

# **Adult Co-Rec 35 & Older Adult Soccer League Format and Rules**

ROSEVILLE PARKS AND RECREATION

2660 Civic Center Drive

Roseville, MN 55113

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**Weather Line:** (651) 792-7416

\*This will be updated by 4:00pm if there are any cancelations due to inclement weather\*

**League Director: David Peters**

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**Purpose:** The 35 and older Adult Co-Rec Soccer League is offered to provide an active leisure pursuit for those interested in soccer. It is purely recreational and intended to offer competition on a low level. When selecting players, please make sure that they fit into this league model. Managers are discouraged from selecting “ringers” or players who play at a level not fitting of a recreational league.

**Referee:** The official has complete charge of enforcing the rules. They act as timekeeper and have complete authority to begin, delay, or terminate any game requiring such action. The referee has the power to excuse any player that he/she deems as being unsportsmanlike in his or her behavior. If, in their opinion, a player has been seriously injured, they can stop play immediately.

**Length of Game:** Games will consist of two (2) 30 minute halves with a 5 minute half time.

**Substitution:** Substitutions are allowed and may be made on a goal kick, an offensive throw-in, any goal scored, or injury of a player.

**Player Limits:** A minimum of 7 players and a maximum of 10 players which includes a goalie is permitted. A team must field at least 4 female players.

**Age Limit:** Our 35 and older league is for those players who wish to keep playing with teams of the same ability. For this reason as the team manager please make sure that your players are at least 35 years of age. Women players may be under the age of 35 but must be 30 years of age ***and not have played college soccer***. This is a recreational league - please select only players who fit that description.

**Substitution Players and Rosters:** All teams must turn in a roster prior to their first game. Players may be added until the third game. Players are allowed to play for more than one team during the regular season. Once the playoffs begin a person must play for only one team.

**Offside:** Two defensive players (in almost every case one of those defensive players is the goalkeeper) must be between an attacking player and the goal before the ball is played to an attacking player. This rule only applies past half field, and only when the ball is being played from behind. The offside position is determined at the moment the ball is kicked.

**Uniforms:** Teams should wear like colored shirts and bring a spare white shirt to wear in the event that their opponent has the same color. No metal cleats are allowed.

## Manager's Duties

- **Be Knowledgeable:** Read all league procedures and rules and inform members of your team.
- **Handling Disputes:** The “designated manager” must handle any disputes and should be the only person discussing calls with the opposing team’s designated manager and referee.
- **Communicate with Team:** Relay schedule information, changes or other league information sent via email or posted on league website.
- **Addressing Disagreements:** If there are issues with an opposing team, team managers should address them on-site with the opposing manager in a respectful manner. If disagreements continue, situations can be brought to the league director for assistance.
- **Promote a Fun Atmosphere:** This is a recreational league - be safe, be respectful, and HAVE FUN!!!

## Sportsmanship and Player Conduct:

The Roseville Adult Co-Ed Soccer League is a recreational league and sportsmanship will be emphasized in the league. As a team manager, please take a lead role in calming tense situations with the other team. Team managers should be the only person discussing calls with the opposing team manager and must do so in a respectful manner.

The Roseville Adult Co-Ed Soccer League is a recreational league and sportsmanship will be emphasized in the league. As a team manager, please take a lead role in calming tense situations with the other team or the officials. Team managers should be the only person discussing calls with an official and must do so in a respectful manner.

The following offenses will result in a yellow card or warning:

- Profanity (not directed at another player or official)
- Persistent/frequent infringement
- Reckless play
- Arguing with an official

The following offenses will result in a yellow or red card (depending on the severity):

- Continuing any of the above actions after being warned by an official
- Profanity directed at another player or official
- Any attempt to insight, bait or initiate an altercation with another player
- Aggressively arguing with an official (*example – shouting at an official*)

The following offenses will result in a straight red card:

- Fighting
- Intent to injure
- Any player making contact with an official
- Any act of physical aggression or intimidation toward an official

The officials have the authority to issue cards for any act not listed based upon the laws of the game (for example last man back).

Any player who receives a red card must leave the facility and will be suspended for a minimum of one game. His/her team must play short-handed for 5 minutes and can then fill that spot.

Additional games will be added to the suspension based on the severity of the incident and player's history (up to and including league expulsion). Any player who is ejected twice in the same season will be suspended for the remainder of the season.

Any team which has 3 players suspended in the same season will be suspended for the remainder of the season and with a forfeiture of all leagues.

### **Inclement Weather & the Weather Line**

Weather conditions can change dramatically in a short period of time. If there is a safety concern, a team is never required to play a game, even if the weather line does not state soccer is cancelled. The determination on make-ups, forfeits, etc. can be made at a future time.

1. **Weather Line:** Call (651) 792-7416, which will be updated by 4:00 pm the day of your match if matches are cancelled. This is the official way games are cancelled and will be updated immediately when a decision is made.
2. **Poor Weather During Games:** Team managers will be responsible to discuss with the opposing team manager if weather becomes severe during matches. If matches are cancelled after games have begun, notify the League Director by email and they will communicate to teams who have not begun their matches yet, by email. This only occurs if matches are not cancelled at 4:00pm and the fields end up being unplayable after matches begin. We will try to get all matches in, unless the fields are unplayable and/or the weather is severe, which includes any lightening.
3. **Rescheduled Games:** Will be made up as time allows. Managers should check the online schedule and if games would be made up, the rescheduled games would move to the end of the season.

**Regular Season:** There will be no playoffs and all teams will play 9 regular season games and face each team once.

**Method of Scoring:** A goal is scored when the whole of the ball has passed over the goal line between the goal post and under the crossbar, provided that it has not been thrown, carried or propelled by hand or arm by a player of the attacking side except in the case of a goalkeeper who is within his own penalty area. The team scoring the greater number of goals during the game shall be the winner.

**Start of Play:** At the beginning of the game, choice of ends and kickoff shall be determined by a coin toss or rock/paper/scissors. Every player shall be in their own half of the field and the defending team shall remain no less than ten (10) yards from the ball until it has been kicked off. The kicker shall not play the ball a second time until it has been touched by another player. After a goal has been scored, the game shall be restarted with a kick off by a player of the team not scoring the goal. A goal cannot be scored directly from a kickoff.

**Ball Out of Play:** The ball is out of play when: It has fully crossed the goal or touch line, whether on the ground or in the air. It should be noted that the ball must go completely over the line before it is out of play. The team last touching the ball loses possession to the opposing team where upon that team will throw in bounds at the point of infraction.

## **Fouls and Misconduct:**

**Handball** - Only the goalkeeper can touch the ball with their hands inside their goal area. If the ball touches any part of the arms or hands from the shoulder downward, whether intentionally or unintentionally, it constitutes a handball.

**Slide Tackling** - Slide tackling or sliding is not allowed anywhere on the field. Goal keepers may slide as long as it is not feet first. The only tackling allowed is when the arm and elbow are kept in contact with one's body and must be parallel or within the vision of the player being tackled. (The player must have possession of the ball.)

**Kicking** - **No kicking of the other players allowed.** This includes an over aggressive charging of the player having control of the ball.

**High-Kick** - The feet cannot be swung to the chest or shoulders height of the other player having control of the ball. This applies only when there are other players within striking distance. However it is the responsibility of the player to see that no one is near before a high kick.

**Pushing** - Any act of pushing or maintaining one's balance by hanging on to other players is not allowed.

**Obstruction** - Any attempt to deliberately stand in the way or impede the progress of any player is prohibited.

**Direct Free Kick** - There are additional fouls that will result in the award of a direct free kick to the opposing team from where the infraction occurred. These are; tripping, jumping at an opponent, charging an opponent from behind unless the player is obstructing the ball, and striking or attempting to strike an opponent. If any of these fouls are committed by the defending side within the penalty area, a penalty kick will be awarded.

**Indirect Free Kick** - Other offenses that will result in an indirect free kick include; playing in a manner that is deemed dangerous (high kick, obstruction, charging the goalkeeper when he is holding the ball) and as goalkeeper, throwing the ball in the air and catching it again without releasing it so that it can be played by another player or indulging in tactics which, in the opinion of the referee, are designed merely to hold up the game and waste time.

**Penalty Kick** - Any fouls which would result in a direct free kick that occur inside the penalty box will result in a penalty kick. All players except the goalkeeper and the player taking the kick must line up outside the box (at least ten (10) yards from the ball). The goalkeeper must stand on his own goal line between his own goal posts until the ball is kicked. The player taking the kick must kick the ball forward. He cannot play the ball a second time until it has been touched or played by another player. The penalty spot is 12 yards from the goal line. All penalty kicks shall be in play as soon as it has traveled the distance of its circumference as in all other free kicks.

**Throw -in** - When the entire ball passes over the touch line either on the ground or in the air, it shall be thrown in from the point where it crossed the line by a player of the team opposite to that of the player who last touched it. The thrower, at the moment of delivering the ball, must face the field of play and part of each foot shall either be on the touch line or on the ground outside the touch line with the front foot being flat. The thrower shall deliver the ball from behind and over his head. The ball shall be in play immediately once it enters the field of play, but the thrower cannot play the ball again until it has been touched by another player. A goal

cannot be scored directly from a throw-in. If the ball is improperly thrown in, a throw-in shall be awarded to a player from the opposing team.

**Goal Kick** - When the whole of the ball passes over the goal line outside of the goal either in the air or on the ground, having last been by the attacking team, it will be kicked directly into play by a player of the defending team from the point within that half of the goal area nearest to where it crossed the line. Players on the opposing team shall remain outside the penalty area while the kick is being taken. If the ball does not go fully out of penalty area the kick shall be retaken. A goal cannot be scored from a goal kick.

**Corner Kick** - When the whole of the ball passes over the goal line outside of the goal either in the air or on the ground, having last been by the defending team, a member of the attacking team shall take a corner kick. At each corner of the field is a quarter circle. The ball must be in the circle. A corner flag post may not be removed and the kick must be taken from the corner. A goal may be scored directly from a corner kick. Players of the opposing team must stay ten (10) yards away from the ball until it is kicked. The ball is in play once it has traveled its own circumference. As in other free kicks, the kicker may not play the ball a second time until it has been touched by another player.

**\*\*Rosters must be turned in by the first game. Additions/deletions must be made by the third week\*\***