



**CITY OF ALBANY  
RECREATION & COMMUNITY SERVICES DEPARTMENT  
1249 MARIN AVENUE  
ALBANY, CA 94706**

# **ADULT CO-ED SOCCER RULES & REGULATIONS**

## **PRIMARY GOAL**

**THE MAIN OBJECTIVES OF ADULT CO-ED SOCCER ARE TO HAVE FUN AND COMPETE.**

## **PLAYERS' CODE OF CONDUCT**

- 1. TEAM MANAGERS ARE RESPONSIBLE FOR THE ACTIONS OF THEIR PLAYERS AND SPECTATORS.**
- 2. TEAMS AND THEIR SPECTATORS ARE EXPECTED TO SHOW GOOD SPORTSMANSHIP.**
- 3. COMPLAINTS ABOUT RULES AND UNSPORTSMANLIKE CONDUCT SHOULD BE MADE BY THE TEAM MANAGER TO THE REFEREE.**
- 4. GAME OFFICIALS CAN EJECT A PLAYER OR SPECTATOR FOR:
  - A. REFUSAL TO ABIDE BY AN OFFICIAL'S DECISION**
  - B. VERBAL ABUSE SUCH AS TAUNTING OR VULGAR LANGUAGE**
  - C. PHYSICALLY THREATENING OR ATTACKING ANOTHER PERSON**
  - D. USING UNNECESSARY ROUGH TACTICS**
  - E. SMOKING****
- 5. AN EJECTED PLAYER OR SPECTATOR MUST IMMEDIATELY LEAVE THE FIELD AND PARK FACILITY. THE GAME WILL NOT CONTINUE UNTIL THEY HAVE LEFT THE SITE. IF THE PLAYER OR SPECTATOR REFUSES TO LEAVE THE FACILITY THEIR TEAM'S CURRENT GAME AND NEXT GAME WILL BE FORFEITED AND ALBANY PD WILL BE CALLED.**
- 6. THE EJECTED PLAYER & THEIR MANAGER WILL BOTH RECEIVE AN AUTOMATIC SUSPENSION FOR THE NEXT LEAGUE GAME.**
- 7. FLAGRANT ACTS SUCH AS VERBAL ABUSE, PHYSICAL THREATS, OR PHYSICAL ATTACKS TOWARDS GAME OFFICIALS, RECREATION DEPARTMENT OFFICIALS, PLAYERS, AND SPECTATORS WILL BE SUBJECT TO PERMANENT LEAGUE SUSPENSION. THIS INCLUDES SUSPENSION FROM ALL ALBANY SPORTS LEAGUES.**
- 8. THE RECREATION DEPARTMENT HAS THE FULL POWER AND DISCRETION OF IMPOSING PENALTIES ON ALL VIOLATIONS OF THE PLAYERS' CODE OF CONDUCT. FOR VIOLATIONS NOT LISTED, THE PENALTY SHALL BE DECIDED AT THE DISCRETION OF THE LEAGUE DIRECTOR.**

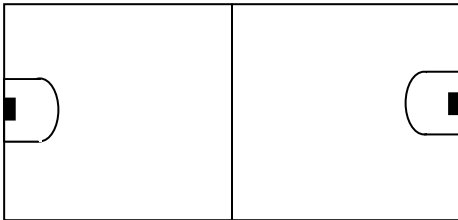
## **LEAGUE INFO**

- 1. GENERALLY, THE SEASON WILL CONSIST OF 6 GAMES PLUS PLAYOFFS BETWEEN THE TOP 4 TEAMS.**
- 2. GAMES WILL LAST 60 MINUTES AND ARE SPLIT INTO 30 MINUTE HALVES.**
- 3. GAMES WILL START AT 7:15 AND 8:25.**
- 4. GAMES ARE ON WEDNESDAY NIGHTS.**
- 5. ALL GAMES WILL BE PLAYED AT OCEAN VIEW PARK LOCATED IN ALBANY AT 900 BUCHANAN STREET.**

## **BASIC GAME RULES – RULES ARE FIFA WITH THE FOLLOWING EXCEPTIONS:**

- 1. TEAMS MUST HAVE A MINIMUM OF 3 AND A MAXIMUM OF 5 PLAYERS ON THE FIELD.**
- 2. TEAMS ARE ALLOWED A MAXIMUM OF 3 MEN ON THE FIELD.**
- 3. THERE ARE FREE SUBSTITUTIONS AND EJECTED PLAYERS MAY BE REPLACED.**
- 4. TEAM MEMBERS SHOULD HAVE THE SAME COLOR SHIRTS AND BRING WHITE T-SHIRTS AS BACK-UP. IF BOTH TEAMS HAVE THE SAME COLORS, THE HOME TEAM KEEPS THEIR COLORS.**
- 5. GOALS WILL BE 4 FEET WIDE AND 3 FEET TALL.**
- 6. THERE ARE NO GOALKEEPERS.**
- 7. PLAYERS ARE NOT ALLOWED WITHIN THE 18-FOOT GOAL ARC UNLESS THEY ARE PLAYING THE BALL.**
- 8. ON CORNER KICKS AND KICK-INS PLAYERS MAY STAND IN THE ARC AFTER THE BALL IS KICKED IF THEY ARE PLAYING THE BALL.**
- 9. GOALS MUST BE SCORED FROM THE ATTACKING HALF OF THE FIELD.**
- 10. GOALS CAN BE SCORED ON CORNER KICKS.**
- 11. GOALS MAY NOT BE SCORED ON KICK-INS.**
- 12. SLIDE TACKLES, SLIDES, OR PLAYING THE BALL WHILE ON THE GROUND IS NOT ALLOWED. PLAYERS MUST STAY ON THEIR FEET AT ALL TIMES.**
- 13. IF A PLAYER RECEIVES 3 FOULS IN 1 GAME FOR NOT STAYING ON THEIR FEET THEY WILL BE EJECTED.**
- 14. A PENALTY SHOT WILL BE AWARDED FOR ANY FOULS COMMITTED INSIDE A TEAM'S ATTACKING HALF OF THE FIELD. THE SHOT WILL BE TAKEN FROM THE CENTER LINE INTO AN EMPTY GOAL.**
- 15. FOULS BY THE OFFENSIVE TEAM ON THE ATTACKING HALF OF THE FIELD WILL RESULT IN AN INDIRECT KICK AT THE SPOT OF THE FOUL FOR THE OPPOSING TEAM.**

16. **PENALTY KICKS ARE A DEAD BALL SITUATION. IF THE KICK IS MISSED, IT IS A GOAL KICK FOR THE DEFENSIVE TEAM.**
17. **GOAL KICKS MUST BE TAKEN FROM THE INTERSECTION OF THE GOAL ARC AND THE FIELD'S BOUNDARY LINE. THE KICK IS TAKEN FROM THE SIDE THAT THE BALL WENT OUT OF BOUNDS.**
18. **GOAL KICKS MAY NOT BE KICKED OVER MIDFIELD. IF THIS OCCURS, IT IS A KICK-IN AT MIDFIELD ON THE SIDELINE FOR THE OPPOSING TEAM.**
19. **THROW-INS ARE NOT ALLOWED; KICK-INS WILL BE TAKEN WITH THE BALL TOUCHING THE SIDELINE.**
20. **PLAYERS OF THE OPPOSITE TEAM MUST GIVE THE KICKER 5 FEET OF SPACE TO KICK.**
21. **THERE ARE NO OFFSIDES.**
22. **THERE IS 1 OFFICIAL FOR EACH GAME.**
23. **THE FIELD WILL BE APPROXIMATELY 50 YARDS LONG BY 32 YARDS WIDE.**



### **TEAM ROSTER INFO**

1. **PLAYERS MUST BE AT LEAST 18 YEARS OLD UNLESS THERE ARE SPECIAL CIRCUMSTANCES AND ALL LEAGUE MANAGERS APPROVE THE ADDITION OF UNDER-AGE PLAYERS.**
2. **THERE IS A 3 PLAYER MINIMUM AND A 12 PLAYER MAXIMUM PER TEAM.**
3. **TEAMS MUST HAND IN THE ROSTER SHEET BY THE START OF THE 1<sup>ST</sup> GAME.**
4. **CHANGES TO A TEAM'S ROSTER MUST BE DONE THROUGH THE TEAM'S ORIGINAL ROSTER SHEET OR THE ADD/DROP FORM.**
5. **TEAMS CAN ADD AND DROP PLAYERS THROUGHOUT THE REGULAR SEASON. HOWEVER, TEAMS CAN NOT ADD PLAYERS DURING THE PLAYOFFS.**
6. **PLAYERS CAN NOT CHANGE TEAMS AFTER THE SEASON STARTS.**
7. **PLAYERS CAN NOT PLAY ON 2 TEAMS IN THE SAME LEAGUE.**
8. **PLAYER'S MAY BE ASKED TO SHOW ID AT ANYTIME DURING THE SEASON. ALL PLAYERS MUST SHOW ID AT THE START OF PLAYOFF GAMES.**
9. **NON-ROSTERED PLAYERS WILL BE SUSPENDED FOR THE SEASON AND ALL GAMES THEY PLAYED IN MAY BE DECLARED FORFEITS.**

## **STANDINGS, PLAYOFFS, AND AWARDS**

- 1. STANDINGS ARE DETERMINED BY POINTS: WIN = 3, TIE = 1, LOSS = 0**
- 2. TIEBREAKERS:**
  - A. HEAD-TO-HEAD RECORD**
  - B. HEAD-TO-HEAD GOAL DIFFERENTIAL**
  - C. TOTAL GOALS SCORED FOR THE SEASON**
  - D. COIN TOSS**
- 3. THE TOP 4 TEAMS IN THE REGULAR SEASON STANDINGS WILL COMPETE IN A SINGLE ELIMINATION PLAYOFF FORMAT.**
- 4. IF A PLAYOFF GAME IS TIED AFTER REGULATION, IT WILL BE DECIDED BY A SUDDEN DEATH OVERTIME PERIOD.**
- 5. THE LEAGUE CHAMPION WILL WIN A LEAGUE CHAMPIONSHIP TROPHY.**

## **EQUIPMENT**

- 1. NO METAL SPIKES, SCREW-IN SPIKES, OR HARD PLASTIC CLEATS.**
- 2. PLAYERS MUST WEAR SHIN GUARDS IN ORDER TO PLAY. IF NECESSARY, THEY MAY BORROW THEM FROM A SUBSTITUTE PLAYER. PLAYERS SHOULD ALSO HAVE SOCKS COVERING THE GUARDS.**
- 3. PLAYERS MUST REMOVE JEWELRY.**
- 4. THE HOME TEAM WILL SUPPLY THE GAME BALL.**

## **FORFEITS**

- 1. IF A TEAM DOES NOT HAVE 3 PLAYERS AFTER THE 5 MINUTE GRACE PERIOD, THEY MUST FORFEIT THE GAME.**
- 2. A \$25 FORFEIT FEE WILL BE CHARGED FOR EACH FORFEITED GAME AND MUST BE PAID TO THE OFFICE OF RECREATION AND COMMUNITY SERVICES BEFORE THEIR NEXT SCHEDULED GAME.**
- 3. IF A TEAM FORFEITS A SECOND GAME THEY MAY BE DROPPED FROM THE LEAGUE.**
- 4. ALL FORFEITED GAMES WILL BE SCORED 3-0 FOR THE WINNING TEAM.**
- 5. TEAMS MAY USE THE FIELD TO PRACTICE IF THEY FORFEIT, EXCEPT FOR THE FINAL GAME OF THE NIGHT.**

## **SCHEDULE CHANGES**

- 1. MANAGERS ARE RESPONSIBLE FOR CALLING THE RAIN-OUT LINE AT 510-559-7219 FOR THAT DAY'S GAME. A MESSAGE WILL BE POSTED BY 3PM ON DAYS OF INCLEMENT WEATHER.**
- 2. IF THE 1<sup>ST</sup> GAME IS CANCELED, ALL GAMES WILL BE CANCELED FOR THE NIGHT.**
- 3. IF A GAME IN PROGRESS IS CANCELED DUE TO RAIN, IT WILL BE CONSIDERED OFFICIAL AND NOT BE RE-SCHEDULED IF 30 MINUTES OF PLAY HAVE BEEN COMPLETED.**
- 4. IF A GAME CAN'T BE PLAYED DUE TO WEATHER, POWER FAILURE, LACK OF OFFICIALS, OR OTHER ACTS OF NATURE IT WILL BE RE-SCHEDULED AFTER THE FINAL REGULAR SEASON GAME OR ON THE EARLIEST POSSIBLE DAY ARRANGED BY THE LEAGUE DIRECTOR.**

### **LIABILITY**

- 1. I AGREE TO ASSUME THE RISK OF ACCIDENT OR INJURY SUSTAINED FROM WHATEVER CAUSE IN CONNECTION WITH THE ACTIVITY, AND RELEASE THE CITY OF ALBANY, ITS OFFICERS, AGENTS AND EMPLOYEES FROM ANY AND ALL LIABILITY FOR ANY SUCH INCIDENT OR INJURY CAUSED BY WHATEVER REASON, INCLUDING BUT NOT LIMITED TO AN ACT OF OMISSION.**
- 2. I UNDERSTAND THAT NO MEDICAL INSURANCE IS PROVIDED.**

**ALL DECISIONS MADE BY THE LEAGUE DIRECTOR WILL BE FINAL. THE LEAGUE DIRECTOR HAS THE RIGHT TO AMEND, DELETE, OR ADD ANY RULES DEEMED NECESSARY.**