

ADULT LEAGUE SOCCER INFORMATION

- I. Shirt ON and shin guards ON at ALL TIMES and NO metal studs.
- II. All players must be Registered to play for the season. New participants must pay in full for the season regardless of when they register.
- III. 9v9 30min halves, 5min half time - played on 9v9 field with 2-man referee system.
- IV. Roster limit per game is 16 players regardless of how many players are registered on a team.
- V. Game can start with 6 + GK. Teams can only borrow players if they agree to a 4-0 forfeit.

ADULT LEAGUE SOCCER RULES

All standard rules for soccer will apply to the Adult League with the following additions or exceptions:

1. NO SLIDE TACKLING!!! ANY slide tackle will result in a RED card, and the other team will be awarded a free kick. Any slide tackle from behind or tackle with the intent to injure or deemed dangerous by the official will result in a RED card. Slide tackle in the penalty area will result in a penalty kick.
2. Referee abuse will result in a RED card which will result in a ban for the rest of the season subject to a disciplinary hearing which may result in a lifetime ban. Any player receiving a red card must leave the field of play and be out of sight and sound. Any player suspended will have to appear before the HCSA disciplinary board before being allowed to play again. Suspension must be served at the next game, meaning player has to be present but not play.
3. All Yellow card infractions will result in a 5min cool down time for player. Any player receiving two yellow cards in a game, or a red card will be suspended for that game and the next game. Playing without shin guards on will incur a yellow card.
4. No fighting – There is a zero-tolerance policy for fighting in HCSA Parks & Recs. Fighting or inciting a fight will result in a RED CARD with immediate expulsion and game ban as well as ban from the parks.
5. Goal keepers will not be allowed to punt or drop kick the ball (we are playing on a U12 "short" field). Keepers can distribute the ball by hand or by placing the ball on the ground and playing it with their feet. Punt violation will result in free kick on defensive buildout line. Goal keepers will be allowed to slide on the ground inside the penalty area.
6. Offsides rules – No camping in opposition penalty area. However, opposition can be in penalty area if a defender is present. Camping will result in a free kick. All free kicks are indirect.
7. **3-line** rule for balls over the top – This means that the ball cannot be played over the top across 3 field lines. The 3 field lines are the attacking buildout line, the center line and the defensive buildout line. The GK is allowed to throw over 3 lines. Violation will result in opposition free kick on **defensive** buildout line.
8. Substitutions are “hockey like” meaning you can switch players as long as you are not involved in the play. Substitutions will occur within 5 yards from bench and on bench side.
9. RESPECT the game – No foul language, HAVE fun and PLAY the ball, not the player and there should not be any problems.

10. No heart attacks, I am not giving any old soccer players mouth to mouth. If you feel tired or dizzy call for a sub, you're not as young as you use to be.
11. All other fouls will follow FIFA rules, such as a hand ball in the Penalty area will result in a PK and other offense in the Box. Any Foul OUTSIDE of the box will result in an In-Direct Kick, there will be NO direct free kicks outside of the penalty area.
12. Any team with the minimum number of available registered players (7) may contest their game, however it's considered a forfeit and referees may abandon the game if:
 - A. an unregistered player is introduced in a game.
 - B. a registered player is borrowed from another team.