

Pleasant Garden Adult Soccer Rules

Equipment and Uniforms

Game Ball - League Ball size as follows: Size 5

Player Equipment

- Shin-guards with knee socks over them are required by all players
- Cleats are required - **No metal cleats are allowed**

Uniforms – The league will provide jerseys..

NO JERSEY – NO NUMBER – NO PLAY – NO EXCEPTIONS

- No hats will be worn during any match.
- No jewelry including earrings and body piercings or any other items that may be dangerous in the opinion of the referee may be worn by any player. If a player is wearing any type of cast or brace, **there must be at least one (1) inch padding around it. No splint or brace with metal will be allowed.** Soft elastic bandage wraps or soft supports with Velcro for protection of the knee may be allowed. Before the game, the center referee must approve it and that will be based on if he/she thinks it poses any injury risk to a player.

NOTE: Any hard/plastic medical brace/cast/mask being used must be approved by PG staff before that player can participate in games.

Game Rules: **Pleasant Garden plays by the NCHSAA Soccer rules with age group modifications**

Rulebook Link: <https://www.nchsa.org/sports/soccer>

NO SLIDE-TACKLING AT ALL.

Number of Players per team on the field - ***Only registered players are permitted to play.*** Each team must have the minimum number of players to start/play the game. Any team without the minimum number of players on the field at game time will automatically forfeit. NOTE: In all age groups, a mutual agreement between coaches can change the starting number of players.

- Each team will play: 11v11

Duration of games – Each game will have a five (5) minute half time.

- 30-minute halves

Team Bench Area – Teams will have a “home” and “away” sideline. Spectators are allowed on/behind the team benches (unless attending to an injured player) or behind the goal areas. Both team benches will have boundary lines that each player must adhere to. The lines are there for the safety of all participants as well as game management.

Free Substitution - All age groups will use free substitution.

- Throw in, **only when team with the ball is substituting**
- Goal kick
- Injury or sickness
- Yellow or Red card
- Goal is scored
- At half time

NOTE: No substitution during a free-kick, or corner kick.

NOTE: No player is permitted to run onto the field without the referee’s permission. Any violation will be a yellow card offense.

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Player Injury - In case of an injury, the referee may stop play but will stop the game clock. Time may be extended only by the referee's discretion.

Weather Cancellations - In case of extreme weather conditions, a match will be called off by 2pm of the day of the game. PG staff will notify players. After 2pm, a game decision will be made by the site supervisor and officials.

Score/Timekeepers - Center referees are the official scorekeepers and timekeepers.

Ejections and Protests - If any coach, player, or spectator that is ejected from a game must leave the premises immediately and is also suspended for the team's next game.

No protests will be allowed except on ineligible players. Rulings or judgements calls are final. Teams using ineligible coaches/players will automatically forfeit the game and be ejected.

- An ineligible player is someone who is not officially registered, is not on the team roster, has been ejected from the game or from the previous game, or is too old to play in the age group.
- An ineligible coach is someone who is not officially registered or has been ejected from the game or ejected from the previous game.