



## League Rules of Play

- Although it is necessary to have league and game rules the spirit of the Summer Soccer League is 'Soccer and Social' please exhibit good sportsmanship at all times, play safe, have fun and enjoy the games and the post-game camaraderie.
- All registered players can sub for any other team in the league whenever they want. Teams in need of players should send out an email to everyone in the league.
- ***We reserve the right to modify any of the below rules if we feel it will benefit the overall player experience and quality of play.***
- Games are pretty much 'self refereed' but will be managed by the game coordinators. They will oversee both games and manage them accordingly.
- If one team is short players, please try to supplement the other team by loaning players if possible.

## FIFA rules apply with the following exceptions...

- There is no penalty area, just a keeper's arc of 8 yards. Keepers are not allowed to play the ball outside of the arc.
  - Keepers playing the ball outside of the arc will result in an IFK
  - Defenders are allowed to enter to clear the ball;
  - All others are not allowed to enter to play a loose ball.
  - Goals scored while touching the arc or inside the arc are disallowed and restarted with a Keeper restart.
- Substitutions are unlimited during the game and can be made at any time.
- There are no off-sides.
- Restarts are from kick in (not throw-in) from the sideline. You cannot score directly from a side line kick-in.

- Penalty kicks follow FIFA rules with penalty kicks taken from 1 yard additionally from the top of the goalkeeper area.
- There are no goal kicks, Keeper restarts are either a throw to a player or to be set down and played immediately.

## **Player Safety**

In order to prevent any serious injury and keep with the spirit of the Summer Soccer League of 'Soccer and Social', the following will not be tolerated:

- Unnecessary roughness
- Playing from behind
- Slide tackles

Shin guards must be worn while playing and the wearing of any form of jewelry (including watches) is not permitted during play to prevent any accidental contact. Soft casts may be worn at the game coordinator's discretion. Anyone with a hard cast, wrapped or not, will not be permitted to play due to player safety.

## **Disciplinary**

- A player who receives a yellow card must leave the field of play for 5 minutes but can be replaced
- A player who receives two yellow cards in one game must leave the field of play and cannot return
- A player who receives a straight red card must leave the field of play and cannot return

## **Suspension**

A player who is sent off receives a minimum one game suspension. A player who receives a red card for violent conduct will be subject to a longer, possible season long, ban. Teams with continual poor player discipline may be removed from the league.