



City of Folsom Adult Outdoor Soccer Rules and Guidelines

Revised: November 6, 2019

Objective

This is a recreational league played for enjoyment, general fitness and recreational purposes of its participants. The motto of our league is “Fun, Fellowship and Fitness”. Most players need to get to work the following day, so be careful. Folsom Recreation reserves the right to move individuals or teams out of the league depending on competitiveness and skill level.

League Management

1. The City of Folsom, Parks and Recreation Department provides league administration, oversight, and management for activities for the Folsom Adult Soccer leagues activities. The Adult Soccer Program Coordinator (ASPC) provides the day-to-day oversight of the league. Duties of the ASPC include but are not limited to game schedule, game locations, equipment management, referee management, financial management, participant misconduct, and roster management. The Folsom Recreation Supervisor provides management oversight of the ASPC. The Folsom Recreation Supervisor provides direction to the ASPC as far as City priorities, goals, direction and accountability.
2. If a player, manager or team has a grievance with the league management, policy or decision of the ASPC, that party may call the ASPC to work out their differences. If the ASPC and the party cannot work an agreeable solution, the player, manager or team may petition the Recreation Supervisor for a hearing on the grievance by calling or by letter. The Recreation Supervisor will convene a hearing to include the petitioning party, ASPC, Recreation Supervisor, and any witnesses required. Effected parties will present their case to the Recreation supervisor. After the hearing the Recreation Supervisor will adjudicate the case based upon the best interest of the City of Folsom and the best interest of the Adult Soccer league. The Recreation Supervisor will notify the petitioning party by mail as to the resolution.
3. Teams may waiver requirements under these rules by petitioning the ASPC. The waiver request must be in writing and clearly explain waiver requested and any hardship created by rule enforcement.

Leagues

Folsom offers several soccer leagues for different skill levels. Currently there is a Women's League, Over 35 Men's League, Men's Open League, and a Coed Open League. There will be as many divisions as demand permits. These will be classified as First Division, Second Division, Third Division and Fourth Division.

1. First Division leagues are leagues in which the teams are very organized, in good physical condition and have played together for several seasons. Many players have played in high school or college and know the game of soccer well. All players have mastered the fundamental skills required of the game and games are played at a higher level of competition. **Slide tackles are permitted in the Men's First Division only.**
2. Second Division leagues are leagues in which teams are organized and most players are in good physical condition and have a working knowledge of soccer. Some players have played soccer for many years and have mastered the fundamental skills required of the game. The games are competitive, but these teams would not be competitive in the First Division. There is no slide tackling in Second Division games.
3. Third Division leagues are leagues in which the teams are made up of players who are slightly more casual. Some players are relatively new to the game, older players who may have lost a step, or they are still learning and developing their skills and knowledge. Most players participate with exercise and recreation as the main focus. There is no slide tackling in Third Division games.
4. Fourth Division is very comparable to the third division. This division will be created if there is a need to account for an abundant number of teams in a league.

Forfeits

1. The Adult Soccer Program Coordinator may expel from the league or ban a team from reregistering for future seasons if a team has forfeited twice during any season. Teams expelled from the league forfeit all team fees paid for that season. Teams expelled may be replaced by a team on the waiting list.
2. If a team is expelled from the league all games played against that team will be changed as a forfeit win in favor of the team's opponent regardless of the actual outcome. However, if the expelled team was ready to play and the opponent forfeited, then the opponent will still be charged with a forfeit loss.
3. If a team is expelled, and replaced then the following procedures will be used:
 - a. Games played against the expelled team shall be scored as a forfeit win for the opponent that is ready to play regardless of the outcome.
 - b. All games played against the new team shall be scored as a forfeit win for the existing team regardless of the outcome.
 - c. Teams must play games against the new team to register the win. Teams not ready to play against the new team in accordance to the rules shall be charged a forfeit and the new team credited with a forfeit win.
4. A forfeit shall be scored 3-0 in favor of the team ready to play.
5. Game time is your scheduled time. If a team is not prepared to play at their assigned game time, the game clock starts running, with a 10-minute maximum allowance to field a minimum of 7 players. **The 7 players must be on the field, dressed, and ready to play.** If at the conclusion of the 10 minutes the team is still not able to play, the referee will declare a forfeit.
6. Any player misconduct shall be recorded and enforced in accordance with the rules regardless of game status.

Player Eligibility and Rosters

1. Team managers must submit to the ASPC, a team roster that lists each player's name and address, managers' names, addresses, phone numbers and email addresses. A player not on the roster is not eligible play for that team. Rosters are considered final at the managers meeting. Additions/deletions during the season should be made at the City of Folsom Parks and Recreation Department. There is a small allowance for players to be added at the field with the field monitors.
2. Managers may add players to a team's roster after the manager's meeting under the following provisions:
 - a. **Players must provide proof of age, waiver of liability, added fee, and a picture suitable for a player pass before the game.**
 - b. No players may be added 7 days prior to the team's final game.
 - c. Players transferring teams within a division are ineligible for the first game after adding to the new team's roster.
3. Players without proper documentation will be dropped from team's rosters after three (3) weeks.
4. Team rosters are open to a minimum of twelve (12) players and a maximum of twenty-four (24) players.
5. Players must be age 18 and older to be eligible to play. Players must be 35 or older to play in the over 35 league.
6. All players must present to the facility monitor prior to the beginning of each match a City of Folsom player pass or proof of identity. Any player not doing so will not play. Only the onsite facility monitor or the Adult Folsom Soccer Coordinator (ASPC) may allow a player to play without a player pass.
 - a. All players must show photo identification to the referee or facility monitor when requested. If a player cannot produce their photo identification, then that player is ineligible for that game.
 - b. If a manager or team representative wishes to challenge the eligibility of a player, they may do so. The following procedures will be followed when a manager challenges a player eligibility:
 - i. The challenging manager must pay a \$5 fee per challenged player.
 - ii. If the player fails to produce a valid photo id that player is declared illegal and the game is forfeited to the non-offended team. Forfeit deposits are not refunded even if an illegal player is discovered.
 - iii. Challenges must be made within 10 minutes of the player entering the game. Otherwise a written protest may be filed with the field monitor or ASPC. The written protest will be reviewed by the ASPC and a decision delivered in writing to the protesting manager.
7. Adding players shall not change the make up of the team or have a dramatic impact on the team's skill level. Managers are advised that the City of Folsom Parks and Recreation Department office keep a "free agent" list of individual names and phone numbers.
8. A player may play on only one team per division. If a player plays on multiple teams in the leagues, then the player's eligibility is determined by the highest-level Folsom league that the player plays in. For example, if a player plays for a First Division team, then that player is considered a First Division player regardless of perceived skills. Exceptions to this rule must be made to the ASPC. Exceptions will be based on skill level, family, or work relations. However, the exception may not unfairly affect a team's competitive balance as compared to the rest of the division. The following table list limitations on higher level players on lower level teams:

	Number of First Division Players	Number of Second Division Players	Number of Third Division Players
On a First Division Team	24	N/A	N/A
On a Second Division Team	8	24	N/A
On a Third Division Team	4	8	24

Rules of Play

1. The Rules of Play shall be the FIFA "Laws of the Game" as published by the United States Soccer Federation with modifications as stated herein.

Goalkeeper

1. Charging the goalkeeper shall not be permitted at any time when he/she is within his/her own penalty area. This means that regardless of whether the goalkeeper has, or does not have, possession of the ball, he/she may not be charged as long as he/she is inside his/her own penalty area. No body contact with the goalkeeper may be made if it can be at all prevented.
2. The ball may not be played while it is in the possession of the goalkeeper. The goalkeeper is considered to be in control of the ball by touching it with any part of his/her hand or arm.
3. A goalkeeper may not dangerously charge a player of the opposing club within his/her own penalty area.

Length of Games, Abandoned, Suspend, and Postponements

1. Games will consist of two (2) 45-minute halves with approximately a 5-minute half time break.
2. **A game referee may stop or suspend a match due to dangerous field conditions or other circumstances beyond the control of game participants.** A game shall be considered official once 45 minutes of play have been completed. Games suspended after the 45-minute point will be made up at the discretion of the ASPC.
3. **A game referee may stop or abandon a match based on misconduct by players, managers, fans or any other reason. The ASPC will determine the resolution of a game abandoned. The ASPC may award a forfeit win, a forfeit loss, a double forfeit, reschedule a match in its entirety, or resume the game at the point of suspension based upon the game facts and the best interest of the league.**
4. Postponements: Once published the schedule is final. Requests for postponements must go through the ASPC for approval. Once approved, the postponing manager must contact the opposing manager. The opposing manager must agree to the postponement, and the rescheduled time and date. If the opposing manager does not agree to the postponement, or the new time and date, then the postponing team will forfeit the game. If both managers agree to the new time and date, then the new time and date is official and both teams are responsible for fielding teams and the results of the game will be official.

League Standings

1. The league winners shall be the team scoring the most standing points in a season. Standing points shall be awarded in the following manner:
 - 3 points per win;
 - 1 point per tie;
 - 0 points per loss;
 - 1 point per qualifying red card as outlined in 9.4 below.
2. If at the end of a season there are two teams tied, then the following tiebreakers will be used:
 - a. Team with the most standing points in head-to-head games during the season.
 - b. Team giving up the fewest goals during head-to-head games.
 - c. Team giving up the fewest goals over the entire season.
 - d. Team with the fewest games forfeited during the season.
 - e. Team that scores the highest in tournament scoring system based on play against all teams. (6 points for a win, 3 points tie, 0 for loss, 1 point per goal up to 3 goals, and 1 point for a shut out).
 - f. Team with the fewest red cards.
 - g. Both teams are Co-Champions.
3. If more than two teams are tied, then the tie breaking process is:
 - a. Standing points in games played against the tied teams only.
 - b. Fewest goals given up in games played against tied teams.
 - c. Fewest goals given up over the entire season.
 - d. Fewest games forfeited.
 - e. Fewest red cards.

Note: Once a team is eliminated, remaining tied teams start at 2(a) or if more than 3 teams remain tied, start at 3(a) again.

 - a. A team will lose one (1) standing point if a player receives a qualifying red card during a game. A qualifying red card is a red card issued by the game referee for serious foul play, violent conduct, spitting at an opponent, or uses offensive, insulting or abusive language or gestures.
 - b. Standings points may be deducted if misconduct occurs before, during, or after a game.
 - c. Highest placed teams in each division returning may be required to move up during the next season. Lowest placed teams returning in each division may be required to move down during the next season. FASC may make exceptions to this guideline as required to preserve the competitive balance of the divisions.

Glasses and Jewelry

1. Players may wear only prescription glasses on the playing field during a regularly scheduled league game or tournament. Non-prescription glasses may not be worn. No jewelry of any kind is allowed. Rings may be worn if they have no stones or raised decorations. (Rings that will not come off may be worn if taped.)

Dangerous Equipment

1. Caps with bills, visors, casts and/or splints, no matter how heavily padded, are considered dangerous equipment and will not be allowed on the playing field. Knee braces must be padded and are subject to the Referees' discretion. Goalies may wear soft-billed visors.

Uniforms

1. All teams must wear a uniform when playing in the league games. The uniform must consist of a matching full-length shirt or similar color and design with permanent number, shorts (without pockets), and knee-length socks. The permanent number should be distinctly visible to the referee and on the back of the shirts. The goalkeeper must wear colors that distinguish him/her from the players on his/her team, the opposing team and the referee.
2. When two teams have jerseys of same or similar color, the home team is required to change colors or wear the pinnies. If the home refuses to wear the pinnies or change colors, they forfeit the game.
3. All players must wear shin guards with socks covering the shin guards. Undergarments such as compression shorts are allowed. They must be of the same main color as the uniform short.

Slide Tackle

1. Slide tackles will be allowed only in the Men's First Division only. Remember that most players need to go to work the following day, so use caution.
2. Slide tackles are not allowed in Men's Second Division or lower, in any Coed Divisions, in any Women's Divisions, or in any Over 35 Divisions.
3. If an illegal slide tackle is committed, a caution (yellow card) may be issued to the player committing the foul and an indirect free kick will be awarded. It is still at the discretion of the referee as to intent and safety.
4. Slide tackles shall be defined as: A move by any player who by leaving his/her feet, slides on the ground in an attempt to alter the course of the ball, with a player(s) of either team in close proximity.
 - a. Close proximity shall be defined as:
 - i. An area surrounding the ball, wherein a player previously in control of the ball must alter his/her direction or must leap into the air in order to avoid contact with the player committing the slide tackle; or
 - ii. An area surrounding the ball in which contact is made or has the potential to be made with a player by a player leaving his/her feet.
5. Goal Keepers are permitted to slide tackle as long as the keeper is within his or her penalty area. The keeper has no special privileges outside the penalty area.

Tackle from Behind

1. A tackle from behind, which endangers the safety of an opponent, must be sanctioned as serious foul play. A player guilty of serious foul play is sent off and shown the red card.

Substitutions

1. Players may be substituted only during a stoppage of the game. The number of substitutions shall be unlimited. Substitutions may be made at the following times:
 - a. Prior to a throw-in of either teams' possession.
 - b. Prior to any goal kick.
 - c. After a goal by either team.
 - d. After an injury, by either team when the referee stops play.
 - e. At half-time.
 - f. If a player receives a caution, only that player may be substituted unless the game is stopped at a substitution opportunity.
2. If a team begins a match short of players, late arriving players must check-in with the referee nearest to the touchline. After check-in the player may only enter the field at the next stoppage of the game after notifying the referee or with the permission of the center referee during play.

Home Team

1. The home team is listed first on the schedule.
2. Home team shall change uniforms or wear pinnies as provided by the league if their uniform color is not distinctly different than that of the visiting team.
3. The home team shall have their choice of touchline their bench shall occupy, if the referee or facility monitor requests teams occupy opposite touchlines.

Specific Rules for Co-Ed League

1. A team shall be composed of eleven (11) players on the field. Goal Keepers can be either male or female; the remaining ten (10) field players shall consist of five (5) males and five (5) females.
2. A team must have a minimum of (7) seven players to start the game, including the keeper. Of the seven at least three (3) must be females and at least three (3) must be males.
3. At no time are there allow to be more than 5 male players on the field (excluding the keeper). If there are not enough females, the males DO NOT have to reduce numbers to match female's numbers. For example, a team may play with 5 males and 3 female players.
4. A team may play with up to 7 female players with a corresponding reduction in male field players.
5. Penalty kicks may be taken by any player, male or female. When successfully completed, it is worth one goal, with no special point differential because a female takes the kick.

Specific Rules for Men's over 47, 8x8

1. No Off-side. But no poaching either.
 - a. Players cannot receive the ball inside the 18-yard box from a pass from the opposite side of the field unless in a standard on-sides position.
 - b. A pass from the same side of the field is not poaching and can be received anywhere including inside the 18-yard box.

2. (2) 40-minute running clock halves with 5-minute halftime. Teams switch sides at halftime.
3. No coin flip; away team always takes first half kickoff. Home team selects which direction they want to go. Home team takes second half kickoff. Kickoffs can go any direction.
4. Goal kicks will be taken from any part of the goal box. No punts allowed. Ball kicked from the ground; goalie can kick ball anywhere. Goal throws cannot cross half line.
5. A goal may be scored on a kick-off, a corner kick and a goal kick.
6. Teams must have at least 5 players: 4 field players and a goalkeeper to begin. Late arrivals will be allowed to sub-in when ready. If a team does not have the required number of players to start, that team has 10 minutes to get to the minimum number of players or they will forfeit the game. If both teams are short, it is a double forfeit. As soon as they meet the minimum number of players, the game will begin.
7. Substitutes are unlimited and "on the fly" at the middle of the field.
 - a. Need to wait until the active players completely leaves the field before the sub can enter and will be monitored as best as possible with a single ref.
8. NO slide tackling allowed.
 - a. A player may play the ball on the ground if not attempting to dislodge the ball from an opponent, no other player is within 5-yards, and no player has to jump or change direction to avoid player sliding, then no issues. No sliding for shots on goal.

Referee Responsibilities

1. Referees shall be dressed in the proper referee attire, shall have all equipment in proper working order, shall fill out the 24-hour report when reporting red carded players. Referees shall record all yellow and red cards issued on official game card. The player card of an ejected player or coach must be retained by the referee and submitted with the 24-hour report to the appropriate league officials.
2. The Referee is to consider the ASPC as having the most current information as it relates to rules of the Folsom Adult Soccer League. The ASPC can instruct the referee on any changes or alterations to league rules and policies as long as it does not conflict with the referee's responsibility to fulfill the Laws of the Game.
3. **Referees shall act as the match timekeeper and maintain the game clock. The referee's game clock shall be used to judge forfeit time.**

Referee Decisions

1. The decisions of the referee regarding facts connected with play are final. The referee has absolute authority in the enforcement of rules of the game. The referee may stop, suspend or terminate the match, at their discretion, for any infringements of the Laws of the Game. If there is a question regarding a rule or its application, the team spokesperson can contact the Adult Soccer Program Coordinator for clarification. Referees will be updated accordingly. At no time will a player, manager or coach confront an official at a match. (Dissent rule applies).
2. The Recreation Division will address problems concerning a referee only if they are related to:
 - a. Demonstrated lack of knowledge about the rules of play as used by Folsom Recreation Division, and a demonstrated unwillingness to learn and/or enforce these rules.

- b. Refusal to referee in a professional manner.
- c. Refusal to follow league by-laws, rules and/or procedures.

Disciplinary Rules

1. A player is expected to conduct him/herself in an adult manner at all times. Game referees and facility monitors may report misconduct before, during or after games. Any such misconduct will be treated and penalized the same as if it happened during a game.
2. A player is cautioned and shown a yellow card (without ejection) for:
 - a. Unsporting behavior
 - b. Dissent by word or action
 - c. Persistently infringes the Laws of the Game
 - d. Delays the restart of play
 - e. Fails to respect the required distance when play is restarted with a corner kick or free kick
 - f. Enters or reenters the field of play without the referee's permission
 - g. Deliberately leaves the field of play without the referees' permission
 - h. Using foul language or gestures of any kind for any reason before, during or after the game. Profanity will not be tolerated when directed at another player regardless of team, official, or even oneself. Players may be cautioned, and the game officials will record each infraction. Repeated offenses will be reviewed with possible expulsion of the player/manager from the league as necessary result.
3. A cautioned player must leave the game for 5 minutes unless the number of players would drop below 7.
4. A player will be sent off and shown the red card for committing the following offenses:
 - a. guilty of serious foul play
 - b. guilty of violent conduct
 - c. spits at an opponent or any other person
 - d. denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within their own penalty area).
 - e. denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick.
 - f. uses offensive, insulting or abusive language or gestures.
 - g. receives a second caution in the same match.

Suggested Penalties

1. The Recreation Division shall act on all disciplinary matters and have discretionary powers in interpreting the degree of penalties applied to teams, personnel, and players. The degree of penalty may be increased/decreased for subsequent offenses and according to the gravity of the offense. The length of suspensions shall be defined in the City of Folsom Player Code of Conduct.
2. A player or manager suspension shall include all games in all divisions during the time of suspension. This also includes all City of Folsom activities.
3. Weeks in which the team does not play due to holiday or bye shall not count for the purpose of suspension.

4. Suspensions shall carry over to following seasons.
5. A player or manager receiving a red card will be suspended for a minimum of 1 week at the discretion of the Folsom Recreation Division. This may not apply to denying an obvious goal scoring opportunity.
6. If a player or manager has accumulated a total of two (2) or more red cards during a twelve (12) month period, that player may be suspended for one full year at the discretion of the Folsom Recreation Division
7. If a player or manager has accumulated a total of two (2) yellow cards during a 30-day period, that player may be suspended for a minimum of one week at the discretion of the Folsom Recreation Division.
8. A player may appeal a multi game suspension by contacting the Parks and Recreation, Recreation Supervisor at anytime during his/her suspension.

Other Items

1. Coaches and Managers are responsible for the conduct of their players, assistant coaches, parents and spectators. Coaches, assistant coaches, managers and spectators are encouraged to be positive in their comments and support of the all players and officials. Any derogatory remarks or negative comments and gestures may result in ejection from the park.
2. Coaches, Managers, Players and all Spectators will be held to the highest standards of sportsmanship and courtesy especially towards referees and officials and staff. Failure to do so is cause from ejection from the park.
3. In all the cases, refusal of the individual to give his/her name to the referee will be cause for suspension from a future match in addition to any other penalties.
4. If the total number of red and/or yellow cards issued to a team or both teams equals five (5) in a single game, the referee or the facility monitor may terminate the game. The termination of the game will not affect disciplinary actions the Recreation Division may decide to impose on the individually carded players. If a game is terminated from this situation the ASPC will review and find which team is more at fault for the termination and award one team a forfeit win or both teams a dual forfeit loss. Negative point deductions from the individual cards will still be assessed on the team's season point totals.
5. Any players falsifying his/her identification, representing themselves to be someone else, or using any subterfuge to play in a match for a team to which they are not rostered will be immediately suspended from play. The manager will may also be suspended from play. The player whose ID card was used illegally will not be affected.
6. This list does not limit the actionable offenses and penalties the Folsom Adult Soccer Program may employ.
7. Please refer to the Players Code of Conduct for additional rules clarification.

For questions, contact Folsom Parks & Recreation at 916-461-6650.