

Adult Soccer Rules

Sports Directors: 402-371-9770 or sports@norfolkymca.org

- **League Description**

- This league is a recreational adult league designed for teams with an interest in enjoying fun competition amongst like-minded adults. **Must be 18 years or older to participate in this league.**

- **Sportsmanship**

- Good sportsmanship is to prevail at all times.
 - Any fight will result in immediate disqualification.
 - No foul language will be tolerated.
(Referee or YMCA staff have the authority to remove players at any time.)

- **Spectators**

- Spectators are welcome, however, if children are present, they must be accompanied by an adult who is not playing at all times. **Spectators must stay in the fieldhouse. No walking track, using weight room, or gym usage allowed. Anyone caught outside the fieldhouse will be asked to leave the building.**

- **Teams/Rosters**

- Signed team rosters/waivers must be submitted to the Sports Directors before players can play in any game.
- Teams may have up to 16 players on their roster.
- Players must be on the roster in order to be eligible to play in the post-season tournament.

- **Schedules**

- Game schedules will be created/maintained by the Sports Directors.
 - Any changes/adjustments to the schedule must be made in cooperation with the Sports Directors.

- **Match/Game Format**

- Games consist of 25-minute halves with at 2-minute half-time with running clock.
- First team listed on the game schedule will start with possession of the ball.
- Teams will switch sides after half-time.
- Games will be played 8v8. (1 goal keeper and 7 field players.)

- **Playing Rules**

- Teams should arrive at least 10-minutes before scheduled game time to warm up. It's very important to start games on time. If teams do not arrive early, you will not be granted warm-up time.
- Teams will forfeit if players have not arrived within 10-minutes after their games start time.
- **COED LEAGUE:** Teams are expected to play with a minimum of 2 females on the field at all times. If a team is short a female player, the team may play with 1 female and 6 males until the 2nd female arrives.
- Teams may play with a minimum of 6 players (**COED:** Still need to have the minimum requirement of female players on the field)
- If an injury occurs, game time will stop until the injured player is moved off the field and a sub is in place.
- No metal cleats allowed! Only indoor or regular plastic stud outdoor cleats are allowed.
- Unlimited Subs – subs must wait at midfield for refs to wave them on once ball is out of play or after a goal.
- All free kicks will be direct.
- Kick-ins will be indirect.
- Goals scored by are worth 1 point.
- **COED:** Goals scored by females are worth 2 points.
- There will be no overtime. If tied at the end of a game, best of 5 PKs.
- If the ball hits the ceiling, the opposite team will be awarded a goal kick.
- No slide tackles at any time – a slide tackle will result in a yellow card.

- Yellow/Red Cards

- Yellow card- player will sit out for 2-minutes. The team will not be granted a sub and will have to play a player down.
- Red Card – player will be asked to leave the playing field and will not be allowed to play the remainder of the game. Team will not be granted a sub and will play a player down for the remainder of the game.
 - Depending on the severity of the red card, officials and Sports Directors have the authority to disqualify the player from the league and ask said player to leave the building.
 - If this happens, the team will be fined a \$50 fine to remain in the league, however, the disqualified player will be removed from the roster and no longer be eligible to participate. The team will not be able to participate in the league until the fee is paid. (For each game the fee is not paid, the team will forfeit.)

- **Tournament Rules**

- A single-elimination tournament will follow the regular season with pairings determined by the regular season standings. **Only the top 4 teams from each league will qualify for the tournament.**
- League standings will be determined by the following order:
 - Overall record
 - Head-to-head
 - Goal differential
- In the case of a tie break situation, if any team has had a forfeit loss, they are eliminated from the tie breaker and will take the lower seed.
- Tournament games will consist of 25-minute halves with a 5-minute half-time.
 - Games tend to run ahead of schedule. Teams will be required to stay nearby or at the YMCA in order for games to continue.
- All other regular season rules will be enforced!