



ADULT SOCCER RULEBOOK

Schedules, Standings, League information is all available at www.teamsideline.com/chico

BEHAVIOR AND SPORTSMANSHIP

It is every player's responsibility to know the rules and abide by them. It is also every player's responsibility to respect and cooperate with the officials. It is the team manager's responsibility to ensure proper behavior on the part of their team's fans. The team manager is ultimately responsible to CARD staff for all the above. All infractions will be governed by the Players Code of Conduct.

The objective of CARD sports leagues is to provide the opportunity for participants to benefit from a quality leisure time activity which encourages fitness, healthy competition, fun and fellowship in the form of organized sports. Friendly competition and good spirited rivalry are expected. However, officials and facility supervisors are CARD employees and will not tolerate verbal abuse or physical threats from or amongst players, coaches, or spectators. Managers are responsible for their team AND spectators. Inappropriate conduct can result in penalties ranging from game ejection to lifetime suspension. An official or facility supervisor may forfeit games if either team's participants or supporters interfere with proper conduct of the game.

GENERAL

Conversations with officials will be minimal. Team managers, and only team managers, may address the officials. Managers may only address matters of rule interpretation or essential game information and must do so in a courteous manner. Any verbalization directed toward an official other than that outlined above, will result in technical foul and possible dismissal from the contest.

No jewelry (rings, watches, necklaces, earrings, etc.) may be worn during the games (safety). Length of fingernails, if deemed dangerous, will be cause for removal of player from that game.

BLOOD RULE

A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is covered, or the uniform is changed.

PLAYER ELIGIBILITY

1. Players may not play on two teams in the same division. Penalties for playing with an ineligible player include forfeiture from game being played at the time the issue is brought to CARD staff attention (i.e. the game official or Adult Sports Director) and suspension of the team manager for the team's next game.
2. Minimum age for adult divisions: 16 years old (must have waiver signed by parent). Must be prepared to show proof of age if asked by CARD Staff.
3. Men's 40+ Men must be 40 years of age or older at the time of play in the men's 40+ league. ALL PLAYERS IN THE 40+ DIVISION MUST BE PREPARED TO SHOW ID



- i. Players must have a picture ID with date of birth on them.
 - ii. If another manager questions a player's age, an ID check will be made. Players must be prepared to show their ID. If they cannot, they will not be eligible to play.
4. A team manager or representative who uses an illegal player, or non-rostered player, in a game, will be suspended from the current game and the following game.
- a. Game will result in forfeit.

ROSTERS

1. Rosters are due on TeamSideline prior to the start of the first game. No changes after week 4.
 - a. All individuals in the team area and on the field of play must be on the roster. This includes anyone that is on the team's bench area.
 - b. Staff may do roster checks during regular season and/or prior to playoffs. All players must be enrolled on TeamSideline.
2. Permission to Play (minors 16+) – 16- and 17-year-olds must have an approved youth player add form signed by parent/guardian.

UNIFORMS

1. Players must have a white shirt AND a dark shirt for each game. Players who do not wear a shirt matching the color of their team's uniform are not permitted to participate in the game.
 - a. If two teams have the same color uniform top, the home team will wear the colored uniform and the visiting team will make the uniform adjustment.
 - b. Goalkeepers must wear colors that distinguish them from the other players.

EQUIPMENT

1. A player shall not wear anything deemed dangerous to another player.
2. All players must wear closed-toed shoes or soccer cleats.
 - a. All soccer cleats must meet FIFA standards (molded, studs or screw-ins) o
3. Shin guards are highly recommended.
4. Home team to provide game ball.

Game Time: Games will consist of two 25-minute halves with a 5-minute half time.

1. No overtime periods will be held. The game will end in a tie.
2. For playoff games, "Golden Goal" will apply: the first goal in a 5-minute extra time period wins the match for the scoring team.



i. If the game is still tied after extra time, a penalty shootout will be used to determine the winner. COED leagues must alternate men and women during shootout.

Game Play: Current FIFA rules will govern play with modifications as stated herein.

1. A minimum of 5 players are required to start a game, one of whom must be a goalkeeper
2. All free kicks are indirect, except for penalty kicks and corner kicks.
 - a. Any foul committed in the goal area (rectangle) that would normally result in a direct free kick will instead result in a penalty kick.
3. Kick-Ins are used instead of a throw-in when the ball goes out of bounds. Opposing players must be at least six yards away and cannot move to block the kick-in.
 - a. A goal may not be scored directly from a kick-in.
4. Player substitutions can be made at any time (i.e. changing on the fly is allowed).
 - a. The player coming off must be completely off the field before the new player joins.
 - b. Goalies cannot change on the fly - please wait for a stoppage in play before substituting goalies (the referee will disallow goalkeeper substitutions if they feel this tactic is being used to delay the match).
5. Kicks from the keeper:
 - a. Once the keeper possesses the ball with their hands, all drop-kicks, punts, throws from the goal area must either touch another player or the ground before crossing midfield. A goalkeeper can trap the ball and kick it over the halfway line if they never possess the ball with their hands.
 - b. If, after possessing the ball with their hands, a goalkeeper chooses to drop the ball, it is then considered a live ball and the goalie can play the ball wherever they choose, including beyond the halfway line. (This does not include a bounced drop kick.)
 - c. Goal kicks and set plays taken from within the goal area must either touch another player or the ground before crossing midfield.
 - d. Violations will result with the opposing team restart: indirect free kick at midfield.
6. Slide Tackling: Slide tackling is NOT permitted. An indirect free kick will be awarded to the team of the player being tackled. This is treated as “dangerous play.”
 - a. Sliding is permitted to reach a cross or to keep a ball in play, but this must NEVER be done near other players.
 - b. A goalie may slide to block a shot or pass in his/her own goal box.
7. Charging: A player shall be penalized for charging an opponent in a dangerous or reckless manner or using excessive force.



a. An allowable fair challenge for the ball must be shoulder to shoulder, in an upright position AND within playing distance of the ball, AND with at least one foot on the ground AND with arms held close to the body.

Coed Requirements:

1. Under no circumstances should there ever be more than three men on the playing field. The game should start with seven players, however no more than three men may play the field. The goalkeeper can be of either gender.

a. If a team is short of men, they can play five women and two men or six women and one man; however, a team may not play seven women.

b. One male is needed to constitute a coed game.

Misconduct:

A yellow card is shown to communicate that a caution has been administered.

A red card is shown to communicate that an ejection (sending-off) has been administered. Players, substitutes, substituted players, and coaches or technical staff may be shown yellow or red cards.

1. Yellow Card (Caution-able Offense) - A player is cautioned if guilty of:

a. Delaying the restart of play.

b. Dissent by word or action.

c. Entering, re-entering or deliberately leaving the field of play without the referee's permission.

d. Failing to respect the required distance when play is restarted with a dropped ball, corner kick, free kick or throw-in.

e. Persistent offenses (no specific number or pattern of offenses constitutes "persistent").

f. Unsporting behavior

2. Red Card (ejection) - A player, substitute, or substituted player is shown a red card and ejected if guilty of any of the following (sending-off) offenses

a. Denying a goal or an obvious goal-scoring opportunity.

b. Serious foul play

c. Biting or spitting at someone

d. Violent conduct

e. Using offensive, insulting, or abusive language and/or action(s)



- f. Receiving a second caution in the same match
 - g. Offenses where an object (or the ball) is thrown
3. Players receiving either a yellow or red card must provide the referee with their full name
 4. A player who accumulates two yellow cards (cautions) during the game will be shown a red card, and they must leave the field and may not return.

TEAM MUST PLAY DOWN A PLAYER

Ejected Player

1. An ejected player must leave the field of play. If the ejected player refuses, the game will be abandoned and will result in a forfeit for that player's team.
2. Game officials will report all cautions and ejections to the Adult Sports Director.
3. Adult Sports Director will document all cautions and ejections and will report all player ejections to the Recreation Supervisor
4. Ejected player must participate in Ejection Review Process w/Recreation Supervisor prior to next scheduled contest.
5. Suspended players ineligible to play for any/all teams during suspension