be allowed in the bench areas. People in the bench area that are not on the roster may be asked by YMCA staff to exit the bench area.
5. All payment balances must be paid by the third game. Payments will be accepted out at the fields. Payments given at the field should be in an envelope with the team name AND the manager's name. If payment is not received by the third game, the team will forfeit the game AND be responsible for paying the forfeit fee as well. Reminder: the registration desk closes during the week at 7:00pm so please come in early to make your payment OR you can pay via phone by calling 760-635-3050.
6. If team balances are **NOT** paid by the 3<sup>rd</sup> game the team will forfeit the game AND all games following until the payment has been made. **Reminder that the forfeit fee is \$50.**
7. Rosters may be challenged at any time. All players shall bring AND turn into the scorekeeper a YMCA Player ID card to each game. If a player's eligibility is questioned by the opposing team, the scorekeeper will show the player's ID to the opposing team manager. Additional penalties may be imposed by the management against teams which allow illegal players to participate. **Reminder:** Calling a roster check on a team also requires your own team to be roster checked as well.
8. Players participating in the Playoffs MUST have played in at least 4 games during the regular season. Players must have IDs on them at the playoffs.
9. Teams that win their division have the potential of being moved up the next season they participate in.
10. All managers must attend any necessary meetings called by the league director. If this policy is violated, the team will forfeit a game(s).
11. The YMCA offers 2 officials per game. If 2 officials are not in attendance, then the teams will split the difference of a credit on their YMCA account for the missing official.
12. **5 blue cards in one season will result in a 1 week suspension.**

<b>Code of Conduct-</b>
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**\*\*Names of suspended players are sent out to various leagues throughout San Diego County so that players cannot continue playing in other leagues until suspensions have been served\*\***

1. If you receive 2 RED CARDS in one season you will receive a minimum of a season suspension. If you receive 3 RED CARDS in one year it is a full year suspension.
2. No Fighting (this includes but is not limited to punching, slapping, pushing, baiting a fight, spitting or retaliation). Result is RED CARD and player must leave the YMCA premises immediately.  
**MINIMUM SUSPENSION:** FULL SEASON
3. Intimidating or threatening staff (includes scorekeepers and referees). This also means that if our staff and/or officials feel threatened by your actions that this suspension will take effect. Result is RED CARD and player must leave YMCA premises immediately.  
**MINIMUM SUSPENSION:** 2 games to indefinite
4. Drinking alcohol before or on the YMCA premises. Result is RED CARD and must leave YMCA premises immediately.  
**MINIMUM SUSPENSION:**  
1<sup>st</sup> offense – minimum 3 games;  
2<sup>nd</sup> offense – minimum FULL SEASON
5. Defacing YMCA property. Result RED CARD.  
**MINIMUM SUSPENSION:** INDEFINITE
6. There is ZERO TOLERANCE for cursing of any kind to an official or any staff member. If it is a problem the participant is issued a RED CARD and must leave the YMCA premises immediately.  
**MINIMUM SUSPENSION:** 2 games to INDEFINITE
7. The sports director and/or sports coordinator reserves the right to enforce a stricter suspension when he/she feels necessary.
8. All players ejected from a game must leave the YMCA premises immediately. The game will not start up until the player has left. If the player remains the authorities will be called, the player's team will receive a forfeit, AND the player will face an indefinite suspension.
9. Scorekeepers will ask the Captain/Manager for the player's name that received the red card. The game will not resume until the name is given AND the participant leaves YMCA premises. Failure to comply will result in a forfeit.
10. **IMPORTANT:** Any player that receives a RED CARD is NOT allowed to attend any events at the arenas until the full suspension is served. If the player is a member, he/she may still use the facility to workout, but cannot attend games or be in the bench area. Failure to comply will result in the suspension being extended.
11. Teams knowingly playing with a suspended player will forfeit that game and the next game, which removes the team from the league the remainder of the season (or into the next season if it occurs during playoffs).
12. Suspension lists are kept on file with the Sports Director and Sports Coordinator. These can also be posted AND sent out to various other leagues to notify them of problematic players.
13. No Player will enter the field from the bench area during an altercation on the field.
  - a. Result: That player(s) can be subjected to a RED CARD or...
  - b. Result: The game can be called as a forfeit for the team(s) of those players. This game will not be allowed to finish as a pick up game AND both teams will have to leave the arena.
14. Player(s) AND the team manager have 48 hours to appeal the suspension handed down by the Sports Director and/or Sports Coordinator. Your appeal of the suspension DOES NOT guarantee the suspension will be lifted or that it will be lessened. The appeal process MUST be sent in an EMAIL. If the suspension falls over 2 seasons you may re-appeal at the beginning of the next season (again there are no guarantees that anything will be changed).
15. If a player participates in more than one league the suspension can carry over onto the other teams that he/she participates on if the offense is serious enough.

## **SUBSTITUTE PLAYERS**

Players being utilized as subs CAN be used under the following conditions:

1. An upper league (aka A) player CANNOT play for a B league team.
2. Only 1 substitute player can be used for the playoffs, but ONLY if he/she has played in the minimum requirement of 4 games during the season.
3. Game results will count in the standings.
4. Substitute players that receive a RED CARD in the game will serve that suspension on their substitute roster AND on their original team.
5. The substitute player MUST have a YMCA Player ID card.

## **BORROWED PLAYER**

If you borrow a player from another roster you MUST do the following:

- Notify and get a confirmation from the opposing team manager/rep that you will be using 'x' player for the game.
- Notify officials and scorekeeper prior to the game starting.
- Once your original team members start showing up, the borrowed players MUST exit the field and cannot be used as subs in your bench area.

## **RULE 2 – THE BALL**

**2.1 BALL SIZE:** A size 4 ball will be used for all matches

## **RULE 3 – PLAYERS AND SUBS**

**3.1 CHECK IN:** All players must check in with the scorekeeper prior to each game. Each player will turn his/her Player ID card into the scorekeeper in order to be properly checked in. It is recommended that teams arrive 5-10 minutes early to have everything ready to turn in.

**3.2 TEAMS:** A game shall be played by two teams, each consisting of not more than six or less than four players on the field, one of whom shall be the goalkeeper. If multiple time penalties are being served, there shall be a minimum of four players on the field. If a team is playing the game with the minimum number (4) of players and the team or a player receives a card the game will be terminated at the time of the card. If a team is playing with the minimum number (4) of players and there is an injury, there will be a grace period of 2 minutes to determine whether or not the player will return to play.

**3.3 TEAM CAPTAINS.** The Team Captain/Manager must identify him/herself to the scorekeeper and officials prior to the game. They represent each member of their team and are the only ones to discuss rule interpretations and calls with the officials. **The team captain must sign the game sheet at the end of the game, by signing this sheet you agree to the score the scorekeeper has, the referees that are listed and the players that have been checked off on your roster.**

**3.4 SUBSTITUTIONS:** During play substitutions may be made at any time on an unlimited basis, provided the player substituted for is within three feet of the perimeter wall at their own bench area, or off the field of play within their own team's bench area before the substitution is made. Goalkeepers can also substitute in this manner. Neither the player entering the field nor the departing player may participate in play and or gain an advantage during a period of time when they are simultaneously on the field and the ball is in play. Such violation shall result in a 2 minute Team Power Play penalty. A substitute or player who jumps over the wall will be given a 2-minute Power Play penalty.

**3.5 INJURED PLAYER:** In cases where the Referee stops play for an injured player, the time shall stop and the player shall be substituted.

**3.6 PENALIZED PLAYER INJURY:** If a penalized player is injured and requires medical attention, he may precede to his/her team's bench area, and a substitute may be designated by the coach to serve the injured player's time penalty.

**3.7 BLOOD:** The Referee shall send any player to his/her team bench who requires treatment for blood. The player must receive the referee's permission to reenter play. **Blood can not be anywhere on the player's uniform, if there is visible blood, that piece of the player's uniform must be changed before the player can enter the field of play.**

## RULE 4 – PLAYERS' EQUIPMENT

**4.1 UNIFORMS:** Uniforms are Mandatory and must be worn by each player.

- Shin guards are required to be worn by all players and must be covered by socks. The Shin guards **MUST** be age appropriate in order to provide proper protection.
- All braces, casts, etc. must be covered by 2 inches of padding.
- **Uniforms must consist of the same shade of color.**
- Goalkeepers must wear different color than either team or the referees.
- If two teams show with the same color jersey, the home team must change to a different color. **In the event that the Home team does not have an alternate set of jerseys then the visiting team must change.**  
The YMCA does not supply alternative jerseys for teams.
  1. If a team complains about confusion of colors between officials and another team then the officials must change their shirts
- All players must wear all purpose sport shoes, turf soccer shoes, or cleats. No metal cleats of any kind will be allowed on the field.

**4.2 JEWELRY:** No jewelry of any kind **Wedding bands and non-stud earrings must be taped.**

## RULE 5 – THE REFEREES

**5.1 DUTIES AND RESPONSIBILITIES:** The referees are in charge of the game and all matters concerning field, play and conduct of coaches, players and spectators. The YMCA is the final authority in all matters. The referee's decision on points of fact connected with the play shall be final, so far as the result of the game is concerned. The referee may stop play for any infractions of the rules. Disrespect toward a referee or other YMCA employees may result in expulsion from the field, spectator area and/or league. The referee should be able to officiate the games in an atmosphere free of harassment to allow his/her full concentration to be directed toward the game being played.

**5.2 FORFEITED GAMES.** The Referees will officiate any forfeited games that teams wish to scrimmage. This is for safety purposes. However, the teams must let the scorekeeper and the officials know that they want the game/scrimmage to have officials on the field.

**5.3 ADVANTAGE.** The Referee allows play to continue when the team against which an offense has been committed will benefit from such an advantage and penalizes the original offence if the anticipated advantage does not ensue at that time.

**5.4 REFEREE WHISTLE.** The Referee shall whistle for restarts from the circular kick marks. (Center mark, 3-line/shoot out mark, penalty area free kick mark and corner kick mark.)

## RULE 6 – SCOREKEEPER

**6.1 SCOREKEEPER DUTIES:** The scorekeeper shall act as the official timekeeper and scorer by operating the official clock and scoreboard and keeping a record of the game. The scorekeeper will control the benches, deal with first aid issues, and with any overall issues that occur inside and outside the arenas. Upon the direction of the referee he/she will stop the clock. The scorekeeper will use his/her best judgment in stopping the clock during conflicts with players and referees. The scorekeeper will have Rules and Procedures Training and will maintain a copy of the Rules in the binder.

**6.2 SCOREKEEPER WHISTLE:** The scorekeeper shall signal the expiration of time at the end of each half by blowing a whistle. The scorekeeper shall also blow the whistle after the 6<sup>th</sup>, 10<sup>th</sup> etc foul is called by the referees against a team.

**SCOREKEEPER ABILITIES:** The scorekeeper has the authority to ask officials to give blue and/or red cards to players in the bench that are acting inappropriately towards the scorekeeper, using foul/abusive language, etc.

## RULE 7 – DURATION OF THE GAME

**7.1 DURATION OF GAME.** The game will consist of two twenty-four minute halves for adult and challenger leagues. To maintain the game schedule, the game clock will start at game time and will run down to nineteen minutes before the game is considered a forfeit. Half time is 1 minute 30 seconds.

**7.2 CLOCK STOPPAGE;** The clock will run continuously except for injured players or official's time out. Each team is allowed one, one-minute time out per half, which can be called by the team in possession of the ball. Any field player can request a time out on a dead ball. The goalkeeper having possession of the ball while in the penalty area, is the only player who can request a time out during live play. The restart for any time out called while the keeper has possession of the ball in the penalty area will be a goalkeeper throw in. The timekeeper will also stop the clock at the 6<sup>th</sup>, 10<sup>th</sup> etc foul. The clock is then restarted when the whistle is blown for the shootout.

## RULE 8 – THE START OF PLAY

**8.1 START OF PLAY:** The home team shall start on the home bench side and the visiting team shall take the kick off. All players must be fifteen feet from the ball and on their side of the field until the ball is kicked. The kick may be taken in any direction and must be taken within five seconds of the referee's whistle.

- In Coed, the make player MUST kick the ball lateral or backwards on start of the game or restart kick.

**8.2 RESTART FOR CAUSE NOT MENTIONED:** A dropped ball is the way to restart play if play has been stopped for any reason not covered in the Rules. A dropped ball cannot be played by anyone until it hits the ground (otherwise, the ball must be dropped again).

## RULE 9 – BALL IN AND OUT OF PLAY

**9.1 BALL IN PLAY:** The ball is in play at all times from the start of the game to the finish

**9.2 BALL OUT OF PLAY:** The ball is out of play:

1. When it has wholly crossed the perimeter wall.
2. When the referee blows the whistle.

## RULE 10 – SCORING

**10.1 LEGAL GOAL:** Except as otherwise provided by the Laws, a goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the crossbar. A goal may be score directly from any restart.

**10.2 SCORING:** All goals shall be of equal value. The team scoring the greater number of goals during the game shall be declared the winner. All "own" goals are 1 point

## RULE 11 – DELAY OF GAME VIOLATIONS

**11.1 THREE-LINE PASS:** If a player, including the goalkeeper, plays the ball over three lines in the air towards his opponent's goal line, without it touching another player, the perimeter wall or a Referee on the field of play between the outside lines, the Referee shall award a free kick to the opposing team at Shootout mark of the first line that the ball crossed.

## RULE 12 - FOULS AND TIME PENALTIES

**2-MINUTE POWER PLAY PENALTIES**

**YELLOW CARD**

**EJECTIONABLE OFFENSES**

**HIGHLIGHTED BLUE (2minutes)**

**HIGHLIGHTED YELLOW (2 minutes mandatory)**

**HIGHLIGHTED RED (5minutes mandatory)**

**NOTE: A yellow card is only issued/displayed for a 2<sup>nd</sup> blue card offense. No additional time is added.**

**12.1 FOULS:** A player who intentionally commits any of the following offenses while the ball is in play shall be penalized by the Referee awarding a free kick to the opposing team, to be taken at the point of the infraction, subject to exclusions in Rule 13.

1. Kicks or attempts to kick an opponent;
2. Trips an opponent, i.e. throwing or attempting to throw him by use of legs or by stooping in front or behind him;
3. Jumps at an opponent;
4. Charges an opponent from behind unless the latter is shielding the ball in a legal manner;
5. Charges an opponent in a violent or dangerous manner. If a player deliberately turns his back to an opponent when he is about to be tackled, he may be charged but not in a dangerous manner;
6. Strikes, elbows, attempts to strike or elbow, or spits at an opponent. A two (2) minute Power Play time penalty must be assessed for any of these offenses.
7. Spitting calls for immediate ejection and a full 5 minute (non power play) team penalty.
8. Holds an opponent;
9. Pushes an opponent;
10. Handles the ball, i.e. carries, strikes, or propels the ball with his arm or hand (this does not apply to a goalkeeper in his team's penalty area);
11. intentional boarding, i.e. propelling an opponent into the perimeter wall. A two (2) minute Power Play time penalty must be assessed for boarding.
12. Playing in a dangerous manner; i.e. playing the ball while on the ground.
13. Charging fairly at an improper time, i.e. playing with the shoulder, when the ball is not within playing distance of the players concerned;
14. When not playing the ball, intentionally obstructing an opponent, i.e. running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent.
15. Charging the goalkeeper except when he is outside the penalty area.
16. Bicycle or scissors foul kick.
17. Slide tackle (no contact).
18. Using the boards to gain advantage

Additionally, the Referee may award a free kick against a player who acts in an unsportsmanlike manner.

**12.2 TIME PENALTIES:** All Power Play Time penalties shall be for 2 minutes.

**12.3 FOUL TIME PENALTIES:** A two (2) minute Power Play time penalty may be assessed against players for committing any of the offenses outlined in Rule 12.1 (1) –(16) committed while the ball is in or out of play. A time penalty must be assessed for incidents of boarding, elbowing, spitting, striking, and for other offenses deemed severe, blatantly tactical, or blatant in nature. If the offense occurred within the offender's penalty area, while the ball was in play, a shoot out shall be awarded.

In situations of a foul being so severe as to warrant a straight red card ejection, a five-minute non-Power Play Penal time penalty shall also be assessed and served by a teammate

**12.4 SIX FOUL PENALTY:** Any team which accumulates six (6) fouls will be assessed a two (2) minute Power Play Team Time Penalty and a shoot out. For each additional four (4) fouls thereafter the team will be assessed another two (2) minute Team Time Penalty and shoot out. The individual who commits the 6<sup>th</sup>, 10<sup>th</sup>, etc foul will serve the 2 minute team penalty.

**12.5 DELAYED TIME PENALTY (BLUE CARD ADVANTAGE):** In situations where the Referee would want to penalize a player for an infraction by issuing a time penalty while at the same time wishing to apply the advantage clause of Rule 5, the Referee shall acknowledge the foul or infraction and signal that the advantage is being continued by raising a Card above his head and maintaining that signal until such time as:

-Opponent Possession: The offending team gains control of the ball, upon which the Referee shall signal the foul or infraction by means of a whistle and appropriately penalize the offending player. Possession shall be defined as a player having clear control of the ball for more than one (1) second.

-The Referee stops play by whistling any other stoppage (i.e. foul by either team or ball out of play). The player guilty of the foul that initiated the delayed blue card advantage shall be appropriately penalized, and play shall be restarted as appropriate for the more serious offense. If a foul is committed during the advantage worthy of a second time penalty, both penalties shall be assessed and appropriately served.

-Goal: If a goal is scored during the Delayed Card Advantage the offending player's penalty shall be recorded for accumulation purposes, but he shall serve no time. A previously penalized player shall be released from the penalty box in the event of a Power Play goal.

**ADDITIONAL POWER PLAY PENALTIES:** As delineated elsewhere in the Rules, a two (2) minute Power Play Penalty shall be issued for the following:

- (a) Substitution violation: see Rule 3.
- (b) Slide Tackle violation: see Rule 12.6.
- (c) Player leaves penalty box prior to expiration of time penalty
- (d) Players of either team who engage in tactics that delay the restart of the game immediately following the Referee's whistle to stop play.
- (e) Unsporting Behavior.

**12.6 SLIDE TACKLES:** Slide tackles are defined as any player who leaves his feet while playing the ball. Slide tackles by field players are not allowed and will result in a blue card. **However, the goalkeeper may slide within his penalty area as long as he makes contact with the ball inside his area.**

1. A no-contact slide is a foul
2. Making contact with another player is a 2-minute blue card.
3. Slide tackles on a breakaway is a 2-minute blue card/shootout.
4. Slide tackles from behind on a breakaway is an automatic 2-minute red card/shootout.

**1 EJECTIONS (without Power Play):** A player shall be ejected and a full five (5) minutes Team Penalty awarded for incidents of

1. Violent Conduct or Serious Foul Play.
2. Foul or Abusive Language or Action.
3. Head Butting.
4. Spitting on or at an opponent or game official.

**12.7-2 SIMULTANEOUS EJECTION:** Simultaneous ejections to each team. The players shall be ejected. Both teams will be assessed the appropriate time penalties.

**12.7-3** No player will enter the field from the bench area during an altercation on the field.

1. Player(s) entering the field may be ejected.
2. The game may be called as a forfeit for the team(s) of those players. This game will not be allowed to finish as a pick up game and both teams must leave the arena.

**12.7-4 Third Blue Card.** Any player receiving a third blue card in the same game will be shown a red card and be ejected from that game. The time for the blue card will be served by a teammate. No additional penalty time will be given for the red card.

**12.7-5** All players ejected from a game must leave the YMCA premises immediately. The game will not start up until the player has left.

**12.8 DURATION/EXPIRATION OF TIME PENALTIES:** Two-minute time penalties issued to players shall be subject to the following concerning duration and expiration of penalty time.

1. **Power Play Goal:** If a team is reduced to a lesser number of players on the field of play than its opponents due to time penalties, and such team is scored upon by its opponent, then the player having the least amount of un-expired Power Play time remaining may return. (This includes cases where a Power Play goal is scored during a delayed blue card.)
2. **Equal Number of Penalties:** In situations where an equal number of players from each team are serving time penalties and a goal is scored, no player shall be released and no time penalty voided, as it is not a Power Play goal.
3. **Multiple Penalties (Team):** There must always be a minimum of four (4) players on the field for each team. If a team has two (2) players serving penalties and a third player receives another penalty, the third player must go to the penalty box. He shall, however, be replaced by a substitute since four (4) players must be on the field. The penalty time for the third player will not commence until that of the first player has elapsed. The first penalized player shall not return to the field until after the expiration of his penalty time or the opposing team scores a goal. Should both the first and second penalties elapse while all three players are still in the penalty box (the team is now entitled to five players), then the first penalized player may rejoin play. Likewise, in the case where the third player's penalty elapses, the second player may rejoin play. In the final case, the third player may rejoin play after the expiration of his penalty provided his release does not place too many players on the field (when three or more players are serving time penalties)

Should a player leave the penalty box prior to the expiration of his time penalty to participate in play, this shall be considered a Blue Card.

Should a player leave the penalty box prior to the expiration of his time penalty to participate in dissent or an altercation, this shall be considered Violent Conduct and he shall be ejected.

**12.9 GOALKEEPING RESTRICTIONS:** Infractions of this rule shall cause the Referee to stop play and award a free kick to the opposing team at the Free Kick Mark:

- Ball Played to Goalkeeper's Hands from Teammate: A goalkeeper is not permitted to play the ball with his hands in the event that the ball has been deliberately kicked to him by a teammate. A player may pass the ball to his own goalkeeper using his head or chest or knee, etc. If, however, in the opinion of the referee, a player uses a deliberate trick while the ball is in play in order to circumvent this Rule a kick is awarded to the opposing team from the place where the infringement occurred or at the Top of the Penalty Arc if the infringement occurred from within the Penalty Area
- Illegal Procedure - Handling: A goalkeeper who receives the ball outside of the penalty area shall not handle the ball inside the penalty area.
- No punts or drop kicks are allowed.

Additionally, the following situations specifically concerning goalkeepers shall apply:

**Handball Outside Penalty Area:** Intentional handball violations committed by the goalkeeper outside the penalty area shall be interpreted to be "severe in nature" and a two (2) minute Power Play Time Penalty must be assessed against the goalkeeper who, in the opinion of the Referee, intentionally handles the ball to break up a play or save a shot at goal outside of the penalty area regardless of the position of his body. The potential for a Shootout resulting from such a play needs to be noted. Situations whereby the goalkeeper first handles the ball within the penalty area but his momentum carries him outside the penalty area while handling the ball shall not be deemed "severe in nature." A free kick will be awarded, but no time penalty shall be assessed.

**Goalkeeper Striking:** If during play, the goalkeeper either intentionally strikes an opponent by throwing the ball violently at him or pushes him with the ball while holding it, the Referee shall issue a red card and assess a two (2) minute Power Play Time Penalty (to be served by a substitute). A shootout shall be awarded if the offense was initiated within the penalty area.

**Goalkeeper Delay:** If a goalkeeper is in possession of the ball in his team's own half of the field or receives the ball while in this area, the goalkeeper must release the ball from his possession within five (5) seconds. Any form of possession including at the feet of the goalie. Further, the goalkeeper, after distributing the ball may not receive the ball back from a teammate. For violation of this rule, the Referee shall stop play and award a free kick to the opposing team at the Free Kick Mark.

#### **12.10 GOALKEEPER PRIVILEGES**

- 1 **Obstructing Goalkeeper:** If a player intentionally obstructs the opposing goalkeeper in an attempt to prevent him from putting the ball into play, the Referee shall award a free kick.  
**Charging Goalkeeper:** In cases of body contact in the Penalty Area between an attacking player and the opposing goalkeeper not in possession of the ball, the Referee shall stop the game if, in his opinion, the action of the attacking player was intentional, and award a free kick.
- 2 **Endangering the Goalkeeper:** A player who intentionally commits a foul against the goalkeeper which in the opinion of the Referee, falls short of serious foul play (ejection) but nevertheless endangers the goalkeeper beyond what is considered to be the normal hazard of play shall be assessed a two (2) minute Power Play Time Penalty.

### **RULE 13 - RESTARTS**

**13.1 DEFINITION:** A "Restart" is a manner of resuming play after a stoppage other than a kickoff. For a stoppage to play while the ball was in play on the playing field, the following are possible:

FREE KICK	(Rule 13.4)
SHOOTOUT	(Rule 14)
THREE-LINE PASS	(Rule 11.1)
DROP BALL	(Rule 8.2, 13.5)

For a stoppage to play because the ball left the playing field, the following are possible:

KICK-IN	(Rule 15.1)
CORNER KICK	(Rule 15.4)
GOALKEEPER DISTRIBUTION	(Rule 13.6)
BALL OVER PERIMETER WALL (NOT BETWEEN YELLOW POLES):	(Rule 15.2)

**13.2 DEFINITION OF PLAYING FIELD:** For purposes of determining restarts, the playing field includes the team bench and area in goal.

**13.3 RESTART REGULATIONS AND RESTRICTIONS:** If a team commits an infraction causing a stoppage of play, the opposing team is awarded a "free" kick restart. Before a free kick is taken, the ball must be stationary and the kicker shall have five (5) seconds within which to play the ball after being spotted and signaled to play by the Referee.

- A goal may be scored directly against either team from any restart. Reminder in coed, male players **CANNOT** kick forward on any restart.
- In case a free kick is taken from an opponent's Free Kick Mark, Shootout Mark, Corner Mark, or otherwise controlled by the Referee, the Referee shall signal the restart with a whistle.
- Except for a Drop Ball or Shootout, if the kicker, after taking the free kick plays the ball a second time before another player has touched it, a player of the opposing team shall take a free kick. Playing the ball twice includes playing the ball on the rebound off the perimeter wall before being touched by another player.
- During the taking of a free kick, all of the opposing players shall be at least fifteen feet (15') from the ball until it is in play.
- Failure to put the ball into play within five (5) seconds of the Referee's signal will result in the restart being "turned-over" to the opponent.

**13.4 FREE KICK RESTART:** When play has been stopped for a foul listed in Rule 12.1 or for an infraction listed elsewhere in the Rules, play shall be restarted with a "free" kick taken by a player of the opposing team or GK distribution as listed below.

- **Restart:** (Infraction in defensive penalty area) The restart for any infraction committed by the attacking team in the defensive penalty area will be a GK distribution (see 13.6).
- **Free Kick Originating in Attacking Penalty Area:** Any free kick awarded to the attacking team for a foul or an infraction which occurred in its opponents' penalty area shall be taken at the Free Kick Mark.
- **Pass-back:** The free kick occurring after a pass-back is taken at the Free Kick Mark.
- **Delayed Penalty:** The restart occurring after a delayed Blue Card is taken in accordance with the applicable section of Rule 12.5.
- **Shootouts:** The restart for a foul warranting a shootout is taken in accordance with Rule 14.
- **Restarts - Ball over perimeter wall:** See rule 15.
- **Corner Kick:** The restart for a corner kick shall be taken in accordance with Rule 15.4.
- **Three-Line Pass Violation:** The restart of a three-line pass violation shall be taken at the offending team's defensive Shootout Mark. This is not a foul...just a change of possession.
- **Infraction in Bench Area/Penalty Box:** If play is stopped for an infraction which occurred in the bench area or penalty box, the game shall be restarted with a free kick taken by a player of the opposing team from the place where the ball was when play was stopped subject to exclusions in Rule 13.
- **Any other stoppage delineated elsewhere in these Rules.**
- **Encroachment:** If a player of the opposing side encroaches into the penalty area or within fifteen feet (15') of the ball before a free kick is taken, and a member of the team taking the kick requests compliance with Rule 13.1, the Referee shall delay the taking of the kick until the player complies. If upon the request of the Referee that player does not comply by immediately retiring the proper distance, he shall be considered guilty of encroachment.  
If a defending player within fifteen feet (15') intentionally interferes with the taking of a free kick, he shall be considered guilty of encroachment. **For the violation of this rule a two (2) minute penalty will be assessed.**

**13.5 DROP BALL RESTART:** If neither team has clear possession of the ball at a stoppage, the Referee restarts play with a Drop Ball where the ball was when play was stopped. A Drop Ball originating while the ball is inside a penalty area takes place at the Free Kick Mark. Once the ball contacts the ground untouched the ball is "in play." In situations where the ball becomes unplayable at the base of the perimeter wall, it shall be considered out of play and the Referees shall restart play with a Drop Ball.

**13.6 GOALKEEPER DISTRIBUTION:** Play restarts with a goalkeeper distribution by hand after an attacking player has last touched the ball before crossing the perimeter wall between the corner pole, for any infraction committed by the attacking team in the Penalty Arc or after a timeout initiated by the GK in his own penalty area. The distribution shall be taken from any point within the penalty area by the goalkeeper. The ball is considered in play once it travels outside the penalty area. The following provisions also apply:

- **Player Positions:** Opposing players remain outside the penalty area until the ball leaves the penalty area.
- **Goalkeeper Infraction:** A goalkeeper taking a distribution may not play the ball again after it has left the penalty area until it is touched by another player. Otherwise, the opposing team shall be awarded a free kick where the violation occurred.

**13.7 KICK-IN:** See Rule 15.1

**13.8 CORNER KICK:** See Rule 15.4

**13.9 BALL OVER PERIMETER WALL (NOT BETWEEN CORNER POLES):** See Rule 15.2

## **RULE 14 - SHOOTOUTS**

A two (2) minute penalty and shootout shall be awarded for any of the following fouls committed by a defending player in his defensive half of the field:

1. A foul from behind against an attacking player, having control of the ball and one or no defensive players between himself and the goal.
  2. Any foul where he is the last player on his team between the attacking player with the ball and the goal.
  3. Any time penalty committed by a defender in his penalty area.
- In addition, a shootout is awarded to the opposing team when a team has accumulated six fouls (and every fourth thereafter).

### **14.1 APPLICATION OF SHOOTOUT:**

The ball is placed at the Shootout Mark nearest the attacking goal.

All players of the attacking team stand behind the halfway line and outside of the center circle. Players of the defending team stand behind the halfway line and inside of the Center Circle.

The goalkeeper has at least one foot on his goal line and may not move off of it until after the Referee whistles the Shootout to begin.

Once the Referee whistles the Shootout to begin, from that moment, all of the players behind the halfway line may move into the attacking half of the field. The player taking the Shootout plays the ball forward using any legal manner to score (e.g., direct shot on goal, dribbling and shooting, playing the ball off of the boards, passing to a teammate, etc.), and play resumes.

The goalkeeper shall be restricted to goalkeeping privileges while inside the penalty area. **Any foul (Rule 12.1) committed by the goalkeeper, regardless of field position, shall be penalized by an additional Power Play. (Goalkeeper does not have to leave the field unless a red card is shown)**

Time shall be extended for the completion on shootouts. If a shootout infraction is called with less than 5 seconds remaining in any half, the game shall be extended to allow the shootout to conclude. The scorekeeper puts 5 seconds on the clock and starts the clock on the referee's whistle. The scorekeeper blows his whistle at the end of the 5 seconds.

### **14.2 SHOOTOUTS FOR PLAYOFF GAMES ENDING IN A TIE**

Playoff games that end in a tie score after regulation time has expired will go to a shootout format. The shootouts will be between one player and the opposing goalkeeper.

Each team will have five (5) players in the shootout. The players involved in the shootout must have been on the roster. Any player serving a penalty at the expiration of time will not participate in the shootouts. For each shootout all players, except the goalkeeper and shooter will be behind the center line or in their respective team bench areas

- The **Visiting** team will shoot first.
- In coed play, women shoot first in an alternating female-male rotation.
- Shootout goals are 1 point (all divisions).
- Shooter will have 5 sec. to score a goal (coed drops 4 touch rule).
- Time will be kept by the referee.
- Fouls by the goalkeeper on the shooter will result in another shoot-out if a goal is not scored. Any foul committed by the goalkeeper will count toward the accumulation of penalties by the goalkeeper e.g. 3 blue cards is an ejection.
- Fouls by the shooter on the goalkeeper ends the shoot-out and no goal will be allowed.
- If the score is tied after the 5 shooters from both teams have taken their turn, the shootout will go to one shooter from each team. The winner will be determined by the first team to have a one-goal advantage.

## **Rule 15 – RESTARTS BALL OVER PERIMETER WALL**

**15.1 KICK-IN:** When the ball is played over the perimeter wall along the touchline, it shall be kicked in from the point it crossed the perimeter wall by an opponent of the team who last touched the ball before it went out of play.

**15.2 BALL OVER PERIMETER WALL (NOT BETWEEN CORNER POLES):** Does not apply

**15.3 GOALKEEPER DISTRIBUTION:** After an attacking player has last touched the ball before crossing the perimeter wall between the corner poles, play restarts with a goalkeeper distribution by hand in accordance with Rule 13.6

**15.4 CORNER KICK:** When the whole of the ball having last been played by one of the defending team passes over the end perimeter wall between the corner poles, excluding when a legal goal is scored, a member of the attacking team shall take a corner kick, subject to exclusions in Rule 11.2.

Placement: The whole of the ball shall be placed on the corner mark at the nearest corner pole, and it shall be kicked from that position.

**15.5 Tie Breakers:**

1. Two teams that are tied
  - o Head to head competition
  - o Goals against
  - o Goal in favor
2. Three or more teams
  - o Goals against
  - o Goals in Favor

<b>RULE 16 - COED MODIFICATIONS</b>
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**All Co-ed Divisions**

When replacing an injured player on your roster, you may only replace that player with another player of the same gender.

- **ALL GOALS count as 1 Point**
- **Men can only touch the ball four times in a row before another player (of either team) touches the ball. Violation of this rule will give a turnover to the opposing team**
- **Male players can take shootouts in regulation time games.**
- **Male players may only kick the ball forward within their defensive third**

**Coed 18+ League**

- No more than three males or females can be on the field at one time.
- To start a game you must have at least four players (Three females, one male; three males, one female; or two males, two females.).
- Hard and abusive play will not be tolerated in this league. This league is designed for men and women to compete together in a friendly atmosphere.
- Female or Male players can take the restart. However, males can only kick the ball lateral or backwards

**Coed 30+ League**

- **Philosophy:** The coed 30+ recreational leagues are a non-competitive alternative for male and female recreational soccer players. A team may have 2 players that are either 28 or 29yrs of age. It is our main concern to keep the level of intensity low to provide extra protection to participants (particularly female) to ensure that the game remains safe. **Players are considered 28 if their birthday happens within the season.**
- **Dangerous play:** Remember the rules are specifically designed to protect the participants. Anything considered by the referee to be dangerous, flagrant, or out of control will be called.

**Coed 40+ League**

- This league is strictly 40 and up
- All players have a 3 goal limit
- If a team only has 1 female player, cannot have more than 4 male players on the field
- Players can be borrowed between teams (no outside players)
  - o Opposing manager must be notified prior to the start of the game
  - o May not borrow players if you have 2 subs of either sex