



ADULT SOCCER RULEBOOK

Schedules, Standings, and League information are available at www.teamsideline.com/chico

Updates for the new season are highlighted in yellow.

BEHAVIOR AND SPORTSMANSHIP

It is every player's responsibility to know the rules and abide by them. Every player's responsible for respecting and cooperating 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. The Player's Code of Conduct will govern all infractions.

The objective of CARD sports leagues is to provide the opportunity for participants to benefit from a quality leisure time activity that 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 the team's participants or supporters act in such a way as to interfere with the proper conduct of the game.

GENERAL

Conversations with officials will be kept to a minimum. 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 a technical foul and possible dismissal from the contest.

No jewelry (rings, watches, necklaces, earrings, etc.) may be worn during the games (safety). If the length of fingernails is deemed dangerous, the player will be removed 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 the game being played when 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 a waiver signed by parent). Must be prepared to show proof of age if asked by CARD Staff.
3. All age-specific leagues require players to be at least that age by the date of each game.

For example, men's 40+ Men must be 40 or older during play in the men's 40+ league.



ALL PLAYERS MUST BE PREPARED TO SHOW ID WITH BIRTHDATE.

- i. Players must have a picture ID with a date of birth on it.
 - ii. If another manager questions a player's age, an ID check will be done. 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 ineligible player or non-rostered player in a game will be suspended from the current and following games.
- a. The game will result in a forfeit.

Special Exceptions:

- a. Free agent teams are subject to be placed in divisions regardless of age requirements.

ROSTERS

1. Rosters are due on TeamSideline before the start of the first game. There will be 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 the regular season and/or before 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 a parent or 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-colored 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.
 - c. Teams are encouraged to get uniforms with matching colors.

EQUIPMENT

1. A player shall not wear anything that is deemed to be dangerous to another player.
2. All players must wear closed-toed shoes or soccer cleats.
 - a. All soccer cleats must meet FIFA standards.
3. Shin guards are highly recommended.

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

1. During the regular season, no overtime periods will be held. Games will end with a tie score.



a. Stoppage time is kept at the discretion of CARD referees.

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.

a. If the game is still tied after “extra time”, a penalty shootout will determine the winner. COED leagues must alternate male and female players during the 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 and corner kicks.

a. Any foul committed by the defensive team 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. **Players should come onto the field at the “half-field” line.**

b. Goalie substitutions cannot be made on the fly – Teams must 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, and 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 is **NOT** permitted defensively. The team of the player being tackled will receive an indirect free kick. 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 goal box.

7. Charging: A player shall be penalized for charging an opponent dangerously or recklessly or using excessive force.

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

Coed Requirements:

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

a. If a team has fewer male than female players, it can play with more female players than males; however, it may not play seven female players.

b. At least one male player 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, 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, resulting in a forfeit for that player's team.
2. Game officials will report all cautions and ejections to the Adult Sports Director.
3. The 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 the Ejection Review Process w/Recreation Supervisor before the next scheduled contest.
5. Suspended players are ineligible to play for all CARD adult sports during their suspension.

REMINDER

This is a recreational program. Players are not professionals, and while we encourage competition, the win-loss aspect is not a matter of life and death.

Stay under control.

The referees and other officials/staff are not professionals either, and errors may be made. All efforts are made to limit and correct errors but they are not all correctable.