

PLEASANT HILL RECREATION & PARK DISTRICT

SOCCER RULES & REGULATIONS

INTRODUCTIONS

Welcome to Pleasant Hill Recreation & Park District's Adult Soccer League. The league **is using the current International Federation of Football (IFAB) Laws of the Game. This publication provides standard regulations and modifications to the IFAB Laws for 5 V 5 COED Adult Soccer Leagues conducted by the District.**

BASIC PHILOSOPHY

One of the goals of the Pleasant Hill Recreation & Park District is to provide recreational opportunities for people of all ages. The Adult Soccer League provides the community with an opportunity to participate in an organized sports activity. The leagues are organized for competitive play but the overall goal is enjoyable participation for all. The District is not offering professional leagues. **The main emphasis of the league is the recreational elements including the fun, enjoyment, good sportsmanship, and friendships that are developed.**

REFEREES

It is easier to obtain good teams than good referees. Unethical action by some coaches and players has caused many excellent referees to leave officiating; and consequently, there is a shortage of qualified persons to perform this important function.

When a referee assesses a penalty or makes a decision, he is simply doing his duty! Referees are there as representatives of the District and not the teams. It is the referee's duty to uphold the integrity of the game; and their decisions, even though occasionally a mistake in judgment, are final, conclusive and must be accepted! It is then the team representative's responsibility to request an interpretation if needed. Other players must refrain from conferring with the referees.

LEAGUE REGULATIONS

1. A team must have paid all fees and have a team roster on file before considered registered and entered in the league.
2. Team representatives should seek other facilities for team practice.
 - a. **TEAMS MAY NOT PRACTICE ON LEAGUE FIELDS.**
 - b. All teams must honor use permits by other users of District facilities (e.g. Pleasant Hill Baseball Association, Pleasant Hill/Martinez Soccer Association).
 - c. Teams may **not** practice on **any** field after it has been prepared for games.
 - d. Teams may not use any field when it is raining or the field is wet.

3. The Recreation Supervisor has the option of moving players or teams to whatever league and day of play he deems is in the best interest of providing a balanced program.
4. The Recreation Supervisor may, because of conditions beyond his control, change or revise the league schedules.
5. After the first regular scheduled game, all teams forfeit the right to their entry fees unless the entire league is disbanded, whereby all teams will be refunded their entry fee less all costs incurred by the league up to that point.
6. The Pleasant Hill Recreation & Park District reserves the right to establish rules and regulations at any time deemed necessary for the efficient operation of the league. Further, all rules and regulations will be interpreted by the District staff as deemed necessary to ensure a smooth and consistent program in keeping with the standards and intent of adult leagues.

TEAM AND PLAYER ELIGIBILITY

1. A player may participate in the league only if the player's name, address, city he/she lives in, zip code, telephone number, driver license number and signature appear on the official team roster as filed with the Recreation & Park District.
 - a. Any player participating under an assumed name or false address will be considered an ineligible player and shall suffer suspension for the remainder of the season.

PENALTY: All games will be forfeited in which the ineligible player participated.

- b. Players must be eighteen (18) years of age or older and out of high school. Graduating high school players are not eligible to participate in the Spring league. Participation in the Summer and Fall leagues is permitted.
2. Roster Additions and Withdrawals:
 - a. All players added or withdrawn after the team's roster has been turned in to the office must be done on Pleasant Hill Recreation & Park District's "Add/Withdrawal Form."
 - b. Players may be added or withdrawn up till **5:00 p.m.** on game day at the Administration Office. The office is closed weekends and holidays.
 - c. An added player may not use a dropped player's non-resident fee after **March 15.**
 - d. Teams may carry a maximum of fourteen (14) players on their roster.
 - e. No roster additions or withdrawals may be made after the eighth league game.
3. A player may only play in one (1) league and on one (1) team during any season in the Pleasant Hill Recreation & Park District's Adult Soccer League.

PENALTY: The player will be suspended for one calendar year of the date of the detection and all teams he/she played on will forfeit the games the player participated in.

EXCEPTION: A player may play on two teams as long as one and only one team is in the Co-ed league and the other is in the men's or women's league. Both leagues must have the same rating too (e.g. A, B, C, etc.) Teams must play on different nights.

4. The Recreation Supervisor maintains the prerogative to disqualify any player or team, at any time, if it is in the best interest of the league.

PROTESTS

Only a regularly scheduled game may be protested. No protest based solely upon a decision involving the accuracy of a judgment on the part of the referee may be filed.

1. A protest will be considered only if the field supervisor, referee and opposing team representative are notified at the time of the dispute (before the ball is put back into play) and the game is officially recognized as being played under protest.
2. All protests must be submitted in writing to the Pleasant Hill Recreation & Park District, 147 Gregory Lane, Pleasant Hill, CA 94523, Attn: Soccer Protest. All protests must be submitted with a \$20.00 protest fee **within 48 hours** of the disputed game. The fee will be returned if the protest is found valid.
3. The protest should contain the following information:
 - a. Date, time and place of game.
 - b. Names of field supervisor, referee, teams and team representatives.
 - c. The rule and section of the Official Rule under which the protest is being made.
 - d. The decision and conditions surrounding the making of the decision.
 - e. All essential facts involved in the matter protested.
4. A \$20.00 fee (per player) will be required if a team requests the league to investigate an ineligible player. If the player is found to be ineligible, the fee will be returned.

NOTE: All players should carry a drivers license or have it close by, e.g. in their car. Players must be prepared to show it to the field supervisor at all times. If it is out in the car, it must be shown to the field supervisor immediately after the game.

5. In all cases, the ruling of the Pleasant Hill Recreation & Park District will be final.

EQUIPMENT

The league will provide a game ball, field supervisor, referee, field maintenance, lights, rule packets, standings and results, and other such equipment or materials as required for the efficient conduct of the league.

SCHEDULE CHANGES

1. **TEAMS PLAYING IN MORE THAN ONE CITY:**
Pleasant Hill Recreation & Park District's schedules will not be adjusted to avoid conflicts with other leagues. Teams who enter more than one league do so at their own risk.
2. Games that have to be made up due to weather, power failure, or other circumstances, will be rescheduled following the end of league play or on the earliest possible day arranged by the Recreation Supervisor. Make-up games will be played

in the order of postponement and may be played on a different weeknight or weekend day than the league regularly plays. If the games cannot be played, the win-loss records will be computed on the games actually played.

3. If a field referee fails to appear at any league game, the game will be postponed and made up according to the above rules on make-up games.
4. In the event that the league schedule cannot be completed within three (3) weeks of scheduled completion date, the Recreation Supervisor may declare the league completed. The league standings will be based on the teams' records at the time of the declaration. Each team will be refunded their share of entry fee money for games not played.

FINAL LEAGUE STANDINGS

League champions will be the teams that complete the schedule with the best win–loss–tie record (**with 1 point for a win, 1/2 point for a tie, 0 points for a loss and -1 point for a forfeit loss**). If teams are tied with identical point totals after completing the league schedule, the higher final standing will be awarded to the team:

- a. With fewer forfeits. (If a winner is not determined, all tied teams move to step b)
- b. With the best record in head to head competition. (If a winner is not determined, all tied teams move to step c)
- c. With the best divisional record. (If a winner is not determined, all tied teams move to step d)
- d. With the best record against common opponents finishing above the tied teams. (If a winner is not determined, all tied teams move to step e)
- e. With the best record against all common opponents. (If a winner is not determined, all tied teams move to step f)
- f. With the highest goal differential in head to head competition. (If a winner is not determined, all tied teams move to step g).
- g. With the highest goal differential against divisional opponents. (If a winner is not determined, all tied teams move to step h)
- h. With the highest goal differential against all common opponents. (If a winner is not determined, all tied teams move to step i)
- i. By draw.

NOTES: The goal differential is calculated by subtracting goals given up from goals scored. In comparing division and conference records or records against common opponents among tied teams, the best won-lost-tied percentage is the deciding factor since teams may have played an unequal number of games.

PLAY-OFFS

Play-offs will be single elimination, unless otherwise noted; number of teams eligible will be determined by the size of each league. Championship games may be scheduled on a different night than the league normally plays.

1. A player must play in at least two (2) league games to be eligible for the play-offs. **NO TEAM ROSTER CHANGES accepted after the 8th league game.)**
2. Check our sports website www.pleasanthillrec.com/294 after 6:00 p.m., two working days after your league's last game to receive play-off information. Playoffs will be listed on our Sports Phone, **ONLY** if the website is **NOT** working. Pleasant Hill Recreation will **NOT** contact you.

SPECIAL INFORMATION

1. The team representative shall be the official representative of the team unless he designates one of the players as a team captain prior to the game. **Only the team representative or his designate may discuss a call or decision made by the referee.**
2. The **team representative will ensure that all their players know and abide by the rules and regulations as stated in this book and The Current IFAB Laws of the Game (IFAB).**
3. **The home** team is listed first on the schedule. The home team will always wear white or light colored shirts and kick off to start the game. The visiting team will always wear dark colored shirts **and will choose side to start the game.**
4. NO DRINKING of alcoholic beverages is allowed at the facility by players, coaches and team representatives, before, during or after a game.

PENALTY: One team warning, then violators will be removed from the game and reported to the league supervisor.

5. ANY PLAYER DISMISSED FROM A GAME IS SUSPENDED FROM PLAY FOR A MINIMUM OF THE NEXT TWO LEAGUE GAMES.
6. ANY PLAYER DISMISSED FROM TWO GAMES IS SUSPENDED FROM PLAY FOR THE REMAINDER OF THE SEASON.
7. **All dismissed players must leave the field immediately and are required to stay away from all fields until the suspensions are lifted.**
8. Any suspension that runs through the last game of the season or beyond will make the suspended player ineligible for all play-off games.
9. **Once a player is suspended, that player is suspended from all games on all teams (including other District leagues) until suspension is lifted.**
10. Teams are not to warm-up on the field unless time permits. Warm-ups should occur on the side line areas. If warm-ups interfere with the games in progress, the field supervisor may ask the teams to cease their warm-ups.

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| <ol style="list-style-type: none">11. Metal spikes, screw-in spikes are NOT permitted. <u>SHORT rubber turf soccer shoes or rubber cleats are recommended and are the only turf shoes permitted. Unless league director says otherwise.</u> |
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12. A port-a-potty by the field and rest rooms at the Community Center are open for those playing at College Park High School.
13. Please pick-up your litter after games to help keep league fees down and to allow our staff more time to prepare the fields.
14. **Please leave the field promptly after the last game, for the lights will be turned off five (5) minutes following the game.**
15. **To help keep the noise level down at all fields, we are requesting all teams to cut down on unnecessary noise. Although cheering for your team is an important part of the game, consideration must be shown for neighboring residents.**

PLAYER CONDUCT

There is no place in athletic sports for the unethical player. Unsportsmanlike conduct is contrary to the basic principles of athletic sports. The "Player Code of Conduct" was established for the protection of the participants, survival of the sport and continuation of the league. Violation of the "Player Code of Conduct" will not be **tolerated**.

S.A.N.C.R.A. – TEAM AND PLAYER CODE OF CONDUCT

The following "Team and Player Code of Conduct" has been adopted by all participating agencies with S.A.N.C.R.A. and will be strictly enforced. A suspension in one agency is recognized as a suspension in all agencies.

1. **NO PLAYER SHALL:** At any time lay a hand upon, shove, strike or threaten a referee. Referees are required to immediately suspend player from further play and report such player to the league supervisor. Such player shall remain suspended until his case has been considered by the league supervisor.

MINIMUM PENALTY: Suspension from two league games and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension for life and/or assault charges filed.

2. **NO PLAYER SHALL:** Refuse to abide by a referee's decision. Referees are required to immediately suspend player from further play and report such player to the league supervisor. Such player shall remain suspended until his case has been considered by the league supervisor.

MINIMUM PENALTY: Suspension from two league games and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension for the remainder of season.

3. **NO PLAYER SHALL:** Be guilty of objectionable demonstrations of dissent at referee's decision.

MINIMUM PENALTY: Warning by the referee.

MAXIMUM PENALTY: Removal from the game and suspension for two league games.

4. **NO PLAYER SHALL:** Discuss with any referee in any manner the decision reached

by such referee except the manager or captain.

MINIMUM PENALTY: Warning by the referee.

MAXIMUM PENALTY: Removal from the game and suspension for two league games.

5. NO PLAYER SHALL: Be guilty of using unnecessary rough tactics in the play of the game against the body or person of an opposing player. Referees are required to immediately suspend player from further play and report such player to league supervisor.

MINIMUM PENALTY: Suspension from two league games and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension for remainder of season, plus two years.

6. NO PLAYER SHALL: Be guilty of physical attack as an aggressor upon any player, referee or spectator. Referees are required to immediately suspend player from further play and report such player to the league supervisor.

MINIMUM PENALTY: Suspension from two league games and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension for life and/or assault charges filed.

7. NO PLAYER SHALL: Be guilty of an abusive verbal attack upon any player, referee or spectator. Referees are required to immediately suspend player from further play and report such player to the league supervisor. Player shall remain suspended until his case has been considered by the league supervisor.

MINIMUM PENALTY: Suspension from two league games and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension for remainder of season, plus two years.

8. NO PLAYER SHALL: Appear upon the field of play at any time in an intoxicated condition. Referees are required to immediately suspend player from play and report such player to the league supervisor for further consideration.

MINIMUM PENALTY: Suspension from two league games and placed on probation for remainder of season.

MAXIMUM PENALTY: Suspension for remainder of season.

9. NO PLAYER SHALL: Be guilty of gambling upon any play or the outcome of games with any spectator, player or opponent. Referees are required to report violation of this rule to the league supervisor.

MINIMUM PENALTY: Placed on probation for the remainder of the season.

MAXIMUM PENALTY: Suspension for the remainder of the season.

10. NO PLAYER SHALL: Smoke while coming off, going on the area of play, while on the area of play or on the field.

MINIMUM PENALTY: Warning by the referee.

MAXIMUM PENALTY: Removal from the game and suspension for two league games.

11. **THE TEAM IS:** Responsible for the conduct of its fans and supporters. If the conduct of its fans and supporters becomes abusive towards opposing team members or any league referees, they place the team in jeopardy of forfeiting the game.

MINIMUM PENALTY: Warning by the referee.

MAXIMUM PENALTY: Forfeiture of the game.

12. **NO PLAYER OR TEAM SHALL:** Be guilty of REPEATEDLY violating minor league rules or behave in a manner that is disruptive to the smooth operation of the league and who's general conduct is, although not flagrant, undesirable to the standards of the adult sports program.

MINIMUM PENALTY: Placed on probation for the remainder of the season.

MAXIMUM PENALTY: Suspension for remainder of season, plus one full year.

13. **NO TEAM SHALL:** Be guilty of breaking the rules in the "Team and Player Code of Conduct." In any situation where the rules are broken and individual offenders cannot be determined (i.e., a major fight), then the league supervisor can take disciplinary action against the teams as a whole.

14. The team and team representative are charged with the responsibility of their team members. Any player who refuses to abide by the penalty levied against him by the referees or District representatives, places his team and team representative in jeopardy of losing the game by forfeiture and suspensions.

RULES

The Pleasant Hill Recreation & Park District Adult Soccer League will follow the Current International Federation of Football (IFAB) Laws of the Game with the following modifications:

General Guidelines

Play to have fun. Minimize physical contact. Emphasize ball control, passing skills and aerobic fitness over physical strength. Don't shoot at the mini goals with brute force, instead place the balls in the net by showing some teamwork, using passing and ball control skills. Play fair and don't dissent the referee's decisions. Referees can only call what they see. If you see something else, trust the referee and not your own instincts.

1. All players must wear shin guards. Socks must cover the entire shin guard.
2. No casts or splints are allowed on the field. Knee braces must be wrapped.
3. The field will be 50 yards long and 35 yards wide, with an eighteen (18) foot arc in front of a 4'x3' goal, and a center line.
4. No off-side rule.
5. No throw-ins. Kick-ins from sideline instead. Ball must be touching the line. Teams

may not score directly from a kick-in. All opposing players must be at least five (5) yards away from the ball until it is in play.

6. Corner kicks apply. All opposing players must be at least five (5) yards away from the ball until it is in play. Scoring is allowed from a direct corner kick.
7. Goal kicks cannot cross the center line without a second player (from either team) touching the ball first. Infraction results in opposing team restarting play with a kick in from the center line on touch line nearest the infraction.
8. Goals can only be scored from the attacking half of the field.
9. A goal may be scored directly from a kick-off.
10. Defending halves of the fields are penalty areas. A penalty shot will be awarded for any penalty foul committed inside this part of the field.
11. All awarded free kicks (with the exception of penalty kicks) are **indirect** free kicks (must be touched by another player before a goal is scored) and must be taken within 5 seconds.
12. When a player is taking an **indirect free kick**, all opposing players must be at least five (5) yards away from the ball until it is in play. **The ball shall be deemed in play as soon as it is kicked and clearly moves.**
13. If the team taking the free kick takes more than five seconds to do so, the referee shall award an indirect free kick to the opposing team.
14. Penalty shots will be taken from the center spot into an empty goal. At the moment of the kick, all but two defensive players must be inside the defensive half of the field of the player taking the kick and at least five (5) yards away from the ball. The two defensive players may stand behind the goal and ten yards to each side, so the ball may be put back into play easier. If a goal is not scored from the penalty kick (ball does not completely cross the goal line and the plane between the uprights and the cross-bar), the ball will be considered dead and the opposing team will re-start the game with a goal kick.
15. Any team who takes a shot on goal that misses and travels ten (10) or more yards beyond the end line shall be responsible for the retrieval of the ball. To avoid chasing balls, players should not blast shots towards the goal!

Co-ed Rules ONLY

1. At least two (2) women must be on the team roster.
2. Two (2) or more women can be on the field at any time. **At least one (1) woman must be on the field at all times.**
3. No more than three (3) men may be on the field at any time.

STARTING AND ENDING GAME

1. The team representative shall **report to the referee before kickoff that all players are registered with the district and assigned to their team** and cooperate in every way with the referee in getting the game started on time and moving it along

throughout the playing period.

2. **All games shall be 55 minutes long (two 25 minute halves, with a 5 minute half-time).**
3. **If a game is tied during the play-offs, a three player kick-off will be held from the mid- field line. If winner is not determined after the initial 3 kicks, teams will alternate kicks until a winner is determined. Only players on the field at the end of regulation may participate in the Kick Off. At least one woman must Kick as part of the initial 3. Everyone participating in the Kick off must kick once before anyone kicks twice, and if needed, everyone must kick twice before anyone takes a third kick.**
4. **GAME TIME IS START TIME. A ten minute grace period will be given to the first scheduled start times ONLY. For all other start times a five minute allowance will be given, but the time spent waiting is taken off game time. After 5 minutes, the game will be called a forfeit. All times are determined by the field supervisor's watch and scoreboard. Game must start if teams have the minimum number of players required.**
5. **Good sportsmanship is a priority and blowout games are not fun. Once a six goal differential is attained, the leading teams should not continue to score until the goal differential changes to 5 or less goals.**

PLAYERS

1. Any five (5) players may play on the field at any time (no goal keeper).
2. Three (3) players, **including at least one woman**, are mandatory to start and continue a game. **Game must start if teams have the minimum number of players required. Teams without any women ready to play at game time will forfeit.**
3. Unlimited flying substitutions (players must enter and exit the field within 10 feet of the centerline).
4. All players must be on the team roster.
5. **The home team will always wear white or light colored shirts and kick off to start the game. The visiting team will always wear dark colored shirts. The home is always listed FIRST on the schedule.**

OFFICIATING

1. **Referees shall have the authority to send off (eject) a player for violations of the Laws of the Game or District rules.**
2. **Sent off players may be substituted.**
3. The player who intentionally commits one of the following twelve infringements:
 - ◆ Kicking or attempting to kick an opponent;
 - ◆ Tripping an opponent;
 - ◆ Jumps at or throws themselves upon an opponent;
 - ◆ Charges an opponent (**this is a non-contact league**);
 - ◆ Strikes or attempts to strike an opponent or spits at them;

- ◆ Holds an opponent;
- ◆ pushes an opponent;
- ◆ slides in an attempt to play the ball, whether touching an opponent or not (slide tackle). **Players must remain on their feet at all times;**
- ◆ handles the ball (i.e., carries, strikes or propels the ball with their hand or arm)

Shall be penalized by the award of an **indirect free kick** to be taken by the opposing team from the place where the infringement occurred. If a player of the defending team intentionally commits one of the above twelve offenses within their own half of the field, they shall be penalized by a penalty kick, regardless of the position of the ball, as long as it is in play.

18 Foot Arc Restrictions

There are no goal keepers in this league and goal tending is not permitted; likewise, attackers may not exploit the open goal by waiting inside the arc to receive a pass from a team mate, which has outpaced all defenders, and cherry picking a goal.

Players shall not enter the eighteen foot arc on a corner kick or kick-in before the ball is in play or stand within the eighteen foot goal arc during active play (players must be continuously moving through the arc and not simply moving side to side or back and forth). Referees will sanction violations when a violating player becomes involved/interferes with play or gains an advantage by violating the arc restrictions.

Arc Violations will be penalized by an indirect free kick to be taken by the opposing team. IDFK for the defending team will be taken from the spot of the attacking player's arc infraction. IDFK for the attacking team will be taken from 5 yards OUTSIDE the arc, closest to where the defensive payer's infraction occurred. Defenders must respect the 5 yard free kick distance and no player may stand inside the arc during the restart.

Dangerous Play and Obstruction Infractions:

The following two **infractions** will be penalized by an indirect free kick to be taken by the opposing team. IDFK for the defending team will be taken from the spot of the attacking player's infraction. IDFK for the attacking team will be taken from the spot of the defending player's infraction or, if inside or close to the 18 foot arc, 5 yards OUTSIDE the arc, closest to where the defensive payer's infraction occurred.

1. Playing in a manner considered by the referee to be dangerous (e.g. high leg kicks and low headers—keep legs and feet below waist level, keep headers perpendicular to the ground).
2. When not **within playing distance** of the ball intentionally obstructing an opponent, running between the player and the ball, or interposing the body in such a manner as to prevent an opponent from playing the ball.

A Player shall be cautioned if:

1. During a “flying” substitution, they enter the playing field before the player being substituted for has entirely left it, or if they enter the playing field from an incorrect position.
2. They infringe persistently the Laws of the Game.

3. They demonstrate, by words or actions, dissent from a decision of the referee.
4. They are guilty of unsportsmanlike conduct.

The referee **will** suspend (order substitution) a cautioned player (**thus every yellow card**). Suspended player may return to play (substitute another player) after a minimum of five (5) minutes of cool off period, but only with the referee's permission.

A Player shall be Ejected from the playing field, if in the Opinion of the Referee They:

1. are guilty of serious foul play.
2. are guilty of violent conduct.
3. use foul or abusive language.
4. are guilty of persisting in misconduct after cautioning.
5. Tackling an opponent from behind during an obvious goal scoring opportunity will be penalized by awarding a goal to the team who was tackled and ejection of the player who made the tackle.

Once ejected, the player concerned may not re-enter the game and must leave the field, parking lot and area immediately, and may not return until their suspension is lifted. If the player refuses to leave, the game will be forfeited. Ejected players may be substituted.

WARNING! Striking a referee in the State of California is a felony crime punishable by fines and jail time.

The Referee must notify the field supervisor if anyone is ejected from a match.