

All league games will be played in accordance with the current FIFA Soccer Rules with the following modifications. The City of Denton Parks & Recreation department reserves the right to add, delete, or amend the rules and regulations or policies for the betterment of the program.

**Captains: Please go over these rules with your team members.**

**I. COVID-19 Rules & Guidelines To maintain the spread of COVID-19 and provide a safe environment for players, spectators, and staff. Please adhere and follow the requirements listed below.**

- Participants, Coach's, and spectators should always self-monitor and check temperature at home prior to attending games. Noticeable **concerns include: coughing, shortness of breath or difficulty breathing, chills, abnormal muscle pain, headache, sore throat, loss of taste or smell, diarrhea, feeling feverish or a measured temperature greater than 100.3 degrees.** If any individual does not feel good or is showing any symptoms mentioned above. Please stay home!
- Any individual whom has experienced any related symptoms or has been exposed to someone that has tested positive or tests positive CANNOT ATTEND games until cleared by a physician by providing a doctor's note and receive approval from DPARD to return. The individual MUST contact the Athletic staff immediately.
- Should a player, coach (or multiple individuals) test positive. DPARD may suspend the league for at least two (2) weeks. If any additional suspension occurs, the league may be subject to cancellation.
- Please arrive no earlier than 15 minutes prior to your game. When games end, players and spectators should exit the facility immediately. Please do not congregate inside complex. If you must wait for your double header game, please wait in car or come back closer to game time.
- Please avoid communal coolers. It is recommended that players and managers bring their own beverages to reduce the spread of COVID-19.
- Masks are recommended but not required. Please practice social distance from one another.

**II. Team Rosters:**

- a. A maximum of 16 players may be carried on a roster. Adding of players to a roster must be done before the third scheduled game. Rosters, will be frozen after the third (3) week.
- b. A player cannot be on two or more team rosters within the same division.
- c. Rosters must include email, phone number, and signature of each player participating.
- d. Rosters must be turned in to the score table at your First Game! Failure to turn in roster by the first game with all signatures will result in a forfeit.**
- e. If a protest occurs all players must provide a valid picture id that matches their name on the roster. If the protest finds a player that is not listed on the official team roster the team must forfeit any game the player participated in.
- f. Players must be at least age 16, all players under the age of 18 must have a parent complete a child waiver prior to playing in their first game.
- g. If ejected from a game through a red card, a player must leave the complex. The player may not play for the remainder of that game as well as the game the following week.

**III. Divisions Offered:**

- a. Co-Ed for Fun (Casual)
- b. Co-Ed (Recreational)

**IV. Check In:**

- a. At the beginning of every game each player is required to sign in with the score table.
- b. Players must be on roster in order to play and must show a valid Picture ID in order to verify identity.
- c. Player will not be made eligible until ID is provided.

**V. Field/Roster:**

- a. The fields size will be 80 yards long and 60 yards wide
- b. The goal will be the standard goal size.**

- c. Game play will be 8v8. (7) Players on the field and one (1) goalie. Teams must play with 3 females at a time on the field. No male may replace a missing female.
- d. A team must have at least 6 eligible players including goalie available at game time to start. However, if the team only has 2 females at the game, they must play with 7 on the field.
- e. If the team does not have enough players, teams can take their 2 minute time out to delay the game. Following the 2 minute time out, the game will be a forfeit.
- f. To limit forfeits, teams can get a guest player from another team within the division. Refer to guest player rules for clarification.
- g. **Note:** To be considered “available” for a game, a player must be on the playing field, in sight of the referee.

VI. **Uniform/Equipment:**

- Teams must wear shirts/jerseys that are of the same shade of primary color with a fixed permanent number on the back of jersey. Shorts and socks do not apply.
- **Each player must have different numbers. The number must be fixed on the jersey. No duct tape, pinned, or sharpie drawn numbers will be accepted.** Teams with mismatched shades of the same color may be required to wear mesh pennies to prevent color conflicts
- Goalkeepers will wear colors that distinguish them from other players and referees. Opposing goal keepers may wear the same color.
- Teams must provide their own soccer balls for warm up. The game ball (Size 5) will be provided by PARC. An alternate game ball may be used if agreed to by both team captains.
- Shin guards are highly recommended. If shin guards are worn, they must be completely covered with socks.
- Cleats are recommended not required. Shoes must be worn at all times. Shoes with the front toe cleats, softball cleats, shoes with a raised heel, sandals, boots or hiking boots will not be allowed. No metal or steel cleats or spikes will be allowed to be worn. All cleats must be rubber or plastic or some other similar acceptable material.
- Due to player’s safety, **no jewelry, hard casts, and hard headgear** of any kind is allowed to be worn during play.

VII. **Scoring:** Shall be as follows:

- a. All penalty kicks shall be taken by female players only.
- b. Goal scored by a woman - 2 points, except for penalty kicks.
- c. Goal scored by a man - 1 point.
- d. Penalty kicks - 1 point. Exception: If the penalty kick is the result of a woman being fouled during a clear scoring opportunity (such as a breakaway or an intentional hand ball blocking a shot) the referee may allow 2 points.
- e. Own goals - 1 point (regardless of sex).
- f. Note: A defending player (including the goalkeeper) touching the ball last before it crosses the goal line does not necessarily constitute an own goal. A goal should be credited to the attacking player touching the ball last if, had no one else touched it, it would have continued across the goal line and into the goal. If, however, the last touch by the attacking player would not result in the ball crossing the goal line into the goal if left untouched, but a defending player redirects it into the goal, the result should be an own goal. If a female attacking player is credited with the goal under these conditions, the result should be 2 points.

VIII. **Format/Game Play:**

- a. Games will consist of two (2) twenty-five (25) minute halves with running clock. A two (2) minute half-time will be observed. Ends will change after each half and the team that received the kick off in the first half shall kick-off to start the second half.
- b. One (1) two (2) minute time-out will be provided for the entire game.
- c. A coin toss will decide the kick off and which goal each team is to defend. Scheduled home team will call for the coin toss.
- d. Goals may be scored from anywhere except directly from goal kicks, kick-off, throw-ins, indirect free kicks, and goalkeeper throws.
- e. Goalkeepers can only use their hands inside the penalty area.

- f. **Slide Tackling:** There is **no slide tackling** allowed by any player. This is considered an automatic **YELLOW CARD** infraction.
- a. Slide tackling is defined as purposefully going to ground in close proximity to an opposing player in a manner that could reasonably be expected to result in contact with that opposing player. This rule applies regardless of whether contact is made with another player or the ball – if contact could have reasonably been expected, the sliding player is in violation.
  - b. Violation of this rule will result in the offending player being issued a yellow card.**
  - c. The goalkeeper is prohibited from slide tackling. However, this rule does not preclude other sliding plays within the laws of the game. The goalkeeper is prohibited from going to the ground while leading with his/her feet or legs toward a player that could reasonably be expected to result in contact with the other player. The goalkeeper is not prohibited from going to the ground in any other manner to make a save (i.e., leading with his/her hands or body).
  - d. Nothing in this rule is intended to prohibit sliding in open space. Sliding is permissible for the goalkeeper and the play
- g. **Offside** will be in effect and will occur if the player is nearer to his opponent's goal line than both the ball and the last defender at the time the ball is passed. A player is not in an offside position if they are on their own half of the field or level with the last defender.
- h. **Substitutions:** Unlimited player substitutions are permitted. Substitutes may enter the game and goalkeepers may change with the referee's consent, at the following times:
- a. On goal kicks by either team
  - b. After a goal is scored by either team
  - c. When play is stopped for an injured player from either team.
  - d. On throw in's by either team.
  - e. The official must call the player onto the field before the substitution may occur. ALL SUBSTITUTIONS must be made at the half line with permission of the referee.**
- i. **BLOOD RULE-** Players who sustain injury causing an open wound will be required to leave the game. A player may not re-enter the game until the flow of bodily fluids is stopped and the wound is covered. They must wait for the ball to go out of play before re-entering the game.
- j. **MERCY RULE:** If a team is up ten (10) or more goals at halftime or any time thereafter, the game will end.
- k. **Regular Season Games:** All regular season games that end in a tie will remain a tie. League standings will be determined based on 1. Win/Loss Record 2. Head to Head. 3. Average Point Differential. 4. Average Point Against.
- n. **Playoff Games:** Playoff games will be played to full time, if the time ends and there is a tie the game will go into over-time. Over time will consist of a five (5) minute overtime period, if either team scores it will be golden goal rules (GOLDEN GOAL: The team who scores wins, game over). If at the end of the overtime period no team has scored it will move onto a shootout. Each team will select five (5) players from each team to shoot in the shootout, all five (5) shooters will take their shots on both teams and whoever scores the most goals will win. If it remains a tie following the first five (5) shooters they will move on to the next five (5) shooters who have not yet shot. This will continue until a winner is declared.
- IX. **Forfeit Rule:**
- Game time is forfeit time. (Teams may use their one (1) time out before the forfeit will be called).
  - All forfeits will be recorded as 3-0 for the score.
- X. **Guest Players:**
- Any guest player must be registered to a current team in the same division
  - The guest player must wear a numbered jersey of similar color with the team they are playing with
  - Photo ID must be presented to verify age, name and that they are on a roster in the same division
  - **Guest players are NOT allowed to score, but can play anywhere on the field (goalie, forward, mid, defense)**
  - **A maximum of three guest players is allowed per game**
- XI. **Player/Team Conduct**
- A player will receive a **yellow card** if the player:
    - Clearly disrespects the rules of the game
    - Disapproves with gestures or words the decisions of the referee

- Touches the ball with his hands, clearly avoiding the opportunity of a goal
- Impedes the progress of the game, interrupting, grabbing, or tripping the opposing player, not directly being an aggression but clearly avoiding an opportunity of a goal
- Behaves unsportsmanlike
- A player will be sent off indefinitely, not being able to be replaced if the player:
  - Gets a second yellow card (this will result in a red card and being sent off the field as well as not being able to play the following week)
  - Acts violently, brutal, or abusive in their language, gestures, actions, or attitudes, etc, that result to be intolerant, racist
  - Serious foul play
  - Violent conduct
  - Spitting at an opponent or any other person
  - A player who has been sent off the field due to a red card must leave the vicinity of the field of play and the technical area
- **RED CARDS**
  - Any player who receives red cards will be kept on file at the DPARD office
  - In the event a player receives a red card, the player will be suspended for the remainder of the game and the next scheduled game. **After receiving the red card, the player has 60 seconds to leave the field and surrounding area, failure to do so will result in a forfeit for that players team**
  - If a red card is issued to a team playing with 6 player, that is an automatic forfeit because the team no longer has the minimum amount to play on the field
  - Two red cards received for one player during the season will result in being banned for the remainder of the year
  - Red Card examples include, but are not limited to: excessive rough play, and arguing calls with officials. **One red card equals ejection from the game**
  - Any player who starts a fight will automatically be suspended from the remainder of the season. Other players involved in a fight will draw an appropriate suspension as determined by the DPARD Manager by recommendation of staff there and the referee.
  - Any intentional physical contact to the referee or DPARD staff will result in immediate suspension for the season from all DPARD programs.
  - Unsportsmanlike behavior may result in penalties being imposed upon the offending individual, including coaches, participants, or spectators. Penalties may include banishment from further participation in Denton Parks and Rec activities.
- **Referee/Staff on site** - each match is controlled by a referee who has full authority to enforce the rules of the game in connection with the match to which they have been appointed
  - Powers and Duties of the Referee:
    1. Enforce rules of the game
    2. Controls the match
    3. Acts as timekeeper and keeps a record of the match
    4. Stops, suspends, or abandons the match, at ref discretion, for any infringements of the rules
    5. Stops, suspends, or abandons the match because of outside interference of any kind
    6. Stops the match if, in refs opinion, a player is seriously injured and ensures that he is removed from the field of play. An injured player may only return to the field of the play after the match has restarted.
    7. Allows play to continue until the ball is out of bounds if a player is, in refs opinion, only slightly injured

## XII. Other Important Information

- Games may be canceled due to hazardous weather conditions (thunderstorm, tornado, and lightning) or hazardous field conditions. If the status of the game is changes an email will be sent out to your captain. You can check if fields are closed by calling the rain out line at 940-349-8276.
- Once a game is scheduled, it will be played at the date, time, and place listed. Games will not be rescheduled for any reason except for weather and field related conditions.
- Referees and Parks and Rec Athletics Staff are to be obeyed at all times
- No alcoholic beverages or smoking is permitted on the fields or in the parking lot.

- If you win your division, you will be required to move up to the next highest division for at least one season before moving down again. If there is not a higher division, you can remain in the same division.
- Please help us keep the fields clean by making sure your team and family and friends watching the game pick up all their trash out of the bleachers and along the side lines before you leave!

Games will be played at Vela Soccer Complex located at 2101 Riney Rd.

Questions? Call the league office at (940) 349-8523 or 940-349-8547.

Website: [www.quickscores.com/denton](http://www.quickscores.com/denton)

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**CITY OF DENTON PARKS & RECREATION  
PLAYER'S CODE OF CONDUCT**

**WHEN THE GAME IS OVER THE OFFICIAL STILL HAS JURISDICTION OVER THAT GAME. THIS  
JURISDICTION EXTENDS TO BEFORE, DURING AND AFTER GAMES AND COVERS ALL  
PLAYERS/FANS**

The following applies to all sections: "Player" means **any** participant, i.e., player, team member, coach, manager, scorekeeper, or fan. "Official" means **any** umpire/scorekeeper or Denton Parks and Rec. staff.

1. **No Player May:** Refuse to abide by an official's decision, threaten an official, or at any time lay a hand upon, push, shove, or strike an official.  
**Penalty:** Officials will eject the player or players from the game and report the incident to the League Office. The player or players will be suspended for at least the remainder of the current season, and possibly next season depending upon when in the season the incident took place. Second offenses will result in permanent suspension from all Denton Parks and Recreation leagues.
2. **No Player May:** Demonstrate objection to an official's decision by throwing any object, and no object shall be thrown in any manner, for any reason, that an official judges to be dangerous.  
**Penalty:** Officials will eject the player or players from the game and report the incident to the League Office. The player or players will be suspended a minimum of 2 additional games.
3. **No Player May:** Be guilty of using unnecessarily rough tactics in the play of the game against the body and person of any opposing player. This includes fighting before, during and after a game.  
**Penalty:** Officials will eject the player or players from the game and report the incident to the League Office. The player or players will be suspended a minimum of 2 additional games.
4. **No Player May:** Be guilty of an abusive verbal attack upon any player, official, or spectator. Any use of profanity, obscene or vulgar language in any manner, at any time, will not be tolerated.  
**Penalty:** Officials will give a technical or eject the player or players from the game and report the incident to the League Office. Ejected players will receive an additional one game suspension.

**Ejected and Suspended players:** Ejected players must leave the facility and grounds immediately. Failure to do so will result in a forfeiture of the game. Suspended players are not allowed to return to the premises, even as a spectator, until their suspension has been served in full.

**The Game Official in Charge** may either suspend or declare forfeit any game where in his or her judgment there has been a violation of the code, making it unsafe to continue the contest.

**The League Office** has the power and full discretion of imposing penalties on all violations of Player's Code of Conduct. For any violation not explicitly stated in the code, the penalty will be at the discretion of the League Office.

**Incidents involving serious threats and/or vandalism to North Lakes Park will result in Police involvement, and may result in permanent suspension from the league and North Lakes.**

**ANNUAL WAIVER AND RELEASE OF LIABILITY**

**I understand in consideration of the privilege of allowing me to participate in any City of Denton Parks and Recreation Department (City) Activity, do hereby, for myself, my heirs, executors and administrators, covenant and agree to INDEMNIFY AND HOLD HARMLESS the City, its employees, agents, successors, assigns, sponsors and volunteers assisting in City activities, from any and all damages, claims or liability of any kind, whatsoever, by reason of injury to property or third persons occasioned by any error, omission or negligent act by me. I further do hereby expressly RELEASE, DISCHARGE AND HOLD HARMLESS the City, its employees, agents, successors, assigns, sponsors, volunteers assisting in City activities, from any and all damages, claims or liability of any kind, whatsoever, from any injury to me or my death or damage to my property, arising or resulting from my participation in City activities or transportation to and from City activities, or my presence upon City facilities, INCLUDING CLAIMS AND DAMAGES ARISING IN WHOLE OR IN PART FROM THE NEGLIGENCE OF THE CITY, ITS EMPLOYEES, AGENTS, SPONSORS AND VOLUNTEERS. I understand that this "Annual Waiver and Release of Liability" is effective for the adult sports programs/leagues. I recognize that all classes or activities of a physical nature involve some risk and by registering for a class/activity of the City, there is an assumption of risk by me.**

# Denton Parks and Recreation Concussion Policy

## PURPOSE

The following policy and procedures are being implemented by the Denton Parks and Recreation Department, with the intent to reduce the potentially serious health risks associated with sports related concussions and head injuries.

## POLICY

It is policy of the Denton Parks and Recreation Department to educate coaches, referees, staff, parents, and participants of the signs, symptoms or behaviors consistent with sports induced concussions. Participants suspected of a concussion or head injury, are required to be removed from the activity, must seek medical attention, and then follow the proper procedure for return to play. "When in doubt, sit them out!"

## DEFINITION

A concussion is a type of traumatic brain injury that is caused by a blow to the head or body that jars or shakes the brain inside the skull. It is important to note that an athlete does not have to lose consciousness to have suffered a concussion. Symptoms include but are not limited to the following below.

### SIGNS OBSERVED BY OTHERS

- Appears dazed or stunned
- Is confused about assignment
- Forgets an instruction
- Persistent vomiting
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Increasing sleepiness
- Shows mood, behavior, personality changes
- Can't recall events prior to hit or fall

### SYMPTOMS REPORTED BY ATHLETE

- Headache
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

## ROLE OF COACHES AND STAFF

Coaches and staff will NOT be expected, nor will they be trained to "diagnose" a concussion. Diagnosis is the job of a qualified health care provider. Coaches and staff are being asked to use their best judgment in observing the signs, symptoms, and behaviors associated with concussions. If coaches or staff observes questionable signs, symptoms, or behavior, he/she must remove the player from the sporting event for further evaluation and notify the player's parent/guardian and fill out the appropriate accident form. Coaches and staff are not permitted to allow a player to resume activity until the Denton Parks and Recreation receives a written statement from a qualified health care provider indicating that the player is cleared to resume participation in the sporting event.

## ROLE OF OFFICIALS

Officials will NOT be expected to "diagnose" a concussion. Officials are being asked to use their best judgment in observing the signs, symptoms, and behaviors associated with concussions. Officials will not be asked to give what could be perceived as a medical opinion. If an official observes questionable, signs, symptoms, or behavior, the official should notify the appropriate staff and the player should be removed from the sporting event. Officials are not responsible for the sideline evaluation or management of the player after he/she is removed from play.

## **ROLE OF PARENTS/GUARDIANS**

Like coaches, staff and officials, parents/guardians will NOT be expected to “diagnose” a concussion. However, parents/guardians are being asked to become familiar with the signs, symptoms, and behaviors associated with concussions. Parents/guardians will be expected to comply with this Policy and support the determination made by staff to remove a player from a sporting event.

It is the parent/guardian’s obligation to have the player evaluated by a qualified health care provider and to obtain from that provider a written statement that clears the player to resume participation in the sporting event.

## **MANDATED COURSE OF ACTION**

1. Remove player from the sporting event.
2. Notify parent/guardian.
3. Any player suspected of having a concussion should be evaluated by a qualified health care provider as soon as practicable.
4. Before a player will be allowed to resume participation in a sporting event, the parent/guardian of the player must obtain a written statement from a qualified health provider and return to the Denton Parks and Recreation Department indicating that the player is cleared to resume participation in the sporting event.

The signs, symptoms and behaviors associated with a concussion are not always apparent immediately after a bump, blow or jolt to the head or body and may develop over a few hours or longer. An athlete should be closely watched following a suspected concussion and should never be left alone.

Athletes should never try to “tough out” a concussion. Teammates, parents/guardians and coaches should never encourage an athlete to “play through” the symptoms of a concussion. In addition, there should never be an attribution of bravery or courage to athletes who play despite having concussion signs and/or symptoms. The risks of such behavior must be emphasized to all members of the team, as well as coaches and parents.

If an athlete returns to activity before being fully healed from an initial concussion, the athlete is at greater risk for a repeat concussion. A repeat concussion that occurs before the brain has a chance to recover from the first can slow recovery or increase the chance for long-term problems. In rare cases, a repeat concussion can result in severe swelling and bleeding in the brain that can be fatal.

## **Return to Play**

After suffering a concussion, no athlete should return to play or practice on that same day. An athlete should never be allowed to resume play following a concussion until symptom free and given the approval to resume physical activity by an appropriate health-care professional. Documentation must be provided to the Denton Parks and Recreation athletic supervisor.

Once an athlete no longer has signs or symptoms of a concussion and is cleared to return to activity by an appropriate health-care professional, he/she should proceed in a step-wise fashion to allow the brain to re-adjust to exercise. In most cases, the athlete should progress no more than one step each day, and at times each step may take more than one day.

If symptoms of a concussion recur, or if concussion signs and/or behaviors are observed at any time during the return-to-activity program, the athlete must discontinue all activity immediately. Depending on previous instructions, the athlete may need to be re-evaluated by the health-care provider.