



HAYWARD AREA RECREATION AND PARK DISTRICT ADULT SOCCER LEAGUE RULES & REGULATIONS

(Last Updated 2/25/25)

www.teamsideline.com/hayward

**UPDATED/NEW RULES
HIGHLIGHTED**

ALL LEAGUE RULES SHALL BE GOVERNED BY FIFA WITH THE FOLLOWING EXCEPTIONS:

SECTION I - PLAYING RULES

PLAYERS: Teams must have at least seven (7) players to start a game. Less than seven players at any time after 10 minute grace period is a forfeit.

MINIMUM

AGE: Players must be the league minimum age by December 31 of the current year – where applicable. All Men's and Co-Ed Division players must be **21 years of age** or older to participate unless specified otherwise.

PLAYER ID: Each player must be prepared to provide a copy of a **current and valid photo identification** should a protest arise regarding their eligibility to participate. If a player cannot provide a valid identification, their participation in the game is terminated. Should it be determined through a formal protest review that the player was not eligible, the game will be declared a forfeit and the Manager will be suspended.

GUEST PLAYERS: Each team is allowed to use up to two (2) "Guest Players" each week if they have 15 or less player present for their specific game. Guest Players **MUST** be rostered on a current team in the league through the TeamSideline website. Since the Guest player is not on the that Coaches team roster it's that Coaches responsibility to alert the Referees to whom their 2 guest players are names and what team they are registered on. Add on forms will not be used. It is each coach's responsibility to ensure that any player used is properly registered to participate in any game. Utilizing players who are not officially rostered will result in suspension of the coach(s) as well as the player and forfeiture of the game.

UNIFORMS: All team jerseys or shirts shall be the same in color and style. Numbers are **recommended**. Women's and Co-Ed Leagues: Shirts do not have to be tucked in and thermal shorts do not have to match.

EQUIPMENT: Per FIFA rules, all players are required to wear shin guards. H.A.R.D. will provide one (1) game ball. The Home and Away teams are responsible to provide one (1) game ball each at each goal to expedite play.

**LINE-UP
CARDS:** Team Managers or representatives are required to make sure that players listed on the game card are the only players that participate. Only players listed on the official Game Card are eligible to participate. Game Cards are printed no earlier than 3:00 pm of your game day. Any players who register after this time **MUST** show the referee their email receipt.

**GAME
TIMES:** Game times are 7:00 and 8:30 p.m., unless otherwise specified on the league schedule. Teams will be given a **fifteen (15) 1st Game of Night ONLY** and a ten (10) minute grace period after the game clock begins to have at least seven (7) players on the field ready to play. If one or both teams are not ready to begin after ten minutes have passed the game will be declared a forfeit. Grace period time used under this rule will not be added to the end of game time. Should team have seven (7) players onsite, game will start. Managers cannot wait for additional players if minimum are there.

**PLAYING
TIME:** **Thirty-three (35) minute halves**, running time. Five (5) minutes will be allowed between each

half if game is on time.

OVERTIME: No overtime or shootout except for playoff games. If the score is tied at the end of a game, each team will be awarded one point in the official standings. **Note:** All playoff games will be determined by **PK's**.

STARTING THE GAME: There will be a coin toss before each game. The team that wins the coin toss will have the choice of which goal they wish to defend. The opposing team will start play with possession.

SLIDE

TACKLING: Women's & Co-Ed Leagues: **No slide tackling allowed against any player.** Sliding to save or retrieve a ball with no players adjacent is acceptable. Any slide that makes contact with a player is subject to a foul. Should a slide tackle occur anywhere in the penalty box, a penalty kick will be awarded.

SECTION II - ADMINISTRATION

STANDINGS: League standings will be computed using the following system: Three points for a win, one point for a tie. No points for a loss. If teams are tied at the end of the regular season the tiebreakers will be 1) Head to head record between tied teams 2) Least goals allowed between tied teams 3) Least goals allowed versus entire league.

AWARDS: Awards will include a Trophy for the 1st place team.

ROSTERS: Minimum of eleven (11) players, with no maximum number of players. All players must be 21 years of age or comply with age stipulations of specified leagues. Roster management will take place online through www.TeamSideline.com/Hayward. Each manager is responsible for making sure all players are on their roster before playing and have electronically signed all waivers. H.A.R.D. office hours are Monday through Friday, 8:30 a.m. to 5:00 p.m.

PLAYER ELIGIBILITY: During a game, if a manager protests to the head official that a player is playing under an assumed name or fails to meet age stipulations, the player must show proof (current photo I.D.) to head referee before play can continue. If the player needs to retrieve I.D. he/she must be removed from the game and play can continue. Failure to show proof will result in the game being forfeited. Referees may refuse to honor an ID check if he/she feels that the request is not legitimate.

PROTESTS: Any protest concerning a player who is not believed to be on the team roster or for any protest ruling by an official must be made by 5:00 p.m. of the second business day after the game in question. Protests must be made in writing via email. **All rulings on protests will be final.**

Any player who participates and is detected by an official protest, roster check or through any league investigation and has participated:

- With a falsified or invalid identification;
- Using an assumed name or using a player identification of a rostered player;
- Who is under specified age limits;
- Who is unable, unwilling, or flees the site when asked for a photo I.D.;

The resulting penalty will be: Player(s) and Manager are automatically ejected and game is forfeited. In addition, Manager will automatically be suspended for the remainder of regular and post season play.

SECTION III - CONDUCT

Team managers are responsible for the conduct of all players, coaches and spectators at any H.A.R.D. event. Managers may face disciplinary action (i.e. suspension) if they cannot control their players and spectators. Sponsors will be notified and/or teams will be subject to disciplinary action for excessive abuse of conduct rules.

**PLAYER
CONDUCT:**

RED CARDED PLAYERS:

Any participant given a red card (or two yellow cards) for game related violations will be **automatically suspended** for the rest of play that evening and **one (1) additional league games**, longer if the act warrants further action. Red Carded Player is required to immediately leave the premises.

YELLOW CARDED PLAYERS:

Any participant given a yellow card for game related violations will be required to “cool off” for 7 minutes. Referee will keep track of this and verbalize to player when they are eligible to return.

BLUE CARDED PLAYERS

Any Player or Coach showing dissent on the field could be issued a blue card. This will result in the player serving a 5-minute suspension and will return to the field post serving punishment. Referee will keep track of this and verbalize to player when they are eligible to return.

FIGHTING:

Any person initiating, retaliating or participating in a fight before, after or during a game is subject to an automatic suspension of **one (1) year** from the date of the unsportsmanlike conduct. Player is suspended from play in any H.A.R.D. sponsored or co-sponsored sports league for this period of time.

Any team or group of players from one team involved in a fight before, during, or after a game will result in the teams **indefinite suspension** and forfeiture of all league fees.

A player/team has the right of written appeal to the Sports Office within three (3) business days of any disciplinary action.

ALCOHOL: No alcohol is allowed at any H.A.R.D. facility during league play or practice. This includes, both the field area and any adjoining parking lots or park space. LEAGUE OFFICIALS, H.A.R.D. EMPLOYEES AND ALL LEAGUE REPRESENTATIVES HAVE THE AUTHORITY TO REPORT AND, IF NECESSARY, REMOVE FROM THE PREMISES ANY PLAYER, MANAGER, COACH OR SPECTATOR WHO IS BELIEVED TO BE CONSUMING OR UNDER THE INFLUENCE OF ALCOHOL OR DRUGS. A team whose players, manager, coaches or spectators violates the no alcohol rule will first be given a written warning. A second violation will result in the forfeiture of that team's next league game and a one-year probation. A third violation will result in the entire team roster being suspended from further play in **ANY** H.A.R.D. sponsored activity for one (1) year from the date of the third violation.

INSURANCE: The Hayward Area Recreation and Park District does not carry insurance coverage for injuries occurring to the participants or spectators of any athletic contests. The entry fees to the various sports leagues are for the purpose of offsetting the costs of officials, fields, equipment and awards.

FIELD: Alden E. Oliver Sports Park – Richard Sheridan Soccer Fields, 2580 Eden Park Place, Hayward.

STAFF: Noel Munivez – Recreation Supervisor (510) 317-2303 munnn@haywardrec.org
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Robert Fernandez – Soccer Referee
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**SPORTS
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