**2021 Outdoor Adult League Rules**

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| **Cedar Rapids AYSO****COVID-19 PROTOCOLS*** Home self assessments
* Stay home if sick or others in your household are sick (follow CDC quarantine guidelines, etc.)
* Notify league immediately if tested positive
* No water bottle/drink sharing
* Encourage limited spectators - social distancing on spectator sideline and masks are encouraged to be worn
* Encourage masks to be worn to/from car/field, but not required (also not required during play)
* Social distance on player sideline while waiting to sub in and upon arrival/departure

***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.**ROLE OF PLAYER-REFEREES AND GENEROUS INTENT**1. Games are self-refereed. Conduct and infractions are enforced by players and rely on good sportsmanship and the generous intent of all players.
2. Necessary calls--fouls, out of bounds, etc.--should be handled quickly and fairly. Players involved in the play should resolve necessary calls.
3. If needed, players in the vicinity can weigh in to help determine a call.
4. If needed, captains of each team will weigh in to make final arbitration--all of which relies on good sportsmanship, acceptance that not all calls will be perfect, and that adults can self-referee to create a fair, competitive, and safe environment for all participants.

**MATCH AND FIELD DETAILS*** Game length will be two 25 minutes halves with a 5 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.
* 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.

**PLAYERS** * Games are 9v9.
* Games can be played with a minimum of 6 players on a team.
* Teams who cannot field 6 or more players forfeit, and the game is marked as a 3-0 victory.
* A team who has trouble fielding a team may get registered players from another team to supplement if needed.
* If a team forfeits, the teams may agree to continue playing in a “friendly” manner; though the game is marked as a 3-0 victory for the team that did not forfeit.

*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. **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. **PLAYER EQUIPMENT (Mandatory equipment)** 1. Shin Guards (covered by socks completely)
2. League issued jersey - With the exception of the goalkeeper, while in position, anyone on the field without a league issued jersey will be asked to leave the field.
3. Players are not allowed to chew gum, chew tobacco, or eat candy during play.
4. Players are not allowed to play with any hard jewelry; this includes any watches, rings, earrings

**START OF PLAY** 1. The “Home” team (white jersey, listed first in matchup) shall kick off to start the game. The “Guest” team (black) shall kick off to start the second half.
2. Opponents are to be in their own half of the field and at least 5 yards from the ball for the taking of the kick-off.
3. The clock starts when the game is scheduled to start, so the home team can take the kickoff right when that time has arrived. The ball is in play when it is kicked and moves in any direction. The kicker shall not touch the ball a second time until it is touched by another player.
4. After injury or play stoppage, the ball possession is given to the keeper for a goal kick for the team who had possession when play was interrupted

 **SUBSTITUTIONS** 1. Substitutes during a match are unrestricted.
2. All substitutions are to be made "on the fly". Teams gaining an unfair advantage due to a subbed player not exiting the playing field in time can be called a foul if deemed necessary and will result in a direct free kick for the opposing team.
3. A player with a bleeding injury must be substituted for immediately. That player may not re-enter until the bleeding has stopped and the injury is bandaged. A player may not play with blood on the uniform.

**BALL IN AND OUT OF PLAY** 1. The ball is considered out of play when the entire ball crosses the boundary line.
2. Play is restarted with a throw-in. For a throw-in to be legal, the player must:
	1. Use 2 hands for the duration of the throw
	2. The throw must be over the head, and the throw must start with the ball held behind the player’s head.
3. Goal kicks may be taken anywhere from inside the goal area and may be played to a player inside the goal area.

 **FREE KICKS ARE DIRECT**1. All free kicks are direct free kicks.
2. On a free kick, the ball must be put into play within 5 seconds. Failure to do so will result in an direct free kick for the opposing team from the same location.
3. A player must stand 8 yards from all free kicks and shall not encroach (step forward) until the ball has been played.

 **GOALKEEPING**1. Goalkeepers must release the ball from their hands within five seconds. Failure to do so will result in the opposing team receiving an direct free kick from the top of the penalty area.
2. A goalkeeper is allowed to bring the ball into the penalty area with their own feet and then pick it up, as long as it was not a pass back.
3. A goalkeeper is not allowed to receive the ball directly into his or her hands having received it from a kick-off, free kick, kick-in, or back pass with the foot, from their own teammate. (Penalty: the ball is placed at the top of the 12 yard mark and the opposing team gets an direct free kick.)
4. A goalkeeper, having had control of the ball in his own hands, and having released it from his hands to be played either by himself or a teammate, shall not handle the ball again until it has been touched or played by an opponent. (Penalty: the ball is placed at the top of the penalty area and the opposing team gets a direct free kick.)

 **NO OFFSIDES**1. Offside is not called in the absence of referees

 **FOULS AND MISCONDUCT** 1. All fouls are punishable by a player calling direct free kick against the offending team to be taken at the spot of the infraction unless specified differently below.
2. Slide tackling is not allowed. It is permissible for a player to slide, but a slide near a player that aims to gain or maintain possession of the ball is a “slide tackle” and is not allowed.
3. A hand ball occurs when a player (not the goal keeper) touches the ball with any part of their arm below the shoulder. This should only be called if the hands are outside of the core of the body. A player who has their hands or arms held to their sides or close to their chest should not be called for a handball if the ball makes contact with their arms or hands when in this region of the body.
4. Continuation of play can occur if a player is fouled--or if a handball is called--but the team who gets the free kick would receive a greater benefit by having the play continue. This rule exists so a player cannot unfairly stop the game with a tactical foul (and then call it themselves)

 **PENALTY KICKS** 1. Penalty kicks are taken 12 yards away from the goal
2. Players are NOT allowed to stand outside the penalty area during the taking of a penalty kick in this situation.
3. All players except the kicker and the goalkeeper must be positioned behind the 12 yard mark.
4. A penalty kick must be taken even if time has run out in a period if the penalty occurred during while time remained on the clock

 **FLAGRANT CONDUCT** 1. The following offenses can result in the offending player being ejected: fighting, attempting to injure, abusive foul language or gesture.
2. Intentional dangerous play is serious misconduct, and players or captains from either team are asked to fairly assess this situation on behalf of team safety and interest in continuing a fair and safe game.
3. A player should be asked to leave the facility if they cannot conduct themselves.
4. Players being asked to leave the field or facility should be reported to the Referee Administrator, Eric Holthaus, refadmin@craalsoccer.org, or another board member.
5. The CRAAL board can choose to assess a penalty (can include up to and including removal) that extends beyond the game where the infraction occurred if the infraction is severe or if the infraction is a pattern of dangerous behavior.

**INJURIES**Information and forms for injuries can be found on the national website - click on Rules and Info and then insurance: [www.adultsoccer.org](http://www.adultsoccer.org/). **ENJOY THE SEASON AND PLAY SAFE!** |

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