



# ADULT SPORTS RULEBOOK

2026



## SOCCKER

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## **CSD GENERAL RULES FOR ALL LEAGUES:**

- Players must be at least 18 years old and must ***enroll on the*** team roster using their ActiveNet Account.
- CSD reserves the right to ask any player at any point in the game to show proper photo identification to continue play. If a player is determined to be ineligible or unable to provide proper photo identification, game can continue with restrictions (see sport specific rules for details) or can be forfeited (at the CSD discretion).
- Rosters: This season we are moving all our rosters online ActiveNet. To do this you must log onto ActiveNet account, where it will then say manage rosters on the homepage. Your Roster Status is **Open**. Follow these steps to add team members and change your Roster Status from **Open** to **Submitted**.  
  
**Step 1:** Click the Add to Roster button to add team members. You can also click the Copy Roster button to add all team members from a previous Team Roster.  
**Step 2:** When you add a team member, an invitation is emailed to the team member to prompt them to enroll to be on your team.  
**Step 3:** A check mark displays in the Enrolled column for each team member that has completed enrollment.  
**Step 4:** When the minimum number of team members have enrolled, click the Submit button to change your Roster Status to Submitted.
- Players may be added up through the fourth week of play (holidays or rain outs do not count in the four weeks).
- Participants are not allowed to wear jewelry (with the exception of medical bracelets, wedding rings, and stud earrings that must be fully covered), casts or any other items deemed as dangerous by the official(s). Any medical protective devices (i.e., knee braces) made of plastic or including metal parts (hinges, etc.) must be completely covered by at least ½ inch neoprene sleeves.
- Any player with a bleeding wound and/or blood stained clothing must leave the game until all bleeding is stopped, all wounds are properly covered, and all blood and blood stained clothing is removed. Failure to comply with this policy may result in ejection from the game.
- Game time is forfeit time (please refer to sport specific rules for late policy). A team may start the game with the minimum number of players (listed below per sport).
- Teams must have a manager, assistant manager, or team representative at all games and must circle which player that will be at each game on the line up card provided to the field/gym supervisor.

- Any team that forfeits two games during any given league will be ineligible for any post-season play including post-season play that would make up the seven game minimum per team. (See Team and Manager Guidebook for forfeit fee information)

Minimum/Maximum number of players allowed on the Team Roster:

**Soccer – 7/20**

**Playoffs:**

Playoffs are not guaranteed. Teams are guaranteed a minimum number of games. If CSD staff cancels any regular season games, post-season games may be rescheduled so all teams have a minimum number of regular season games as set forth prior to the season. If your league has a playoff system, it is the manager's responsibility to know when his/her team is playing. CSD will not reschedule any games for teams assuming they are a different seed than what they are or for any verbal miscommunication.

**Playoff Seeding/Tie Breaking Policy\*:**

1. Head-to-Head records among the tied teams.
  2. If still tied: Winner is whichever team has the least amount of goals given up in head to head games with team(s) that you are tied (same record) with after using criteria 1.
  3. If still tied: Winner is whichever team has the least total amount of goals given up in the regular season after using criteria 1 & 2.
- \* *For final placement in leagues with no playoffs – playoff game(s) will be scheduled.*

**SOCCER SPECIFIC RULES:**

All games in the Cosumnes CSD Adult Soccer League shall be governed by the current FIFA (Federation International Football Association) except as specified herein. Officials – One (1) official will be scheduled for all league games.

- **Team** - Each team shall consist of a minimum of 7 and maximum of 20 players on the roster. No team may reduce to less than 7 players.
  - All players must check in and be cleared to play by the field supervisor before entering the game.
- Teams must have at least five (5) players at the start of the game that are dressed and are ready to play. The maximum number of players on the field per team is seven (7).
- If a player leaves a game for any reason (other than ejection) and no substitute is available, the game may proceed as long as there are still at least five (5) players present. If a player is ejected from a game and no substitute is available and there will be fewer than five (5) players to continue play, that game will be forfeited.
- **Substitutes** - Teams will be allowed unlimited substitutions. All substitutions will be “on the fly” and no dead ball will be needed to make a substitution.
  - All substitutions must take place at midfield.
  - The player entering the field of play may not set foot in play until the exiting player has completely vacated the field.

- A penalty will be called if a substitution affects the play unfairly and will result in an indirect free kick from the top of the penalty box.
  - All players subbing into the field of play are required to check in with the field supervisor first.
- **Equipment** - All players must wear a matching color jersey. Goalkeepers are required to wear a jersey of a different color from either team or the officials. Away teams will be asked to change jerseys if wearing the same color jersey as the Home team.
- *Shin Guards* – All players are required to wear age appropriate protective shin guards. There will be no exceptions. It is the responsibility of the player to provide his/her own guards. CSD will not provide shin guards.
- **Game Time** – All games will be scheduled at 1 hour increments. Game time is start time unless the previous game is not over. If this is the case, the next game will begin 5 minutes after the previous one ends.
- **Late Policy** – The game clock will begin at the originally scheduled game time. There will be a ten (10) minute grace period for the late team. When the ten (10) minute period is up, the game will be forfeited. If both teams are late but within the ten (10) minute grace period, the game shall be played as scheduled. Forfeited games will be scored 1-0. ***Game will continue with remaining time on clock.***
- A coin will be tossed and the team that wins the toss picks the goal that they want to defend. The other team will get the kick off to begin the match. In the second half of the match, the teams change ends and attack the opposite goals. The team who didn't kick off to begin the game will kick off to start the second half.
- Time will consist of two – twenty-five (25) minute running halves. Halftime will last no longer than 5 minutes. The officials on the field will keep the clock. The allowance for time lost is at the discretion of the official.
- **Scoring** – During play all goals will be scored as 1 point
- Games that are tied at the end of regulation will be recorded as such in league records. During playoffs, games that end in a tie will immediately go into a shootout situation. Each team will have 5 players take 1 shot on goal. No rebounds will be played. Teams will alternate shots. All shots will be done on the same goal. *Scoring is 1 point for all goals during a shootout.* If there is still a tie after the first shootout, we will go to a 1 and 1 up to 11. If a tie still remains, the game will be recorded as a tie.
- An OWN GOAL will be scored as one point no matter who scores it.

- **Game Play** - Once the goalkeeper has possession of the ball, no body contact is allowed. One hand on a stationary ball constitutes possession. Any flagrant or aggressive play toward the goalkeeper shall result in a yellow card or ejection at the discretion of the official.
- Only the team captain(s) may discuss a call with the official.
- Always play the official's whistle. Never assume a foul or stoppage.
- The ball is in play until it passes **completely** over the touch/side line or goal line.
- All opponents must be at least ten (10) yards from the ball on a free kick.
- The goalkeeper may slide (but not slide tackle) to play a ball.
- Goalkeepers may only wear hats or visors with soft bills. This is subject to the official's approval. Bandanas will be allowed. Hair control devices may be worn if made of soft material.
- **Goalkeepers** - The official must approve gloves worn by goalkeepers.
- The goalkeeper has six (6) seconds to put the ball back into play once they have gained possession.
- The goalkeeper may not handle a ball that has been **intentionally** played back to them by a teammate's foot or throw-in.
- Foul language will not be tolerated. Either a yellow or red card will be issued to the offender depending on the severity and if it is directed at a person. Decision is at the official's discretion.
- No slide tackling is allowed. Slide tackling is defined as the following: a player may not play or attempt to play a ball by sliding on the ground within the playing presence of another player. This includes both offensive and defensive play against either an opponent or a teammate. It is, however, legal to play a ball while sliding provided the play is away from other players. Slide tackling constitutes dangerous play and the official will award a free kick at the spot of the foul. The official may also issue a yellow or red card to the penalized player if he/she feels it is appropriate.
- All players shall be responsible for taking reasonable precautions when initiating contact. Overly aggressive play or unnecessary contact will constitute a foul. The CSD Code of Conduct will govern all play.
- Any player receiving a yellow card must sit out 5 minutes of play. *Two (2) yellow cards within the same game will result in ejection from the game and a one (1)*

*game suspension. Four (4) yellow cards by one player in a single season will result in a one game suspension.*

- **Offsides:**
  - There will be no offsides due to the nature of the smaller field, quick substitutions and smaller team size.
- There are intentional and unintentional handballs. The official will make the decision.
- **Free Kicks: All free kicks will be indirect kicks, with the exception of penalty kicks.**
  - **Indirect kick:** The ball must touch at least one (1) player, other than the kicker, before going into the goal in order for the goal to be counted.
  - **Penalty kick:** When a penalty takes place within the penalty area, the player gets a penalty kick from the penalty marker inside the penalty area. The ball is in play once it is kicked forward and cannot be touched again by the kicker until another player has touched it. All players, other than the kicker and the goalie, must start outside of the penalty area, and behind the Ten Yard Arc, until the ball has been put in play.

### **COED LEAGUE SPECIFIC RULES:**

- **Teams** - Each team shall consist of a minimum of 7 and maximum of 20 players on the roster. No team may reduce to less than 7 players.
  - All players must check in and be cleared to play by the field supervisor before entering the game.
- Teams must have at least five (5) players at the start of the game that are dressed and are ready to play. The maximum number of players on the field per team is seven (7). At no time will more than 4 male players be allowed on the field.
- A team that begins a game with five (5) players must have at least one (1) male and (1) one female on the field.
- Roster Ratio: Acceptable player ratios include: 4:3, 4:2, 4:1,3:2 and 3:3
- Teams may play with more female than male players if they choose to do so.
- **Scoring** - All goals scored by male and female players will be worth one (1) goal. This will be the case for all goals, whether they are scored in regulation or in a shootout situation.