



ADULT SOCCER LEAGUE RULES

PURPOSE: The Adult Modified Soccer League is offered to provide an active leisure pursuit for those interested in soccer. It is purely recreational and intended to offer competition on a low level.

Referee: The official has complete charge of enforcing the rules. They act as timekeeper and have complete authority to begin, delay, or terminate any game requiring such action. The referee has the power to excuse any player that they deem as being unsportsmanlike in their behavior. If, in their opinion, a player has been seriously injured, they can stop play immediately.

Rosters/Players: Teams must have all their players listed on their team roster. A player can be rostered on a men's team and a Co-Rec team, but can't be listed on two team rosters within the same division. Teams that are short players must have all non-rostered subs approved by the opposing team manager before the match begins. Failure to do so will result in a forfeit. The league official needs to be present for this non-rostered player agreement. **Only players ages 18 plus are allowed to play – no exceptions.**

Length of Game: Games will consist of two 25 minute halves with a 5 minute half time. The official(s) will conduct a quick game meeting with the two team captains – or acting captains – before every game.

Tie-Breaker Procedure: At the end of regulation the following procedure will be followed for tie game situations:

1. **Regular Season Games** – Games will end in a tie for all regular season games.
2. **Playoff Games** – Ties will be broken by penalty kicks.
 - a. The head referee shall choose the goal at which all of the penalty kicks shall be taken.
 - b. Each team shall select **3 players** on their roster. Any player on the roster is eligible with the exception of any disqualified players from the game.
 - c. A coin toss shall be conducted. The team winning the toss will have the choice of kicking first or second.
 - d. Teams will alternate kickers. No follow-up kicks.
 - e. Following the three kicks for each team, the team scoring the greatest number of goals will be declared the winner. If, before both teams have taken three kicks, one team has scored more goals than the other team could score even if it were to complete its three kicks, no more kicks are taken.
 - f. **Sudden Death Penalty Kicks** – If the score remains tied after each team has had three kicks, teams will pick a new set of 3 players that have not already kicked. Sudden death penalty kicks will be used from this point forward. If one team scores and the other does not score, the game is ended without more kicks being taken.
 - g. **Scoring** – add one goal to the winning teams score. An asterisk (*) may be placed by the team advancing to indicate the advancement was the result of tiebreaker system.

Substitution: Substitution is allowed; on either teams goal kick, goal scored, injury of a player (after stoppage of play) or on an offensive teams throw in. The defending team may also substitute a player during the offensive throw in if the offensive team is also substituting a player at the same stoppage of play. **Substitutions on the fly are not allowed.**

Player Limits: Minimum of 6 players and maximum of 8 players which includes a goalie is permitted.

Co-Rec League: Teams must field at least 6 players and a maximum of 8 players which includes the goalie. Each team is required to have at least two (2) female players on the field during the match no matter the total number of players on the field. **Example: 6 men and 2 female players are allowed.**

Uniforms: Team uniforms are not required, although like colors are highly recommended. No metal cleats are allowed. It is recommended that the team manager instructs each member of his/her team to bring both a dark and light colored shirt/jersey to each match.

Equipment: Each team is required to have a game ball ready each night. Teams must choose to agree on a game ball and then the league official will inspect and approve the ball before it can be used during a match. **All players must also wear shin guards in order to participate.**

Unsportsmanlike Conduct: Any behavior which includes vulgar or abusive language, fighting, excessive arguing or any other conduct with another player or referee considered inappropriate by the referee shall result in ejection from the game for that player(s). Any player shown a RED CARD (or SOFT RED; 2 yellow cards) will be ejected from the game and must leave the facility. The player will be suspended for the remainder of the current game and a minimum of one additional game. Depending on the severity of the incident, the player shown a RED card may be suspended for more than one games including the rest of the season or even banned from participating in future Woodbury Adult Soccer Leagues. Any player being shown the RED card will need to report their name to the referee. When a red card is issued, the player must leave the facility and the player's team must play short-handed for five (5) minutes and then can fill his spot with another player.

Spitting: Spitting on the field at HSC is prohibited and will result in a yellow card. If caught spitting in the same game a second time, a red card may be issued. No spitting on the fields is allowed, period.

Method of Scoring: A goal is scored when the whole of the ball has passed over the goal line between the goal post and under the crossbar, provided that it has not been thrown, carried or propelled by hand or arm by a player of the attacking side except in the case of a goalkeeper who is within his own penalty area. The team scoring the greater number of goals during the game shall be the winner.

Start of Play: At the beginning of the game, choice of ends and kickoff shall be determined by a coin toss by the referee. The referee gives a signal and the game starts by a player taking a place kick into his opponent's half of the field of play. Every player shall be in his own half of the field and the defending team shall remain no less than ten (10) yards from the ball until it has been kicked off. The kicker shall not play the ball a second time until it has been touched by another player. After a goal has been scored, the game shall be restarted with a kick off by a player of the team not scoring the goal.

Ball Out of Play:

The ball is out of play when:

1. It has fully crossed the goal or touch line, whether on the ground or in the air.
2. The game has been stopped by the referee.

It should be noted that the ball must go completely over the line before it is out of play. The team last touching the ball loses possession to the opposing team where upon that team will throw in bounds at the point of infraction.

Offsides: There are no offside rules in this league.

Fouls and Misconduct:

Handball: Only the goalkeeper can touch the ball with his hands inside his goal area. If the ball touches any part of the arms or hands from the shoulder downward, whether intentionally or unintentionally, it constitutes a handball.

Slide Tackling: Slide tackling is not allowed anywhere on the field. A player may slide to keep the ball from going out of play when no other player is challenging or near the play. Goalkeepers may slide as long as it is not feet first. Whether or not a person does a slide-tackle or not, will be at the discretion of the referee. The only tackling allowed is when the arm and elbow are kept in contact with one's body and must be parallel or within the vision of the player being tackled. (The player must have possession of the ball.)

Kicking: No kicking of the other players is allowed. This includes an over aggressive charging of the player having control of the ball.

High-Kick: The feet cannot be swung to the chest or shoulders height of the other player having control of the ball. This applies only when there are other players within striking distance. However it is the responsibility of the player to see that no one is near before a high kick. Pushing - Any act of pushing or maintaining one's balance by hanging on to other players is not allowed. Obstruction - Any attempt to deliberately stand in the way or impede the progress of any player is prohibited subject to the discretion of the referee.

Direct Free Kick: there are additional fouls that will result in the award of a direct free kick to the opposing team from where the infraction occurred. These are; tripping, jumping at an opponent, charging an opponent from behind unless the player is obstructing the ball, and striking or attempting to strike an opponent. If any of these fouls are committed by the defending side within the penalty area, a penalty kick will be awarded.

Indirect Free Kick: Other offenses that will result in an indirect free kick include; playing in a manner considered by the referee to be dangerous (high kick, obstruction, charging the goalkeeper when he is holding the ball or has passes outside his goal area) and as goalkeeper, throwing the ball in the air and catching it again without releasing is so that it can be played by another player or indulging in tactics which, in the opinion of the referee, are designed merely to hold up the game and waste time.

Penalty Kick: Any fouls which would result in a direct free kick that occur inside the penalty box will result in a penalty kick. All players except the goalkeeper and the player taking the kick must line up outside the box (at least 10 yards from the ball which is the reason for the arc at the edge of the penalty area). The goalkeeper must stand on his own goal line between his own goal posts until the ball is kicked. The player taking the kick must kick the ball forward. He cannot play the ball a second time until it has been touched or played by another player. The penalty spot is 12 yards from the goal line. All penalty kicks shall be in play as soon as it has traveled the distance of its circumference as in all other free kicks.

Throw in: When the entire ball passes over the touch line either on the ground or in the air, it shall be thrown in from the point where it crossed the line by a player of the team opposite to that of the player who last touched it. The thrower, at the moment of delivering the ball, must face the field of play and part of each foot shall either be on the touch line or on the ground outside the touch line with the front foot being flat. The thrower shall deliver the ball from behind and over his head. The ball shall be in play immediately once it enters the field of play, but the thrower cannot play the ball again until it has been touched by another player. A goal cannot be scored directly from a throw-in. If the ball is improperly thrown in, a throw-in shall be awarded to a player from the opposing team.

Goal Kick: When the whole of the ball passes over the goal line outside of the goal either in the air or on the ground, having last been by the attacking team, it will be kicked directly into play by a player of the defending team from the point within that half of the goal area nearest to where it crossed the line. Players on the opposing team shall remain outside the penalty area while the kick is being taken. If the ball does not go fully out of penalty area the kick shall be retaken. A goal cannot be scored from a goal kick.

Corner Kick: When the whole of the ball passes over the goal line outside of the goal either in the air or on the ground, having last been by the defending team, a member of the attacking team shall take a corner kick. At each corner of the field is a quarter circle. The ball must be in the circle. A corner flag post may not be removed and the kick must be taken from the corner. A goal may be scored directly from a corner kick. Players of the opposing team must stay 10 yards away from the ball until it is kicked. The ball is in play once it has traveled its own circumference. As in other free kicks, the kicker may not play the ball a second time until it has been touched by another player.

Standings & Awards:

1. Standings will be posted weekly online at www.teamsideline.com/woodburymn.
 - a. Win = 3 points
 - b. Tie = 1 point
 - c. Loss = 0 points

2. In case of a tie between teams after the final league standings, the tie will be broken by:
 - a. Head to head record between tied teams
 - b. Total goals against in head to head competition between each of the tied teams
 - c. Total goals against the entire season
 - d. Total goals scored the entire season
 - e. If the above tie breaking methods do not break the tie, a coin flip will determine the winner.

3. Awards will be given out to the top two teams from the Championship Night (winner and runner-up). Teams will be given their choice of a trophy or a gift certificate to a Woodbury restaurant/business of their choosing.