



## **IMPACT ADULT COED SOCCER RULES AND REGULATIONS**

### **ARTICLE 1. LEAGUE DIRECTION**

Impact-EDYSL reserves the right to establish rules and regulations at any time deemed necessary for the efficient operation of the league. All rules and regulations shall be interpreted by Impact-EDYSL as it deems proper for the efficient operation of its program. Flagrant violation of any league regulations, Code of Conduct or interpretation of such will result in individual and /or team suspension and forfeits all rights and privileges, including registration/league fees.

### **ARTICLE 2. TEAM MANAGER**

A Manager is an individual designated by each team to represent that team in all matters relating to the league . Each manager is responsible for keeping their team players informed of matters relating to the league. A Manager can be changed at anytime with a simple majority vote of players from that team.

### **ARTICLE 3. TEAM ROSTERS**

A. Team rosters must be provided by the team managers and submitted to the league registrars for verification of registration and players card prior to players being permitted to play.

B. Teams may add players anytime in the season by providing their registration information to the league.

### **ARTICLE 4. PLAYER ELIGIBILITY**

A. A team shall consist of men and women ages 30 and older. Each roster may carry two men age 27-29 years of age and four women aged 24-29 years of age.

B. A player shall be on one of the leagues rosters (primary team) but may play for any team within the league. A player shall never play against their primary team unless his/her primary team permits it.

C. Managers/Captains must check in with the officials prior to the game with player's passes and another form of proper identification if asked by the league administrators/officials. In the event a players pass has been sent for but has not yet been made, the league administrators/officials will compare a valid form of ID of that player with the leagues registration document/roster.

### **ARTICLE 5. INJURIES AND INSURANCE**

It shall be understood by all participants that the league shall not assume responsibility for accidents during play or in coming to or returning home from games. The league urges all teams and/or individuals to provide insurance coverage for themselves and their respective teams.

### **ARTICLE 6. EQUIPMENT/UNIFORMS**

A. Teams may choose to use their own personal ball as long as it is a regulation size 5 ball and both teams agree.

B. Jewelry must be removed (medical bracelets and simple wedding bands are acceptable when taped).

C. Teams must have the same color jerseys with numbers. Players without a numbered jersey will not be allowed to play unless permitted by the league officials to enable them to easily identify the player. Temporary inked or painted numbers should be utilized until a permanent jersey with number is acquired. Athletic, duct or any other "taped" numbers may be used, at the discretion of the official, if the tape is

securely fastened.

D. Each goalkeeper must wear colors that distinguish him/her from the other players, the referees and assistants.

E. In the event teams are not distinguishable/have the same color jerseys, the home team will be required to wear pennies.

F. Shin guards are required.

G. Only all rubber studs are allowed on cleats.

H. Players may use indoor style soccer shoes or appropriate cleated shoes. Football cleated shoes having a toe cleat will not be permitted. Footwear is subject to inspection and approval of the officials.

I. Players may wear glasses on the field at their own risk. All glasses worn on the field must be adequately secured.

J. Players are not permitted to wear hats on the field. The goal keeper may be exempted at the discretion of the referee.

K. Players with casts, braces or other prosthetic devices with the exception of approved knee braces will not be permitted to play. All approved braces will be completely covered allowing no exposure of plastic or metal. The referee will inspect all devices before beginning play.

#### **ARTICLE 7. OFFICIALS**

Impact-EDYSL shall provide at each regularly scheduled game the best available officials. In emergency situations where no game official has arrived by game time, the best available substitute officials will be used if agreeable to both team managers/captains prior to the start of the game. The official MAY NOT play in the game.

#### **ARTICLE 8. PROTESTS/ILLEGAL PLAYERS**

A. There will be no protests. All issues will be solved at the time of the incident by the official/referee.

B. It is up to the teams to watch for non-registered players. If a team suspects a non-registered player is playing/came onto the field, the team manager or captain should immediately notify the official and the following shall take place:

1. The official will determine the player's eligibility using Article 4.

2. In the event the referee is unable to positively determine player eligibility, that player will be allowed to play out the game. The official will inform the adult coordinator and the Club's secretary in a reasonable time so as to determine that player's status.

3. If an unregistered player is found playing in a league game, that player will be ejected from the field and, both the team manager and team captain will be issued a red card and be suspended for two games.

4. The official will inform the league, including the adult coordinator.

#### **ARTICLE 9. THE FIELD OF PLAY**

Sunset Competition Field: 70ydsX110yds or the current standard.

Sunset Soccer Field A: Minimum 65yds X 100yds

Sunset Soccer Field B: Minimum 65yds X 100yds

#### **ARTICLE 10. FIELD RULES**

A. F.I.F.A. rules and the "Code of Conduct" govern play, with exceptions listed.

B. Official referees are provided by Impact-EDYSL and shall have full authority over players and managers at all times. Referees shall have the authority to order any player, manager or coach, and

spectators out of the game or off the field for unsportsmanlike conduct.

C. All Park rules must be adhered to including; No smoking or alcoholic beverages are allowed by players on the bench, on the playing field, in the parking lot, or road area.

D. A game is played by two teams, each consisting of not more than 11 players, one of whom is the goalkeeper.

E. The Goalkeeper may be either sex.

F. There can be more women players than men players.

G. No more than 5 of the players on the field can be men (not including the goalkeeper).

H. Teams may play 6 men and 4 women on the field only under a mutual agreement between the two team captains at anytime during the game. Both teams will then have the option of playing 6 men and 4 women (excluding the goalie) on the field. The officials must be informed of this agreement.

I. Unlimited substitutions are allowed on a dead ball.

J. There must be a minimum 7 players on the field, including the goalkeeper, in order for the game to commence. Of the 7 players 2 must be female.

K. Only the team manager or captain is allowed to approach officials.

#### **ARTICLE 11. TIME REGULATIONS**

A. Games consist of (4) 20 minute quarters with 5 minute intervals between quarters and 10 minutes at half time. Team directional change will take place at the half. Two 40 minute halves may be played if mutually agreed upon by both teams and the officials.

B. Game time +5 minutes is forfeit time. This 5 minute grace period is for a team to field it's players. The clock will start running at the scheduled game time. Officials will not wait for teams on the field.

C. A team who does not have enough players to start (7 players, 2 whom must be female) will result in forfeiture. Furthermore, if 48 hours notice was not given to the opposing team manager and fewer than 5 players showed up, that team will be considered a 'No Show' and could be required to cover costs (field and officials) as determined by the league and a \$100 fine if the opposing team demands. All imposed fines and/or costs must be paid prior to playing following games.

D. After forfeiture, both teams may agree to play a 'friendly game' to be officiated by the officials at their discretion. Any amount of sharing/augmenting players to either team may be done to commence the 'friendly game'.

#### **ARTICLE 12. PLAYER FOULS AND CARD LIMITS**

FIFA rules apply with the following additions:

A. Any player or manager receiving a **Yellow Card** must sit out 5 minutes, with a substitute being allowed.

B. A player/manager receiving two Yellow Cards within 5 games will result in a one game suspension. Each additional Yellow Card in that season will result in an additional game suspension.

C. Any player/manager receiving a red card shall be suspended for two games.

D. Two Red Cards earned by a player within 10 games shall result in that player being ejected from the league.

E. Slide tackles are prohibited at all times and shall result in an immediate red card. Sliding is only permitted when no other players are in the vicinity (10 feet).

## **ARTICLE 13. GOALS**

A. A goal will be awarded to the attacking team only if the ball is "Live".

B. Only female players can make the ball "LIVE" provided a female from the attacking team touches the ball on the attacking goal side of the field in normal play, to include but not limited to; a throw in, corner/free/drop kick, etc.

C. Once the ball is "LIVE" (for the 'attacking' team) it will remain so until it completely passes back over the halfway line, at which time the ball is considered "NOT LIVE" for the now 'defending' team.

D. A "Not Live" ball for the attacking team which enters the goal will result in either a corner or goal kick.

## **ARTICLE 14. FEMALE PLAYERS**

A. Female players must perform the following:

1. Penalty Kick
2. Drop Ball
3. Overtime Kicks (Play-Offs)

B. 50/50 Ball: A 50/50 ball exists when there is no possession, and, two players of opposite sex are attempting to gain possession. In the event of a 50/50 ball the male player shall refrain from aggressive play and physical contact with the female player. Violations of this will result in a free kick at a minimum.

## **ARTICLE 15. SIDELINES**

Teams should be on the same sideline preferably within their technical area lines.

A. If the lines are not visible, both players and coaches must remain be at least 2 feet from the touchline at all times

B. Spectators maybe permitted on the team side at the discretion of the officials. It is the responsibility of the manager/team captain for their spectators conduct.

C. It is the responsibility of the manager/team captain to ensure the sidelines are free of debris upon the conclusion of play.

D. At no time is it allowed for any players, managers, coaches or spectators to be within 20 yards from or on either end line.

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