



San Carlos Parks & Recreation  
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## San Carlos Parks & Recreation Adult Coed Soccer League Rules

### General

Teams have a total of 7 players on the field at all times including goalie. Teams must have at least 3 women on the field not including goalie. All decisions of the referee are final and binding. The league coordinator reserves the right to decide on all matters relative to the league and its decisions are final. The league coordinator reserves the right to modify the rules at the start of each season. In the event of inclement weather, the league coordinator may reschedule a match, change division structure, reduce match duration or cancel a match.

NO PROTESTS ARE ALLOWED

### Spirit of the Game

The City of San Carlos Parks and Recreation Department believes that safety is the most important component to recreation programming. Therefore, it is important that all participants understand that the emotional and physical safety of all players is of the utmost concern of the League Director and San Carlos Parks and Recreation Department.

### Player Code of Conduct

All players must follow the S.A.N.C.R.A. Code of Conduct (found at the end of the rules). Any player who engages in fighting of any kind, retaliatory or otherwise, will be automatically dismissed from the league without a refund. The player will be removed from the league, and the team associated with the player may also be banned indefinitely. Team managers will be held accountable for their team's actions. The League Director has the final say for all rules and regulations.

### Registration

- Each team shall be allowed a maximum of 18 players. A minimum of 3 female players and 4 male players must be included on each coed team roster.
- Games will be played with goalies for all matches.
- All players on the field must be listed on the team roster at time of registration to be eligible to play. No additions are permitted for injuries, late arrivals, other commitments, etc. after week 3 of the regular season.
- 35+ League- Everyone on the roster must be 35+ years of age. Exception- each team may have one female player that is under the age of 35 but over the age of 30.

### Rosters

1. Rosters are due prior to playing your first game and are expected to be finalized after the 3rd week of the season.
2. Incomplete rosters after week 3 will affect eligibility to play in games moving forward.
3. Team members who have not signed the roster by week 3 will not be allowed to play for the rest of the season.
  - a. The league coordinator will be checking for completion.
4. Teams may borrow a player from a different team if it will prevent a forfeit. The team NOT borrowing a player must be made aware of the situation and agree to play. If the team does not agree, the game will be ruled as forfeit for the team lacking players.

### Start of Play

- The team manager shall ensure that all players are on scene a minimum of 10 minutes before a scheduled match. A team which cannot field 5 players at the scheduled start time of game shall forfeit the match (2 women and 3 men). The team forfeiting shall be declared the loser by a score of 2 goals to 0. Players entering the match late must enter at midfield with the official's notification.
- If no referee is present within 10 minutes of the scheduled start time, the match will be rescheduled unless both teams agree to proceed. If the match proceeds, the score shall stand as played without protest.

### Match Overtime

A tied score at the end of regulation time remains a tied score. There will be no match overtime except in playoffs and championship play. In the event of a shootout, players on the field at the end of regulation time will need to remain on the field. A total of 3 shooters will be selected from each team to shoot best 2 out of 3 wins, if score remains a tie, sudden death will be implemented.

### Playoffs

- Players must play in at least 50% of league games to be eligible to participate in playoff or championship games.
- League standings will be determined by overall league record.
- Ties will be broken according to "head to head" competition; point differentials from points scored in games involving tied teams (excluding forfeits); whether a team has a forfeit in their record; head to head competition against the team just above tied teams in the standings (or just below in the case of a 1st place tie).
- The top 4 teams will advance to the playoff round, unless otherwise outlined by the League Director.

### Objectives

Objectives of the game are provided for leisure, team play, friendship and healthy competition in a safe environment.

### Field Dimensions

Dimensions of the Field: 35 X 65 yards for all divisions. Sidelines and end lines are marked on the field.

### Goalie

Each team will play with one goalie.

### Corners and the Center of the Field

Corners will be marked with a standard corner flag and a cone will be placed along on the center of each touchline to designate the center of the field.

### The Ball

All divisions will use a size 5 and inflation pressure is 7 lbs.

### Start of the Game

The referee will conduct a coin toss to decide kickoff and field side options. The kick-off will be at the center of the field on the referee whistle. Opponents must remain at least 5 yards away from the ball. The ball must move forward first and cross the midfield line. After a goal has been scored, the game restarts from the same midfield

point. A goal cannot be scored directly by taking a shot from kickoff, a second player must touch the ball before a goal may be scored. The team not kicking off at the start of the game will take the kickoff to begin the second half.

### Duration of the Game

All games will consist of two 25-minute halves with a 3-minute halftime to exchange ends and break. A referee whistle ends each period.

### Scoring a Goal

A goal shall be scored when the entire ball crosses the goal line in the air or on the ground between the goal posts and under the crossbar.

### Out of Play

The ball is considered out of play when the entire ball crosses the end line or sideline.

### Offside

There are no off-sides.

### Substitutions

Free substitution will be in place. There are no limits on substitutions in a game. The substitute can only enter the field after a player that is being substituted for has left the field. Players may only enter the field of play at the midline. Unfair substitution shall result in the decision of the referee.

### Referees

The game shall be officiated by at least one referee; all referee's decisions are final. The referee will serve as timekeeper and scorekeeper. The referee is part of the field of play and all calls are final.

### Footwear

Metal cleats are strictly forbidden on the synthetic turf field. Rubber cleats and turf shoes are allowed. Shin guards are mandatory.

### Uniforms

The season's schedule will designate teams to either wear a white T-shirt or dark T-shirt during the match. The home team will wear white and the visitors will wear dark. If your team has a uniform/jersey and chooses to wear it during a match, each member of the team must wear the same uniform. Numbers on uniforms are preferred (and appreciated).

### Fouls

If any player commits any of the below infractions, there will be an indirect free kick (from which a goal cannot be scored directly against the defending side) taken from the spot of the infraction. The referee may award a yellow card to the player or players who commit the infraction. A yellow card is an official warning. It is considered foul to:

- Kick or trip an opponent
- Jump at an opponent
- Charge an opponent
- Strike or attempt to strike an opponent
- Grab, push or obstruct an opponent

- Touch the ball intentionally with the hand or arm
- Slide tackle – front or behind

### Indirect Free Kick

The referee will award an indirect free kick where a foul has been committed (from which a goal cannot be scored directly against the defending side until another player touches the ball). Opponents shall not be closer than five (5) yards from the free kick. If the infraction occurs within 1 yard of the penalty box, the referee will place the indirect free kick five (5) yards from the point of infraction.

### Indirect Free Kick Start

A player who takes a free kick, or puts the ball in play, may not touch the ball twice consecutively.

### Infractions During Indirect Free Kicks

If any irregularity occurs when a free kick is being taken, the following will apply:

- If the irregularity is committed by the team taking the free kick and the goal is scored, the shot will be repeated.
- If the infringing team commits the irregularity, the free kick will be repeated unless a goal was scored, in which case the goal will stand.

### Interference Restart

Indirect free kick for interference is taken from the center of the field by the team in possession at stoppage of play.

### Penalty Kick

A penalty kick will be awarded if a foul is committed in the penalty box against an offensive player.

### Sliding

There is no sliding/slide tackling allowed. Doing so is an automatic foul resulting in a turnover of possession.

### Yellow Cards

Any player receiving a yellow card will immediately be substituted out of the game until the next opportunity for substitution. A caution card may be given if a player:

- Demonstrates unsportsmanlike behavior
- Dissent - by word or action
- Persistently infringes the laws of the games
- Intentionally delays the start of the game
- Does not assume the 5 yards for a direct kick or corner kick
- Any “unfair play” in the judgment of the referee

### Red Cards

A player will receive a red card:

- When a player receives two yellow cards
- Serious foul play
- Violent play
- Spits
- Foul or abusive language

- Any “unfair play” in the opinion of the referee

### Unsportsmanlike Behavior

If a player commits a serious aggressive foul, or offends any spectator or participant of the game, the referee shall show them a red card and they shall be ejected from the game without the ability to re-enter the match. If a player receives 2 yellow cards in a match, that player will also be ejected and he/she may not be replaced for the remainder of that game. The offending team must play “shorthanded” for the remainder of the game. The penalized player’s name and reason for suspension will be reported to the League Director for possible additional sanctions. (See S.A.N.C.R.A. Player Code of Conduct for further player expectations).

### Corner Kick

A corner kick shall be given when a player of the defensive team touches the ball out of bounds over the end line. The corner kick must be taken within a yard of the corner flag. A goal may be scored directly off a corner kick. Opposing players may not approach the player taking the kick closer than 5 yards.

### Out of Bounds Restart

Restarts will be by throw-in or kick-in at the point of infraction. A throw-in will occur when the ball crosses either touchline. A goal cannot be scored off a throw-in. A goal kick will occur when the ball crosses either end line. Opposing players may approach no closer than 5 yards. The team responsible for kicking the ball down the hill, or into the parking lot, will send a teammate to retrieve it.

### Allowable Pass or Shot Height

There is no limitation on the height of passes or shots by foot or head.



## PLAYER CODE OF CONDUCT

The following "Player Code of Conduct" has been adopted by all Municipal Sports Directors within the SANCRA Peninsula Division, and will be strictly enforced. Individual League Directors have the final decision on any situation.

- **No Person Shall:** At any time lay a hand upon, shove, strike or spit upon an official.
  - **PENALTY:** California law states that anyone who is found guilty can be fined \$2000.00 and sentenced to jail for up to one year.
- **No Person Shall:** Refuse to abide by official’s decisions. Officials are required to immediately suspend the player from further play and report such player to the league director. Such player shall remain suspended until the League Director has considered his case.
  - **MINIMUM PENALTY:** Placed on probation for the remainder of the season.
  - **MAXIMUM PENALTY:** Suspension for two league games and placed on probation for the remainder of the season.
- **No Person Shall:** Be guilty of objectionable demonstration of dissent at official’s decision. Discuss with an official, in any manner the decision reached by such official, except the team manager or captain.
  - **MINIMUM PENALTY:** Warning by official.
  - **MAXIMUM PENALTY:** Removal from the game and one additional complete league game.

- **No Person Shall:** Be guilty of using unnecessarily rough tactics in the play of the game against the body or person of an opposing player. Officials are required to immediately suspend players from further play and report such player to the League Director.
  - **MINIMUM PENALTY:** Placed on probation for the remainder of the season.
  - **MAXIMUM PENALTY:** Suspension for two league games and placed on probation for remainder of season.
- **No Person Shall:** Be guilty of physical or verbal attack as an aggressor upon any player, official or spectator. Officials are required to immediately suspend the player from further action and report such player to the League Director. Player will remain suspended until the League Director has considered their case.
  - **MINIMUM PENALTY:** Suspension from one league game.
  - **MAXIMUM PENALTY:** Suspension for life and/or assault charges filed.
- **No Person Shall** use profane, obscene or vulgar language in any instance at any time.
  - **MINIMUM PENALTY:** Warning by official.
  - **MAXIMUM PENALTY:** Removal from the game.
- **No Person Shall:** Have in his/her possession or consume an alcoholic beverage, illegal substances or be under the influence while on the field of play or during his/her scheduled game. Officials are required to immediately suspend the player from further play and report such player to the League Director.
  - **MINIMUM PENALTY:** Placed on probation for the remainder of the season
  - **MAXIMUM PENALTY:** Suspension from two league games and places on probation for the remainder of the season.
- **No Person Shall:** Be guilty of discussing publicly with spectators in a derogatory or abusive manner any decision by the officials or any opinions of players.
  - **MINIMUM PENALTY:** Warning by official.
  - **MAXIMUM PENALTY:** Removal from the game.
- **No Person Shall:** Be guilty of intentionally throwing his/her sporting equipment.
  - **MINIMUM PENALTY:** Removal from the game.
  - **MAXIMUM PENALTY:** Suspension from two league games.
- **Appeal Process:** Suspension of 2 or fewer games may be appealed to the League Director in your city. Suspensions of more than 2 games can be appealed to the SANCRA Board of Directors.