



ADULT SOCCER LEAGUE RULES

Adult Coed & Men's Open

1. **Field of Play:** The soccer field will be approximately 43 yards x 36 yards.
2. **Number of Players:** 5x5 (4 players and 1 goalie per team) **For Adult Coed matches, a minimum of 2 women field players shall be on the field at all times. GK may be either gender but a female GK does not contribute to the minimum female number of 2. Teams may elect to use more than 2 females.** Each team must field at least 4 players to start the game (including GK) to avoid forfeiting the game.
3. **Roster:** Each player shall sign a release form online (or in person) and all teams shall only allow players that have completed the Force Sports Facility Waiver. Players are only eligible for playoff matches by playing in 3 regular season matches.
4. **Equipment:** Shin guards (**Recommended**), molded cleats, turf shoes, and flat shoes are allowed on the field but **NO** metal or replaceable spikes are allowed. No player will be allowed to participate unless they are properly equipped. Please remove all jewelry to protect yourself, your team, and your opponents.
5. **Duration of Game:** (2) 27 minute halves with a running clock. Half time: 1-2 minutes. Referees are not permitted to start the clock prior to the game time. There is a 5 minute grace period if the field is not set up. Referees should wait until field is set prior to starting clock. Referees are permitted to start the clock at 10 minutes past the hour/half hour.
6. **Out of Play:** The white markings are out of bounds. Teams shall take a legal throw in which includes both hands behind head, both feet on the ground, and a straight follow through. Any infraction will lead to a throw in for the other team. **The ceiling and division cords between fields are considered out of bounds and a throw-in will be awarded to the team that did not touch it last.**
7. **Goals Limit (Adult Coed Only):** Each male player is limited to scoring 3 goals per game.
8. **Substitutions:** "On the fly" and are unlimited as long as they do not interfere with the game. The player must come off the field in front of their bench and must be completely off the field before the subbing player enters the pitch.
9. **Spitting:** Spitting on the turf is **NOT ALLOWED**. A yellow card will be given for a first offense and a red card will be given for second offense.
10. **Slide Tackles:** Slide tackles are **NOT ALLOWED** and may result in a yellow or red card. A player may slide to keep a ball in bounds as long as opposing players are not involved in the play.
11. **Goalkeepers:** Goalies must throw the ball or kick it from the ground only. No punting or drop kicks are allowed. A warning may be granted and the play will be redone. Any further infractions will result in an indirect free kick will be awarded to the other team 5 yards outside goal box.
12. **Goal Kicks:** Goalies must release the ball from their hands on goal kicks and the ball must leave the goalie box. At least one player must touch the ball in play before the goalie can touch the ball again. (Goalies cannot drop to their own feet and play on a goal kick.)

13. Back pass to Goalkeeper: Same rules apply as they do in outdoor soccer. A goalie cannot use his/her hands to pick up a ball passed to them by their teammate unless it displayed back off a body part above the foot. If a goalkeeper does pickup a back pass from their teammate, the ball is place on the line of the goalkeeper box where the ball entered and the opposing team is awarded an INDIRECT KICK.

14. Direct free kick: awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless or using excessive force:

- kicks or attempts to kick an opponent
- trips or attempts to trip an opponent
- jumps at an opponent
- charges an opponent
- strikes or attempts to strike an opponent
- pushes an opponent
- tackles an opponent
- holds an opponent
- spits on an opponent
- handles the ball deliberately (except for the goalkeeper in his/her own penalty area)

15. Indirect free kick: awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offenses:

- controls the ball with his hands for more than six seconds before releasing it from his/her possession
- touches the ball again with his/her hands after he/she has released it from their possession and before it has touched another player
- touches the ball with his/her hands after it has been deliberately kicked to him/her by a team-mate
- touched the ball with his/her hands after he/she has received it directly from a throw-in taken by a team-mate

An **indirect free kick** is also awarded to the opposing team if, in the opinion of the referee, a player:

- plays in a dangerous manner
- impedes the progress of an opponent
- prevents the goalkeeper from releasing the ball from his hands
- commits any other offense, not previously mentioned in Law 12, for which play is

stopped to caution or send off a player

16. Penalty Kicks

- Any penalty kick awarded should be taken from the top of the yellow lacrosse arch (10 yards from the goal line, 3 yards from the goal box).
- Both of the goalies feet must be touching the goal line until the ball is struck.

17. Penalty Cards:

Yellow cards will be awarded for the following but not limited to (per referee discretion):

- Failure to respect 5 yard distance on free kicks
- Dangerous slide tackles or excessive slide tackling
- Deliberate hand ball
- Delay of game
- Spitting on turf
- Excessive foul language
- Excessive illegal substitution

- Dissent or abuse toward the referee or another player

Red cards will be awarded for the following but not limited to (per referee discretion):

- Second yellow card in a game
- Elbowing of player above shoulders in vicious manner
- Fighting/punching
- Leaving bench area to join in a confrontation with an official or other player
- Extreme unsportsmanlike behavior such as spitting or language
- At the discretion of the referee

YELLOW CARD - Carded player must leave the field and his or her team will play down one player for **2 MINUTES**. Carded Player may re-enter after 2 minutes.

RED CARD - Carded player shall be out for the rest of the current game plus the team's next game. His or her team is to play down one player for **the remainder of the match**. Carded player shall also leave the premises.

18. Tiebreakers

If multiple teams having the same amount of points, the following tiebreakers ensue:

- Head-to-head
- Goal differential
- Goals against
- Goals for
- Coin flip

19. Playoff Overtime Format

Only postseason matches will require an overtime period if the score is still tied at the end of regulation. The overtime period is "Golden Goal" meaning the first team to score, wins the game. There is no clock or time used for the overtime period. Each team will use 2 field players and one goalkeeper totaling 3v3. For Coed matches, one of the field players must be a female. The HOME TEAM (Higher seed) receives the kickoff to begin overtime.

Force Sports reserves the right to suspend or expel any players, coaches, or parents who do not adhere to the rules set forth by management.