**Adult Soccer League Guidelines**

**Regular Season**

* Each of the (9) teams will play (8) matches in the Regular Season playing each team once.
* At the end of the regular season, there will be a double elimination tournament for the top (8) teams.

**POINT SYSTEM:** Teams will receive three points for a win, one point for a tie and zero points for a loss. If teams are tied on points in standings, placement will depend on goal differential (GD) first, then total goals scored, then fewest disciplinary points (# of cards given for previous games).

**TEAM ROSTERS:** Each team can select a maximum of 16 players (8 starters and 8 substitutes) for its official match roster. Player cards will be issued at beginning of season with players name, age, and team. If a player is injured for the season or is confirmed they must take leave for the season, he or she may be replaced after notifying a league coordinator. Teams may make these changes up until the half way point of the season. After half way point of season, no teams may change their rosters.

**AGE REQUIREMENTS**: All players must be 25 years or older. Player must be at the age minimum by the end of season (not end of the year) to be eligible on team rosters. The league committee may require ID or drivers license to be reviewed for any players suspected of being under this age limit.

**GAME CLOCK:** The official game time for all games will be managed on the field by the center referee. If necessary, the referee may pause their stop watch or add additional time to account for injuries, cooling breaks, time-wasting, or any other cause including any significant delay to a restart. There will be two, 30 minute halves for all games.

**MATCH** **DELAY, POSTPONEMENT, CANCELLATION, AND FORFEITURE:** Matches may be postponed when circumstances exist such that continuation of play would pose a threat to the safety of participants or spectators. Match delay may be allowed up to 10 minutes for teams that do not have at least 6 players available to play. After 10 minute delay, if the team does not have 6 players the game will result in an automatic forfeiture and a 2-0 win for the opposing team. If a team also notifies that they will not have enough players before the game, the result will also be a forfeit and a 2-0 win for opposing the team. If both teams show up with less than 6 players neither will get points or be able to reschedule. Should the game be delayed due to weather, the match will be postponed and rescheduled at a set date end of the season before playoffs.

**PLAYING FIELD DIMENSIONS AND MARKINGS:** The match will be played on a field that remains the same size throughout the Regular Season and Postseason, unless a change is approved by the League. The playing field will be 40 yards wide and 70 yards long. Goal posts will measure 18.5 ft wide by 6.5 ft height.

**MATCH RULES**:

**Tackling:**

No field players may slide tackle into another player. Only goalie/keeper may slide tackle for the ball inside their own penalty box. Our league definition of a slide tackle- “leaping or extending leg(s) out towards player and/or ball with the sliding player’s rear-end or side touching the ground”. If this is done to win a ball from a player or defending, the result will be an automatic yellow card and direct free kick or Penalty Kick should it be inside the penalty area box. Referee may decide on a red card if the tackle is vicious.

**Throw-ins:**

Player must throw the ball in with two (2) hands moving the ball backward behind head and throwing in a forward motion into the field of play. If a player throws the ball from the side of his/her head, this is illegal and will result in other teams throw.

Both feet must be touching the ground after the throw and can not cross over the white chalk lines. Foot may touch the line but can not step over it. Show it cross or back foot come off the ground, it will be called an illegal throw and other teams throw in.

**Goal Kicks/Punts:**

Goal kicks must be taken within the goal kick box. Either goalie or team mate may take the kick, but must be kicked past the penalty box. Off side may be called if the ball is kicked past mid field and the receiving team’s player is past the opposing last defender when the ball is kicked. Goal kicks must be taken with priority and not wasting time, per referees discretion. Team warning will be given for excessive time wasting. After warning, referee may give a yellow card to caution the next player that is wasting time. Goalie/Keeper punts also must be taken with priority. After 10 seconds, a warning will be given. After next offence, Keeper will receive a yellow card and will be treated as a handball, which results in an indirect free kick (not a penalty).

**Officiating and Disciplinary Protocol**

**REGULAR SEASON CAUTIONS AND SUSPENSIONS:** Cautions/ Yellow Cards: Should a player receive a yellow card, player must come off the field for a substitution. If no substitute, player can stay on field. A 2nd caution/yellow card will result in an automatic red card. Player must come off the field, with no substitution, for the remainder of the game and team plays down a man. If a player is ejected from the game due to violent action or intent, the incident will be reviewed by the League Coordinators and officials for potential disciplinary action which may include future game suspension or even season suspension. Cursing towards players or refs will be given an automatic yellow card. If a ref is being talked down to and told how to do his/her job, it will be an automatic yellow card. There will be no tolerance for verbal or physical violence.

**DISCIPLINARY COMMITTEE:**

**BENCH BEHAVIOR POLICY:**

**Coaches, staff and substitute(d) players will be cautioned and/or suspended if they leave the bench to:**

* Egregiously protest (as determined by the Committee or the League Office) an official’s decision.
* Express dissent toward an official.
* Engage in acts of unsporting and/or irresponsible behavior.
* Bench personnel can be issued any combination of yellow cards and red cards.

**Disciplinary Committee or League Office:**

Disciplinary actions may include but are not limited to:

* Coaches and/or players who leave the bench to protest an official’s decision.
* The first violation will serve as the club’s official warning.
* Any additional violations of the policy will result in cautions or suspensions.
* The first violation will serve as the player’s official warning.
* Any additional violations of the policy will result in cautions or suspension.
* The Disciplinary Committee will have the authority waive the aforementioned warning and impose suspensions and/or fines on any incident it deems to be egregious.

**Coaches, Team Officials, and Captains:**

* In all instances, coaches and all technical staff will generally be held to a higher professional standard than players.
* A coach/captain, or team official guilty of misconduct may be issued a yellow card or red card by the referee.
* Any coach or team official acting in an unprofessional manner, in the opinion of the League, shall be subject to a suspension as determined by the League.
* As per the Laws of the Game, if the offender cannot be identified, the most senior coach in the technical area at the time of the incident will receive the yellow card or red card.

**TEAM OFFICIAL REGULAR SEASON CAUTIONS AND SUSPENSIONS:**

**ENTERING THE FIELD OF PLAY:** Bench personnel, including players, are prohibited from entering the field of play at any time (excluding medical staff needed to tend to an injury or during Cooling and/or Drinks Breaks authorized by the Referee and for hydration purposes only).

**Non-Confrontational Incidents:**

* Any bench personnel, including substitute(d) players, who enter the field during a non-confrontational incident (as determined by the Committee) and excluding spontaneous and momentary “celebrations”, will be issued a warning for the first offense and a yellow card for second offense.

**Additional Authority:**

* The Committee will have the authority to waive the warning and impose suspensions on any non-confrontational incident it deems to be egregious and/or repeat behavior of an individual.

**THROWING/KICKING AN OBJECT TOWARD A FAN/PEDESTRIAN, BENCH PLAYERS, OR OFFICALS:** Any player(s) or staff member who throws (strikes) or kicks an object (e.g., ball) toward a non-field player (ex. Fan, pedestrian, opposing bench players, or officials) will be given a automatic red card and suspended for the following game.

**Playoffs**

**QUALIFICATION:**

At the end of the 2022 Regular Season, the top eight teams will qualify for the Cup Playoffs. The Playoffs will consist of double-elimination matches hosted by the higher-seeded team and follow a straight bracket format.

Top seed teams for Playoffs will be determined by the highest number of points earned in Regular Season (three points for a win, one point for a tie, zero points for a loss).

**TEAM STANDINGS, TIE-BREAKING PROCEDURES:**

The team awarded the highest position in the league standings will be the team with the greatest number of points (three points for a win, one point for a tie, zero points for a loss). In the event that two or more teams finish the regular season with an equal number of points (or points per game), the following tiebreakers will be used. If points per match are used, the tiebreakers will be used on a per match basis.

1. Total number of wins per match
2. Goal Differential (GD) per match (Goals For per match minus Goals Against per match)
3. Goals For (GF) per match
4. Fewest Disciplinary Points (total # of cards received) per match
5. Coin Toss (tie of two clubs) or Drawing of Lots (tie of three or more clubs)

When two or more teams are tied in the standings on points (or points per game if utilized), the above tiebreakers will be used until one team ranks ahead of the other(s).

Should regulation (60 minutes) end in a tie, there will be two, five minute overtimes. No golden goal. If a team scores, play will continue till the end of the second five minute half. If this remains a tie, penalty kicks will decide the match with five players from each team. If it is still a tie, it will continue to a 6th player kicking for the team that started the shootout. Sudden Death PK’s. If the first team scores, the second team can tie with a score. If the first team misses and the second team scores, the second team wins the game.