

Adult League Rules

Cedar Rapids AYSO

Purpose: *This league is co-ed RECREATIONAL adult soccer, adhering to the six philosophies of AYSO, with an emphasis on player safety. If there are any safety concerns please report them to the referee/referee administrator or the league coordinator.*

Philosophy: *"Create a soccer playing environment for adults that incorporates the AYSO principles."*

Vision: *"Enrich the quality of life in our communities through adult soccer programs conducted in a safe, fair, and fun environment."*

Mission: *"To benefit and support AYSO by developing youth and community through soccer programs for adults, educating and training adults in both soccer and youth development so they may become youth coaches, referees and volunteers, and providing support to local youth soccer programs."*

TEAM ORGANIZATION

Players must be 18 years old to play. Each team will have a team captain who will serve as a point of contact between the team and the league officials.

PLAYERS

The maximum number of players each team will field is defined in the table below:

Number of players present for the team with the most number of players present (or number of players present if both teams have the same number of players present)	Maximum number of players fielded (including goalkeeper)
8 or less	6
9 or 10	7
11	8
12 or 13	9

As an example, if Team A has 11 players present and Team B has 9 players present then both teams may field a maximum of 8 players (including the goalkeeper).

NOTE: The value "number of present for the team with the most number of players present" used in the table above shall not exceed the total number of players on either team's roster. This rule prevents a team from being penalized in the case that each team does not have the same number of players on their roster. For example, if Team A has 12 players on their roster (with 12 in attendance for the A vs B matchup) and Team B has 11 players on their roster (with 10 in attendance for the A vs B matchup), then the value used for the table above will be 11 (instead of 12). Teams must have a minimum of 6 registered players to play in a game or forfeit.

The maximum number of players fielded, per rule 1 above, may be increased if the captains of both teams agree to the proposed increase to the maximum number of players fielded. For example, if both team have 10 players then per rule 1 the maximum number of players fielded is 7. However, if both captains would prefer to field 8 player then the maximum number of players fielded will become 8.

Team rosters will be created using only league registered players. Failure to do so will result in the team forfeiting the game. See 'Guest Players' rule below for permissible roster additions.

Infringement/Sanctions: If a team fields an ineligible player then the team will forfeit the game. **If the ineligible player is not registered then the ineligible player will risk being indefinitely banned from the league and if it becomes a repeat issue for the a team, the team's captain (and/or person responsible for coordinating the play of the ineligible player) may also be banned indefinitely from the league.**

MATCH AND FIELD DETAILS

Game length will be two 22 minutes halves with a 4 minute half time. No added time or stoppage time allowed, and games that start late will be stopped when the next game is scheduled to begin.

Matches will be co-ed 9 v 9.

It is highly encouraged for each team to roster at least one female player.

Games will be played on a 12U field.

First team listed in the schedule pairing ("home" team) will provide the game ball.

Second team listed in the schedule pairing ("away" team) will get the ball first for kick off while the first team listed in the pairing chooses which side of the field it will defend first. At halftime, the teams will switch sides and first team listed in the pairing will kick off.

Games may be relocated or canceled due to field availability and inclement weather.

SUBSTITUTIONS

Unlimited substitutions at game stoppages may occur. The player to be substituted must leave the field completely before the substitute can enter the game.

The point of exit/entry for substitutions will be on the side of the field at the half line.

JERSEYS

All players must wear the provided white and black jerseys. The first team listed in the schedule pairing will wear their white jersey and will be considered the "home" team. The second team listed in the schedule pairing will wear their black jerseys and will be considered the "away" team. Goalkeepers must wear a shirt/pinny that is a different color than white and black - it must clearly distinguish them as the goalkeeper. The league will only provide the jerseys, players will be responsible to purchase shorts and socks - solid black for both is encouraged by the league.

GUEST PLAYERS

Guest players from other teams are allowed as long as they are currently registered with the adult league and are wearing the right color shirt. **Teams caught violating this requirement could risk suspension or expulsion from the league.**

Guest players should not substitute unless a team player wishes to sub out.

If a guest player skews the competitiveness of the game, consider putting him or her in the goal or swap players.

As a courtesy, please notify the opposing team's captain prior to the start of the game letting them know you are down players and are opting for registered substitutes from other teams in the league.

Guest players are subject to the same yellow/red card rules. For example, if a guest player receives a red card and is given a two game suspension, then they will be ineligible to play in their next two scheduled games.

GOALIES

There are usually very few people who want to play goalie. Be fair, take a turn in the goal.

JEWELRY

No jewelry of any kind is permitted to be worn. Covering up jewelry using tape or Band-Aids is not allowed. The only exception is for medical bracelets and wedding bands if not removable, which must be taped.

GEAR

Proper shin guards are required and must be completely covered by socks. Proper soccer cleats are required, no toe cleats allowed. (Tennis shoes are permitted) **No exceptions.** No sunglasses or hard-brimmed caps, especially baseball caps, may not be worn.

RULES

AYSO Rules and Guidelines as well as IFAB- Laws of the Game will be used for circumstances not covered by the rules herein.

GOALKEEPING

Punting is allowed, but goalkeepers may not score on a punt. All other Laws pertaining to the goalkeeper apply

normally. Goalkeepers may dive for a ball, but may not slide feet first when an opponent is nearby (see “Slide Tackling” rule below).

HARD SHOTS

Hard shots from close proximity can hurt a goalie (and other players) and are discouraged. If a player misses a hard shot, he/she must go retrieve the ball. The game should be restarted as quickly as possible with an extra ball kept near the goal.

MISCONDUCT

There is zero tolerance for misconduct of any kind. Referees or team captains must report misconduct to the league coordinator within 24 hours. Players receiving cards or being reported by a team captain may be penalized by the league, including suspension and expulsion. All suspension and expulsions and their duration will be decided by the adult league board (please see yellow and red card verbiage below).

YELLOW CARD

A player that receives a yellow card must leave the field of play immediately.

The yellow-carded player must remain off the field for (3) minutes (note: time will carry over to the second half, but will not carry over to the next game). If a sub (from the team’s roster) is available, the sub may replace the yellow-carded player.

A player that receives a second yellow card in a match will be issued a red card (see below).

RED CARD

A player that receives a red card must leave the field and grounds immediately (allowing only enough time to pick up personal belongings) and quietly (without further disruption). Failure to do so can result in an additional red card (see below for consequence of two red cards in a session). No Substitution is permitted, team must play short.

The number of games suspension for the red-carded player will be decided by the league board, where the default is a one (1) game suspension. However, there may be situations where longer suspensions are more appropriate. A player may not be at the field or on the grounds if they are serving their suspension.

A player who receives two red card during a session will be suspended from playing in all remaining matches for the current session and at the discretion of the league board, may be banned indefinitely from the league without refund.

OFFSIDE

Teams should self-monitor obvious offside “cherry picking”, and the referee may, at his or her option, enforce offside. The idea is that players should not cheat just because there is limited or no referee or assistant referees. However, teams using an offside trap, do so at their own risk of it not being called due to lack of experienced referees.

SLIDE TACKLING

Is **NOT** allowed! Whether accidental or not, slide tackling (defined as a player leaving his/her feet to play the ball with an opponent nearby) is not allowed and will result in an Indirect Free Kick for the opposing team and possibly a misconduct (yellow or red card) depending on the severity. This includes goalkeepers.

FREE KICKS

All restarts will be determined at the discretion of the referee per the applicable rules/laws.

In the absence of a referee, all free kicks shall be indirect free kicks. Defense must be 10 yards away or appropriate distance as determined by IFAB Laws of the Game.

PENALTY KICKS

Penalty kicks can be awarded under the discretion of the referee for an offense committed by a player in his/her own penalty area. If there is not a referee present at the game, a penalty kick can be awarded if agreed to by both team captains. Penalty kicks should be reserved for intentional or serious offenses that impact a team’s ability to score or can be considered dangerous play. Examples include, but are not limited to, slide tackling, tripping, or deliberating handling of the ball. Incidental “ball to hand” touching of the ball should not be considered a penalty kick worthy event.

Penalty kicks shall be taken from approximately 12 yards from the goal line centered on the goal. Note, this is farther from the goal than the penalty mark on a U12 field. The yardage will be walked off by the referee or opposing captain/delegate.

INJURIES

Information and forms for injuries can be found on the national website - click on Rules and Info and then insurance: www.adultsoccer.org.

REFEREES

Referees will be provided as they are available. If there is not a referee available for a game, the game shall be self refereed by "calling your own foul(s)". This is a **recreational league** and a "gentleman's" agreement to play fair should be maintained. In the absence of referees, both captains must agree on fouls resulting in free kicks.

The referee's call is final - no dissent will be tolerated.

RUNNING UP THE SCORE

Running up the score is discouraged. If your team is ahead by several goals, try moving your goal scorers to defense or goalie, or swap players with the other team.

SCHEDULE AND STANDINGS

Schedules and standings will be made available through the league website and/or Facebook page.

PLAY NICE

The league discourages a stronger player making an aggressive challenge on a lesser player.

ENJOY THE SEASON AND PLAY SAFE!

COVID PROTOCOLS

- If you are not feeling good - DO NOT show up - period. The league will not be enforcing the forfeit rule for a team having less than 6 of their own players. If the opposing team has a full roster, consider evening out the teams and rotating players from that team to the team that is short to still allow a game to be played and remember - players can sub from another team AND must be registered for this season!
- There will be no onsite temperature screenings - each player MUST do a self health check assessment at home prior to deciding if they are well enough to play each week
- While the Tuma Sports Complex is a public space, we would recommend limiting spectators as much as possible until COVID-19 is further under control and please encourage any spectators to do a self health check at home before attending and to wear a mask while attending the game and discourage any spectators who want to attend if they do not feel well
- No handshakes, sharing water, sharing equipment (i.e. goalie gloves, etc.)
- Mask are not required while playing
- Social distancing on the sidelines (it is highly recommend to wear a mask while on the sideline)
- If you, someone in your family, or anyone you've been in close proximity with test positive for COVID-19, and you played the previous week you MUST notify the league director immediately
(leaguedirector@craalsoccer.org)