

CITY OF LOS ALAMITOS ADULT SOCCER LEAGUE

Rules and Regulations

OBJECTIVES

The objectives for all Los Alamitos Adult Soccer Programs are to promote, develop, and conduct recreational soccer within the City of Los Alamitos and to promote standards of good sportsmanship and wholesome physical activity.

ADMINISTRATION:

All leagues will be played under the Southern California Municipal Athletic Federation (SCMAF) rules with certain exceptions noted herein, insofar as such the rules do not violate policies and regulations of the Los Alamitos Recreation and Community Services Department. All decisions on protest, illegal players, suspensions and soccer rule interpretation are final – NO appeals will be allowed.

LEAGUE FEES

1. A team beginning the season is expected to complete the season. There will be no entry fee refunds after schedule distribution. Please note that there is a \$100 non-refundable fee applied if a team requests a refund prior to the distribution of the schedule.
2. League fees cover the cost of the field rental, field lighting, awards, staff and maintenance.
3. Referee fees will be paid by the teams directly to the referees.
 - **7-on-7** referee fees are \$20 per game per team for a 2-ref system.
 - **11-On-11** referee fees are \$60.00 per game per team for a 3-ref system, \$40.00 per game per team for a 2 ref system, and \$40.00 per game per team for a 1 ref system.
4. Awards= League champions will be awarded individual awards for all roster players (up to 15 awards for 7-ON-7 and up to 20 awards for 11-ON-11).

LEAGUE RULES

1. Managers will receive the first week's game schedule at least one week before the first game. It is the manager's responsibility to obtain the information. If you do not receive the information, please contact the league coordinator.
2. League standings, stats, schedules, updates, rules, weather conditions, and stats will be posted on-line at www.teamsideline.com/losalamitos.
3. It is the manager's responsibility to ensure that his/her team receives schedules and schedule revisions.
4. **All league matters will be primarily communicated via internet (e-mails or website).**

ROSTERS AND PLAYER ELIGIBILITY

1. Each team shall be allowed a maximum of sixteen (16) players on its team roster for 7-ON-7 leagues and twenty-five (25) for 11-ON-11 leagues.
2. Any changes in team manager must be reported immediately.
3. All players must fill out the roster completely to be on their team's roster before they are eligible to play.
4. A team that plays with an ineligible player may be subject to a forfeit at the discretion of the league coordinator.
5. No adds (write-ins) may be done to the scorecard after the first five weeks of the season. A team adding an illegal player out at the field is subject to forfeiting the game.
6. Team rosters will be available at the field for the first seven weeks of play. All roster changes must be done by the 7th week of the league play via www.teamsideline.com/losalamitos.
7. It is the manager's responsibility to know who is on their roster. A copy of the roster can be requested from the league coordinator at any time.
8. There is no limit on player additions, however once a player has been dropped from a team's roster, he/she is ineligible to play with that team for the remainder of the season.
9. All roster additions or changes must be submitted via www.teamsideline.com/losalamitos, and approved by the league coordinator, in advance before a new player can be eligible. 11-ON-11 and 7-ON-7 Soccer roster changes must be submitted by the Monday at 8:00 a.m. prior to their next scheduled game to be eligible.
10. A player may only compete on one team per league. Players cannot participate on more than one team of the same league.
11. **All players must have a positive means of identification at EACH game.**
 - In 7-ON-7 divisions, all players must check-in with a **VALID** pictured ID to the site supervisor prior to every game they play.

- In 11-ON-11 divisions, all players must check-in with a **VALID** picture ID to the site supervisor prior to every game they play.
- **No ID, No Play** In all divisions the ID must be valid and list birth date (see SCMAF rule book for ID specifications).

PROTEST

1. A game cannot be protested because of a referee's decision involving accuracy of judgment, nor on agreements which are made between managers, captains, or referees prior to the start of the game. A protest will be received and considered, based on a misinterpretation of playing rules only. Protest form is available under forms on www.teamsideline.com/losalamitos.
2. Whenever a matter of a protest arises during a game, the captain or manager shall, **prior to the next play**, notify the referee and the site supervisor. The referee or site supervisor will notify the opposing team's manager or captain. If no protest is made by the next play, no protest can be filed.
3. Each team has the option to request an I.D. check against **one** player on the opposing team per game. This I.D. check may take place at any time during the course of the game.
4. If a manager feels an I.D. check is necessary, he/she must tell the referee and site supervisor which player he/she would like to check to see if that player is on the roster.
 - **NOTE:** Only the player in question and his/her manager are allowed to approach the referee.
5. If a team requests an I.D. check:
 - That player must show a picture I.D. to the scorekeeper
 - Sign and print his/her name, address, and telephone number as listed on the valid identification.
 - **The player in question of an I.D. check must be able to present an I.D. before the conclusion of the game or the game will be a forfeit.**
6. Within 24 hours after the game, a written protest must be turned in to the Recreation and Community Services Department **with a protest fee of \$15.00**. If the protest is awarded, the fee will be returned.
4. Decisions regarding player eligibility and other protests will be made final by the league coordinator, **NOT** the referee or site supervisor.

7-ON-7 LEAGUE RULES

1. All participants shall always behave in a sportsmanlike manner. **Unsportsmanlike conduct, aggressive play, profanity, derogatory remarks, flagrant fouls, excessive fouling, physical abuse or fighting will not be tolerated.**
2. **SCHEDULE:** The league guarantees 9 *scheduled* games. Team initiated forfeits will not be re-scheduled. Any games cancelled due to inclement weather or facility issues will be re-scheduled.
3. Players must be at least eighteen (18) years of age. Players that turn 30 or 35 in their respected league are considered eligible if they turn 30 or 35 before December 31, in the year of the season.
4. **EQUIPMENT:** Molded cleats, turf shoes, or tennis shoes are recommended. Metal cleats are prohibited. **Shin guards must be worn by all players.** Players without the proper equipment will not be allowed to participate.
5. **CASTS AND JEWELRY.** Casts (plastic or other hard substances in its final form) may not be worn during the game. Any exposed metal may be considered legal if covered by soft material and taped. Exposed jewelry such as wrist watched, bracelets, large or loop earrings and neck chains may NOT be worn during the game. Medical alert bracelets or necklaces are not considered jewelry, but if worn, must be taped to the body. Penalty for use: of illegal equipment is its removal from the game and a yellow card issued to the player violation.
6. Each team will furnish one (1) size five game ball to be approved by the referee.
7. **TIME:** Game time will consist of **two (2) twenty seven-minute (27) halves**. Kick off and side will be determined by coin flip for playoffs.
 - a. Game can be considered complete after 27 minutes
5. **NO SLIDE TACKLING.** Players may play the ball from the ground legally (5 feet radius) but may not slide or dive.
6. **THERE IS NO OFFSIDE RULE.**
7. **ALL KICKS ARE INDIRECT KICKS.** The only direct kicks allowed are corner kicks, goal kicks, and penalty kicks.
8. **MATCH OVERTIME:** A tied score at the end of regulation time remains a tied score. There will be no match overtime for regular season games. In playoff games there will be a five-minute (5) sudden death "Golden Goal" overtime followed by penalty shots. For penalty shots, 5 players will be selected by each team to take a penalty shot from the penalty spot (75'). If at the conclusion of the penalty shots the game is still tied, the same five players will enter a sudden death kick off until a winner is decided. A player cannot take two shots in the same round.
9. **GOAL ARCH: (12' radius)** Field players may act as goalies; however, hands are not allowed and players may not touch (feet, hands or other body part) the ball on/in the plain of the goal arch. Players may not use their hands in front of the goal arch. If the referee determines that a defensive player intentionally uses their hands outside of the arch to prevent a goal the defending

player will receive a red card and the offensive team will be awarded a penalty shot. If the referee determines that a defensive player purposely deflected the ball within the goal arch, a red card will be given to the defending player and the offensive team will be awarded a penalty shot. If an offensive player violates this rule, the defense will be awarded a goal kick.

- A penalty shot that is awarded will be one shot by the player. If it goes in it will be a goal and if not it will be a goal kick.
 - If during the course of play the ball stops in the goal arch, it will be a goal kick.
10. **PLAYERS:** The game is played with 2 teams of seven (7) players on each team. The minimum number of players needed to start or finish a game is five (5). Coed teams must have always at least 3 females on the field (only 2 females if a team is only playing with 5 total players).
 11. **SUBSTITUTIONS:** Free substitutions are allowed, and subs may enter the game only after the player being substituted for is completely off the field. Players must enter and exit the field between the substitution line marks on the field. Penalty: One warning per team for the first violation and a free kick will be awarded to the other team at the spot where the play was blown dead. **The second and further violations will result in a yellow card** for the player entering the game and a free kick will be awarded to the other team at the spot where the play was blown dead.
 12. **FIELD:** The field is approximately 210' x 135'. The goals are 4'6" x 9'.
 13. All teams must have the same color uniform with a permanent number on the back that is visible to the referee (minimum ½" wide number). Each player must have their own jersey. A player failing to have their own jersey that is the same color of the team will not be able to participate. If two teams have the same color uniforms, the away team is responsible for bringing alternate color uniforms.
 14. If a player is caught playing with another player's uniform or is non-compliant about the uniform policy, all players involved may be subjected to receiving a yellow card from the site supervisor/league coordinator.
 15. The city will provide official referees. If a ref is absent, the following will take place: the first game will be rescheduled at the end of the regular season (if necessary). The site supervisor will notify the referee association and have a ref for the second and third games. **NOTE: The Site Supervisor will not act as the official ref.**
 16. **There will be a five-minute (5) grace period for all games.**
 17. Failure of a team to bring out their goal or put away their goal will result in a penalty fee of \$50; that must be paid before their next scheduled game. Failure to pay the penalty fee will result in the team forfeiting their next scheduled game until the penalty fee and forfeit fee is paid. The penalty fee must be paid at the City of Los Alamitos Recreation and Community Service Department.
 18. Unless stated differently in the City League Rules, S.C.M.A.F. soccer rules will govern league play.

11-ON-11 LEAGUE RULES

1. All participants shall behave in a sportsmanlike manner at all times. **Unsportsmanlike conduct, aggressive play, profanity, derogatory remarks, flagrant fouls, excessive fouling, physical abuse or fighting will not be tolerated.**
2. **SCHEDULE:** The league guarantees 9 *scheduled* games. Team initiated forfeits will not be re-scheduled. Any games cancelled due to inclement weather or facility issues will be re-scheduled.
3. Players must be at least eighteen (18) years of age. Players that turn 45 in their respected league are considered eligible as long as they turn 45 before December 31 of the season year. If they do not turn 45 years of age before then, they are considered one of the team's player exceptions.
 - a. **PLAYERS EXCEPTIONS:** Each team is allowed a maximum of three (3) players that are above the age of 18 but below the age of the league, 45+ division players must be between the ages of 40-44.
4. **EQUIPMENT:** Molded cleats, turf shoes, or tennis shoes are recommended. Metal cleats are prohibited. **Shin guards must be worn by all players.**
5. Each team will furnish one (1) size 5 game ball.
6. **CASTS AND JEWELRY.** Casts (plastic or other hard substances in its final form) may not be worn during the game. Any exposed metal may be considered legal if covered by soft material and taped. Exposed jewelry such as wrist watched, bracelets, large or loop earrings and neck chains may NOT be worn during the game. Medical alert bracelets or necklaces are not considered jewelry, but if worn, must be taped to the body. Penalty for use: of illegal equipment is its removal from the game and a yellow card issued to the player violation.
7. **TIME:** Game time will consist of **two (2) forty five-minute (45) halves.** Kick off and side will be determined by coin flip for regular season & playoffs games. Game times for night games may be slightly altered.
 - a. Game can be considered complete after 45 minutes
8. **MATCH OVERTIME:** A tied score at the end of regulation time remains a tied score. There will be no match overtime for regular season games. In playoff games there will be a ten-minute (10) sudden death "Golden Goal" overtime followed by penalty shots. For penalty shots, 5 players will be selected by each team to take a penalty shot from the penalty spot. If at the conclusion of the penalty shots the game is still tied, the same five players will enter a sudden death kick off until a winner is decided. A player cannot take two shots in the same round.

9. All teams must have the same color uniform with a permanent number on the back. Each player must have their own jersey. If two teams have the same color uniforms the away team is responsible for bringing alternate color uniforms.
10. If a player is caught playing with another player's uniform or is non-compliant about the uniform policy, all players involved may be subjected to receiving a yellow card from the site supervisor/league coordinator.
11. There will be a five-minute grace period for all scheduled games.
12. Failure of a team to bring out or put away their goal/net will result in a **penalty fee of \$50**; that must be paid before their next scheduled game. Failure to pay the penalty fee will result in the team forfeiting their next scheduled games until the penalty fee is paid. The penalty fee must be paid at the City of Los Alamitos Recreation and Community Service Department.
13. Unless stated differently in the City League Rules, S.C.M.A.F. soccer rules will govern league play.
14. **(Men's 45+): NO SLIDE TACKLING.** Players may play the ball from the ground legally (5 feet radius) but may not slide or dive.

PLAYER CONDUCT

1. The Code of Conduct applies to all players, coaches, managers, and spectators. The Code of Conduct applies to players as individuals or as a team; and the penalties can be applied on an individual or on an entire team. The Code becomes effective as soon as the participants arrive at the facility of play and remains in effect until the participants leave the facility.
2. **Managers will be held responsible for the conduct of their team players.** The City reserves the right to suspend any player who uses excessive unsportsmanlike conduct toward any other player, official, spectator, scorekeeper, or city employee.
3. No participant shall:
 - a. At any time lay a hand upon, push, shove, or strike, or threaten to strike, an official.
 - b. Be guilty of verbal or physical attack as an aggressor, upon any player, official, spectator, or city employee.
 - c. Endanger the safety of any player, official, spectator, or city employee.
4. Profanity or liquor **WILL NOT BE TOLERATED** in or about the field or parking lot. Any alcohol found at the site will result in an automatic forfeiture of the game for that team and may result in the team's suspension from the league.
5. Any player, coach, or manager ejected from a game will automatically be suspended for at least one (1) scheduled game, as a minimum penalty. ****League coordinator may suspend players, coaches, or fans regardless of a red card or ejection.**

RED CARDS, YELLOW CARDS AND SUSPENSIONS

1. Any player receiving a red card or 2 yellow cards in a game will be ejected from that game. Players who are ejected must leave the facilities within **five minutes** or else that team will receive a forfeit. Also, a team with an ejected player must play one player down the remainder of the game for each ejection.
2. An ejected player will be suspended from his team's next game as a minimum penalty.
3. A suspended player is not permitted on site at any time, as a player, coach, or spectator. If a suspended player is identified at the field, their team may receive an automatic forfeit in the standings.
4. A red card is worth **2 card points**. A yellow card is worth **1 card point**. Any player receiving more than the maximum points (**4 card points for 11-ON-11 & 3 points for 7-ON-7**) during the season will be removed from the league for the rest of the season.
 - a. **Note:** card points are counted for duration of one season. *Players may be given additional points due to severity of offense.*
5. Any player receiving a yellow card must substitute out for a 5-minute cool down period. They will be signaled back into the game by the referee.

LEAGUE STANDINGS

1. League standings will be based on the following points:

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|------------------|-----------------|----------------|-------------------|
| Win = + 3 points | Loss= +0 points | Tie= + 1 point | Forfeit= -1 point |
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2. The top teams in each division will participate in a playoff format. The playoff format is subject to team registration.
3. Kick off and field choice is determined by a coin flip during playoffs. In the regular season, home team is determined by schedule.

TIE BREAKING PROCEDURES

1. In the event of a two-way tie:
 - a. The best record, head-to-head, will determine the champion.
 - b. If the teams are still tied, a "least goals allowed" among the teams' head-to-head match-up will determine playoff structure. If still tied "least goals allowed" for the season will determine playoff structure.
2. In the event of a three-way tie:
 - a. The best record involving games against the teams tied with will determine the champion.

- b. If this procedure leaves two or more teams still tied, the "least goals allowed" among the teams' head-to-head matchup will determine the playoff structure. If still tied "least goals allowed" for the season will determine playoff structure.
3. In the event of a tie involving more than three teams, the League Director will determine the tie-breaking procedure based on the previous methods.

FORFEITS

1. **7-ON-7 SOCCER:** If, because of the removal of a player or players from the game by the referee or for any cause, there are less than five (5) players on either team, the game shall be forfeited in favor of the team with at least five (5) players remaining. (Coed is less than two [2] women remaining.)
11-ON-11 SOCCER: If, because of the removal of a player or players from the game by the referee or for any cause, there are less than seven (7) players on either team, the game shall be forfeited in favor of the team with at least seven (7) players remaining.
2. **7-ON-7 SOCCER:** Any team that forfeits a game must pay the referee fees for both teams: For a 2-referee system, the amount due is (\$40) in referee fees + the \$10 penalty fee. If your team forfeits, the entire fee of \$50 must be paid at the Los Alamitos Recreation and Community Services Department (10911 Oak Street) before your teams next scheduled game or your team will be awarded another forfeit until dues are paid. Teams may not pay forfeit fees at the field, no exceptions.
3. Forfeit score will be 1-0 in the standings
 - **Team Initiated Game Cancellation:** A team that calls and cancel their game will not have to pay the ref fees (\$40) for both teams if the referee can be cancelled. The minimum time needed to cancel referees without charge is 48 hours/two working days. However the \$10 forfeit penalty fee must be paid before your next game as stated above.
11-ON-11 SOCCER: Any team that forfeits a game must pay the referee fees for both teams **(\$120) prior to your next schedule game + pay a \$50 penalty fee.** If your team forfeits, the entire **\$170** must be paid at the Los Alamitos Recreation and Community Services Department (10911 Oak Street) before your teams next scheduled game or your team will be awarded another forfeit until dues are paid. Teams may not pay forfeit fees at the field, no exceptions.
 - **Team Initiated Game Cancellation:** A team that calls and cancel their game will not have to pay the ref fees (\$120) for both teams if the referees can be cancelled. The minimum time needed to cancel referees without charge is 72 hours/three working days. However, the \$50 forfeit penalty must be paid before your next game as stated above.
4. A forfeited game during the regular season will tally a negative one (-1) point toward playoff point standings. Games played involving illegal players will tally a negative two (-2) points toward playoff point standings.
5. In case of a **double forfeit**, the penalty is the same as it is with a single forfeit except each team is only responsible for paying half of the regular forfeit fee to the Los Alamitos Recreation and Community Services Department (10911 Oak Street) prior to the next scheduled game. The \$85 (11-ON-11) and the \$25 (7-ON-7) forfeit fee will be assessed to both teams for a double forfeit.
6. A team may be removed from the league, without refund, for excessive forfeits. Excessive forfeits are considered 2 or more.
7. Any time a forfeit is instigated (a manager contacts the league coordinator to indicate a forfeit), it will not be rescinded. Once a forfeit is indicated, that will be final and cannot be reversed. The team will be responsible for the forfeit fee.