

## High Country Soccer Association Adult League – Rules of Play

HCSAAL will follow FIFA Laws of the Game with certain modifications as listed below:

- 1. Duration of Play:** Games consist of two 30 minute halves, running clock, and a 5-minute half time. No overtimes will be played during regular season games.
- 2. Start Time:** Games will start on time. If a team is does not have 5 players present at the starting whistle, a 1 goal penalty will be given to the opposing team. Additional 1 goal penalties will continue every five minutes until the score reaches 3-0, thus giving the opposing team the forfeit. Play may begin as soon as the short numbered team has 5 eligible players.
- 3. Number of Players:** Teams will play with a total of seven players, 6 field players and 1 goalkeeper. A team must have a minimum of 5 players to begin a game – 4 field players and a goalkeeper.
- 4. Rosters:** A maximum of 14 players are allowed on the roster. All rosters are frozen as of the third play-date of the league season and players must be on the roster to participate in playoffs. Players may only be on one team roster. If a player plays on a team that he/she is not rostered on, he/she will be suspended for one game from their regular team, and the team they played for will forfeit that game. Each team captain will turn in a match roster and player cards to the referee prior to each match. The referee will check rosters and cards before every match.
- 5. Jerseys:** Each team's jerseys must be the same for all players. Jerseys must have numbers to differentiate players.
- 6. Equipment:** Shin guards are MANDATORY for all players. Molded cleats and turf shoes are allowed. Screw-ins and metal studs (any 6 stud cleats) are NOT permitted. No jewelry allowed. This includes but is not limited to earrings, necklaces, watches, etc.
- 7. Field Dimensions:** The size of the field is 76 yards long by 55 yards wide.
- 8. Goal Dimensions:** The goal will be 7 feet tall by 21 feet wide.
- 9. Game Ball:** The team listed as the Home team will be responsible for providing the game ball.

### **\*\*Game Rules\*\***

- 1. Goalkeepers:** The play from the Goalkeeper's hand - punt, throw or drop-kick, must touch either the ground or a player prior to crossing the half-field line. An indirect free kick is awarded at the centerline for any infraction.
- 2. Goal kicks:** Goal kicks must touch either the ground or a player prior to crossing the half field line. An indirect free kick is awarded at the half line for any infraction.
- 3. Substitutions:** Substitutions are unlimited but may only be made with permission from the referee. All substitutions must be made at the center line.
- 4. Misconduct:** A first yellow card during a match is a caution; a second yellow card during the match will result in a red card and a sending off. A red card results in a player being ejected from the game and must promptly leave the field. Their team must then finish the match down a player. Any player that accumulates a yellow card in 3 consecutive matches or 4 total yellow cards will have to serve a one-game suspension in the following match. Any player receiving a red card will serve a two-match suspension.

**5. Fighting:** Fighting will NOT be tolerated. Any participant, coach, fan, or other person associated with a team that is involved in an altercation with another player, coach, fan, or other person associated with a team where punches or kicks are thrown, will be automatically ejected for the remainder of that season with no refund, and may be permanently banned from the league. If a player comes off the bench to participate in the fight, they will be automatically ejected for the remainder of that season with no refund, and may be permanently banned from the league. Any bench player or coach that comes off of the bench during a fight, regardless of their intentions, will be ejected from that game and face additional suspension. If any team's fans enter the playing surface during a fight, regardless of their intentions, that entire team will be removed from the league immediately with no refund. The League Director will have final ruling on all matters of violent conduct.

**6. Referees:** Abuse of the referees will NOT be permitted and will result in disciplinary action for a given player or team as determined by the League Director. Disciplinary action includes but is not limited to suspensions for individuals and forfeits for team actions.

**7. Forfeits:** Any team that forfeits three games will not be permitted to participate in the league the following season.

**8. Overtime Procedures:** (Playoffs ONLY) Two 5 minute periods, to be played in their entirety, will be played; the teams will switch sides after the first period and play will immediately resume. The team that wins the coin toss prior to overtime will choose SIDE or POSSESSION to start the overtime period. Should the match still be tied, penalty kicks will determine the winner. Penalty kicks will follow FIFA rules and procedures.

### **\*\*League Standings Procedures\*\***

1. A win is worth 3 points, a tie is worth 1 point and a loss is worth zero points.
2. A forfeit win is counted as a 3-0 win.
3. The league table will be updated every Monday.
4. Playoff dates and times may not be on the usual day that your team played on during the regular season.
5. Only the top 4 teams will make the playoffs. Playoffs will consist of 2 semi-final matches, a 3<sup>rd</sup> place match, and a Championship match.
6. The seeding for playoffs will be determined after the completion of the regular season as follows:

The team with the most points accumulated will get the highest seed, the team with the second most points accumulated will get the 2nd highest seed, etc. Ties will be broken as follows:

- a. Goal differential.
- b. Goals allowed.
- c. Goals scored.
- d. If the two teams are still tied after the first 3 tiebreakers, a coin flip will determine the higher seed.

### **\*\*Protest Procedures\*\***

1. The only protest that will accept is a protest concerning player eligibility. No protests will be accepted concerning officials' calls.
2. The protest must be made before the start of the game or whenever the player in question shows up for the game.
3. A player may be protested for either not being on the team's roster, or either playing under an assumed name.
4. Any player who is protested must provide a valid picture I.D. to prove his identity and must be listed on the official roster. If no identification is provided the player cannot participate in the game.
5. ALL protests must be voiced to the League Director, who will have final ruling.