**St. Albans Recreation**

**Adult Coed Soccer Rules**

**A. Team/Roster**

1. All players must have signed the wavier/registration form and paid all fees before starting play.

2. Team rosters may not exceed 15 players.

3. All players must be over 16 years of age.

**B. Game Rules**

1. Teams must field 6 players (5 fielder 1 goalie). Two of these players must be women. If a team has less than 2 women to start, they may begin with 1 woman, but the team will play a person down. This means 4 players would be on the field, 1 women and 3 men.

2. Teams may not hold out players or substitute players in order to play with less than 5.

3. A team that falls behind by 5 or more goals may add an additional field player.

A team that falls behind by 7 or more goals may add a second additional field

player.

4. Games will consist of two 25 minute halves with a 5 minute halftime.

5. a. A ball crossing the goal line outside of the goal posts is returned to play by a throw by the goalkeeper from within the 6-yard box.

b. Goalkeepers cannot throw the ball past the mid-field line.

6. Substitutions can be made from the midfield line on the fly at any point during play.

7. Keeper Protection: Any collision with a goalie will result in a yellow or red card. There are no exceptions unless the goalie initiated the contact in which case the goalie must be given a yellow or red card. If the referee cannot determine who was at fault both players shall be given a yellow or red card determined by the seriousness of the collision.

8. If a player receives a yellow card for any reason, the referee has the right to ask the player to leave the field for a cooling off period. This is usually deemed in the best interest of the game. The sendoff time should be until the next stoppage at a minimum.

9. There are no offsides in 5v5 play.

10. Team will switch sides at halftime and the opposite team will receive the kickoff.

**NOTE: Any rules not covered in this booklet shall default to the current**

**“FIFA Laws of the game”.**

**C. Ties**

1. Any regular season game that ends in a tie will remain a tie.

2. Any regular season game that ends in a tie shall be counted as one half a game win in the league standings.

3. Any tournament game that ends in a tie will play “Golden Goal” (next goal wins) for 5 minutes. If at the end of this time the game is still tied, the teams will go to a penalty kick.

4. Penalty kick will be handled in the following manner: each team will shoot 5 penalty kicks until a winner is declared. Note: at least one of the 5 shooters from each team must be a female.

D. Slide Tackling: 1**. Slide tackling is not allowed**. The penalty will be a yellow card for the first offence and a red card and a minimum of one game suspension for the second offence.

*2. Every slide tackle shall result in an indirect or direct kick depending on if contact was made.*

Note: a slide tackle is generally an intentional slide within your horizontal body length of an opposing player. Whether the opposing player was touched in any way is irrelevant; a “clean” slide tackle shall still result in a card and free kick. The gender of the person slide tackled makes no difference, all slide tackles are illegal. Please remember that this rule is put into place for safety.

**D. OFFICIALS**

All referees shall be trained and approved by the Department. The referee will have authority over the game and his / her decisions over goals scored, rules, etc shall be final. Please respect their rights and work with them and the field supervisor to ensure a well-played game.

1. Officials shall: A. Make all decisions for infringement of the rules committed within or outside the boundary lines from the beginning of the game to the end. B. See that all kickoffs, free kicks and penalty kicks are taken properly. C. Act as timekeeper and allow the full or agreed time, adding any time lost through injury or other causes at their discretion. D. Will show a caution or yellow card to any player / coach guilty of misconduct or unsportsmanlike like conduct. In such a case the referee shall give the name of the offender to the field supervisor who in turn will give a report of the incident to the Department. E. Will send off the field of play and show a red card to any player / coach who is guilty of violent conduct, serious foul play, the use abusive language, or is guilty of a second cautionable offense.

**E. SIDELINE AREA**

1. The only personnel permitted on the sidelines are: players; head coach; assistant coaches

2.. All sidelines should be cleaned by the team that occupied them at the end of the game. This is the responsibility of the team captain / head coach.

**F. CONDUCT / SPORTSMANSHIP**

1. No coach or player shall belittle or berate the players or coaches of another team. This type of action will NOT be tolerated.. First offense: Warning, Second offense: Ejection from game of offending person.

PENALTY: Any coach or player ejected from a game will be suspended for a minimum of 1 game up to a maximum of the remainder of the season. When a player is ejected for unsportsman like conduct that team will play a player short for the rest of the game.

2. Harassment of officials and field supervisors will not be tolerated. Questions should be asked by the HEAD COACH ONLY and done in an ORDERLY HUMANE fashion about rule interpretations only. Judgment calls are not to be argued. Failure to comply with this rule will result in immediate ejection of the guilty party and possibly forfeiture of the game. NO WARNINGS WILL BE GIVEN!!

4. Cumulative Yellow Card Penalty: Any player receiving 4 yellow cards in a single season (including games in the tournament) will receive an automatic 1 game suspension. Following this if a player receives two more yellow cards during the season, the player suspended automatically for 1 game. For each additional yellow card received, the player is suspended one additional game. Two yellow cards in one game results in a red card and count one yellow card towards the player’s cumulative total. Note that all suspensions are for the players next regular scheduled game (season or tournament) and forfeits or rain outs do count towards the suspension.

5**. NO PROFANITY IS ALLOWED.** OFFENDING PLAYERS/COACHES WILL BE SUBJECT TO IMMEDIATE EJECTION; POSSIBLE SUSPENSION; POSSIBLE EXPULSION FROM THIS LEAGUE PENALTY: For the above unsportsmanlike acts as enumerated in Items 1-4, a player or coach shall be ejected from the game. Any time a player or coach is ejected by an official or a supervisor, that player or coach shall be automatically suspended for a minimum of the next game his team plays in. More games can be added to the suspension at the determination of the Program Supervisor. If suspended, a player may not be on the field or in the teams dugout. Failure to abide by this will result in forfeiture of that game. A player ejected, must leave the playing site immediately. Game suspensions may apply to regular season games, tournament play and, may at the discretion of St. Albans Recreation, be carried over to the next season the player or coach registers for.

REMINDER: The purpose of this program is to have fun. We’re all human, and as such we ALL make mistakes.

**G. EQUIPMENT**

1. No jewelry allowed once play has begun. Officials may ask that a player take off all jewelry. Also by rule they may ask a player with glasses to wear a protective strap while they are playing. Players with earrings will have to either take the earrings out or wear tape over them to be able to play.

2. The referee shall not permit any player to wear equipment in his or her judgment, is dangerous or confusing to other players. This includes, but not limited to, items such as: A. A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance - even though covered with soft padding - when worn on the elbow, hand, finger, wrist or forearm. B. Head decorations, head wear and jewelry: C. Equipment which is unnatural and designed to increase a player’s height or reach or to gain an advantage.

**H. CANCELLATIONS / INCLEMENT WEATHER – MAKE UP**

1. In case of inclement weather, a decision will be made by St. Albans Recreation. Information may be obtained by calling St. Albans Recreation cell phone at 802-309-1810.

2. Postponed Game: In regular season play a game called by referee/field supervisor shall be regulation if the game is stopped at half time or beyond. Games that have not reached half time will be considered a postponed game. Postponed games will be rescheduled and will pick back up from the point that it was stopped. Meaning the score and time left from the point the game was stopped. Any game that is stopped at halftime or beyond will be counted as a complete game. Games that have not reached halftime will be continued from that point on their make-up date.

3. Make-Up Games: The department will reschedule games within 3 working days. Please contact us if you HAVE NOT RECEIVED your notification within this time period. If at all possible, all games that are canceled due to weather or other conflicts approved by St. Albans Recreation will be made up. However, IF EXTENUATING CIRCUMSTANCES OCCUR, St. Albans Recreation RESERVES THE RIGHT TO DESIGNATE WHICH GAMES Coed Adult Soccer - WILL BE MADE UP. It is the responsibility of the coach to notify his/her players as to the make-up date. St. Albans Recreation cannot be responsible for contacting players on an individual basis.

**I. END OF SEASON**

1. A single elimination tournament will be played at the end of the season.

2. The tournament will be played on July 30th.

3. The tournament format will be a single elimination tournament. Play down games will be two 20 minute halves with a 5 minute halftime. The final game will be played in the same format as regular season games.

4. AWARDS: The team winning the league tournament will receive championship trophy and gift card.