

2021

Adult Soccer Guidebook



Table of Contents

I.	Philosophy	2
II.	Sportsmanship	2
III.	Program Administration	2
IV.	Rosters & Player Eligibility	2
V.	Rules & Guidelines	3
VI.	Referee's	5
VII.	Unsportsmanlike Conduct	5
VIII.	Protests	7
IX.	End of Season	7
X.	Awards	7

I. PHILOSOPHY

- A. The Salt Lake County Recreation Adult Soccer Program is intended to provide participants with an opportunity to play soccer in an organized and recreational environment. One of the goals of the program is to promote the ideals of sportsmanship and physical fitness to all participants, regardless of sex, race, creed, or color. More important than any game are the participants and their needs. The Adult Soccer Program strives to bring area residents closer together through common interests in sportsmanship, cooperation, and appreciation of the game.

II. SPORTSMANSHIP

- A. A good portion of this manual is devoted to this topic, primarily out of necessity. The desire to win often produces a style of play contrary to the principles of sportsmanship and fair play. Salt Lake County Recreation cannot and will not tolerate such a style that ignores good sportsmanship and clean play.
- B. Excessive complaining and verbal abuse towards a referee will result in a yellow card or ejection from the game. The referee or the site supervisor can eject a player if they are abusive towards the site supervisor, officials, other players, or spectators. If a player is ejected, he/she will not be allowed to play in the next scheduled game. **Remember – It is only a game.**

III. PROGRAM ADMINISTRATION

- A. The league shall be known as the Salt Lake County Recreation Soccer League. The Salt Lake County Parks and Recreation Division will supervise the league.
- i. Divisions shall be defined as follows:
1. Men's Premier (Competitive)
 2. Men's Select
 3. Women's
 4. Coed Premier (Competitive)
 5. Coed Select

IV. ROSTERS & PLAYER ELIGIBILITY

- A. Rosters
- i. All rosters must be completed and signed by the team manager and turned into the site supervisor prior to the start of the first game. No players can be added to the roster after the 4th week of play.
 - ii. Because of legal requirements, everyone must sign the roster before playing in any game.
 - iii. An un-rostered player may not play under the name of a rostered player.
 - iv. Before a new player is eligible to play, his/her name must be added to the roster before the start of that game. ID is required to add a name to the roster.
 - v. It is the responsibility of the team manager to keep his/her roster current.
- B. Eligibility
- i. Before a player is eligible to play, his or her name must be entered onto the roster by the site supervisor before the player can play. Managers will then check with the site supervisor to determine the eligibility of players prior to the start of each game.
 1. The site supervisor may ask for identification from any player he or she feels is violating the rule of using someone else's name. If an illegal player is found, he or she will be suspended from further play in the Salt Lake County Recreation Division Leagues for one year.
 2. No player under the age of 16 shall play in an adult league. A legal parent or guardian must sign a waiver for players that are 16 and 17.

V. RULES AND GUIDELINES

- A. All games will be supervised by Salt Lake County Recreation.
- i. Equipment & Uniform:
 1. A molded cleat or athletic shoe must be worn to play. Shin guards are required.
 2. All players must wear the same team color. Goalkeepers must wear a different color.
 - ii. Field of Play & Game Time:
 1. The game will be played on an 80 X 40-yard field. Goal's measure 12' X 8'
 2. The goal box will consist of a 10 x 20-yard box. Goalkeepers can use his/her hands inside that box.
 - iii. Game time will consist of two 20-minute halves.
 - iv. Forfeits:
 1. If a team has less than the required number of players 10 minutes after game time, then the game is a forfeit and will not be played.
 2. Any team forfeiting more than three times in a season may be dropped from the league without refund.
 3. Out of common courtesy, a team who knows they are going to forfeit is urged to contact the Sports Office, so that their opponent can be notified.
 - v. Number of players:
 1. All leagues will play 6 on 6 including the goalkeeper. Coed must have a minimum of 2 women on the field. The goalkeeper may be either male or female. You must have at least 4 players to start the game.
 - vi. Substitutions:
 1. Teams have unlimited substitutions. No substitutions are permitted while the game is in progress. Substitutions may occur during your own team's dead ball or after a scored goal. Substituting the goalkeeper is only allowed after a scored goal or on your team's goal kick, and players must inform the referee. **The referee may allow both teams to substitute on any dead ball at the referee's discretion.**
 - vii. Overtime:
 1. Only in a tournament playoff game.
 2. Overtime will consist of 5 penalty kicks. Any 5 players on the team can participate in the penalty kicks. The team that wins the shootout will win the game.
 3. Coed Penalty Kicks:
 - a. Coin toss between captains. Winning team will decide what gender will start the penalty kicks.
- B. Rules:
- i. Offside:
 1. It is not a foul in and of itself to be in an offside position. The foul is called if the player is in an offside position at the moment the ball is kicked by his or her teammate and is involved in active play by either:
 - a. Making a play on the ball.
 - b. Interfering with play or an opponent.
 - c. Gaining advantage by being in that position.
 2. A player is considered to be in the offside position if all of the following are true:
 - a. The player is on the opponents' end of the field.
 - b. The player is closer to the opponents' end line than the ball (the player is in front of the ball).
 - c. When there are not 2 defending players (the goalkeeper counts as one of them) closer to the opponents' end line than the offending player.

3. When a player is called for an offside offense, an indirect free kick will be awarded to the opposing team at the spot of the foul. Offside will not be called on a throw-in but will be called on any other play including goal kicks and free kicks.
- ii. **Goal Kick:** When the ball completely crosses the goal line after being last touched by a player from the attacking team; the ball is put back in play by a free kick from the goal area by the defending team.
 - iii. **Corner Kick:** When the ball completely crosses the goal line after being last touched by a player from the defending team; the ball is put back into play by the attacking team at the corner mark closest to where the ball went out.
 - iv. **Throw-Ins:** When the ball completely crosses the out of bound sidelines, the ball is put back in play with a throw-in. The ball is thrown-in from the sideline on the nearest spot where the ball left the field. The ball is sent back into play by the opposing team. As the play throws the ball in, both feet must remain on the ground and the ball must be held with both hands and thrown directly over the head. At the discretion of the referee, an illegal throw-in may be: 1. Allowed 2. Retaken or 3. Given to the opposite team.
 - v. **Goalkeeper:** may not handle a foot pass from his or her own teammate. The goalkeeper may, however, play the ball with his or her own feet.
 - vi. **Blood Rule:** A player who is bleeding or has an open wound must leave the game until the bleeding is stopped, the wound is completely covered and if necessary, the bloody clothing has been replaced. No penalty will be assessed if a replacement jersey does not exactly match the team color.
 - vii. **Fouls in the Box:** the ball will be placed either at the spot of the foul or the penalty kick spot at the referee's discretion and a direct free kick will be awarded (the opposing team will be allowed a wall). The kick may not be taken until the referee signals the restart. **A penalty kick will only be awarded if a goal scoring opportunity is denied** at the discretion of the referee.
- C. Fouls & Misconduct
- i. Slide-tackling is not allowed and is an automatic yellow card. A player also may not play the ball if any part of his or her body (excluding the feet) are on the ground. A player also may not leave their feet without returning to their feet (i.e., no diving headers, bicycle kicks, etc.). The goalkeeper may slide or leave their feet in the box in an attempt at the ball. The keeper may not slide out of the box.
 - ii. Fouls and misconduct are not permitted. A player, who kicks, trips, pushes, holds, charges the back of an opponent, obstructs, or contacts the ball with any part of his or her arm or hand shall be penalized with a direct free kick. All penalty kicks will be taken from the penalty spot is located at the top of the Goal Box.
 - iii. Yellow and red cards will be shown to players that are exhibiting overly aggressive play, unsportsmanlike like conduct, disrespect for the referees, excessive complaining of/to the referees, or violent words/actions. These cards are given at the discretion of the referee. A player receiving a yellow card must immediately be substituted off the field but may later re-enter the game at the next opportunity. If that player receives a second yellow card in the same match, it is equal to a red card. Any player receiving a red card will be ejected from that match and his/her team must play one player short for the remainder of that match. **The player receiving the red card will also be ineligible to play in the team's next scheduled match.** If that player is playing for more than one team (another division) he/she will be ineligible to play for the other team's next scheduled match.
 - iv. If a player receives two red cards in one season, he or she will not be eligible to play for the remainder of the season. Red cards in the last game of the season will be enforced in the next season.

VI. Referee's

- A. Two referees shall be appointed to officiate each game. His/her authority begins as soon as she/he arrives at the facility. For any rules not specifically addressed for this league FIFA's Laws of the game will be used. **Rule interpretation will be determined by the referee and is final.**

VII. UNSPORTSMANLIKE CONDUCT

- A. The Salt Lake County Sports Staff has the authority to disqualify, suspend or remove any manager, coach, player, spectator, or team that behaves in an unsportsmanlike manner before, during or after a game. All participants and spectators are subject to the Division's Policy on Patron Conduct in addition to the activity-specific rules listed in this book. You may request a copy of the Policy on Patron Conduct by inquiring with the site supervisor or league supervisor.
- B. These rules of conduct will be strictly enforced. It is the manager's responsibility to ensure all players know and adhere to these rules. The following are included in defining unsportsmanlike conduct:
- i. Verbal Abuse: No player, manager, team, or spectator shall verbally abuse, taunt, provoke or disrespectfully address an official, League Supervisor, director, county official, other players, or spectator before, during or after the game.
 - ii. Ethnic and Sexual Innuendos: Ethnic and sexual innuendos will not be tolerated by Salt Lake County and the guilty person(s) will be ejected and serve an additional 2 game suspension. Ejected player is not eligible for individual awards.
 - iii. Player Behavior:
 1. Players may not question the officials JUDGEMENT calls.
 2. Players must not make derogatory remarks about or to, opponents or spectators.
 3. Players must refrain from the use of profanity.
 4. Players must not commit acts with the intention of influencing referee's decisions.
 5. Players must refrain from intentionally trying to distract an opponent who is playing or about to play the ball (i.e. shouting, clapping, etc.)
 6. Players should not take any action tending to influence the referee's judgment concerning ball handling.
 7. Players may not commit any act, which, in the opinion of the referee, delays the game unnecessarily.
 8. Players must refrain from kicking or hitting the ball out of the area of play.
 9. Players must not intentionally damage playing equipment.
 10. Physical assault or intimidation of officials, opponents, staff or spectators by players is prohibited.
 - iv. A player is responsible to refrain from misconduct from the time he or she arrives at the playing site until the time he or she has left such premises.
 - v. Sanctions: Warning, penalty, expulsion, disqualification, and possible expulsion from all Salt Lake County leagues for up to 1 year and/or fines imposed on a player for misconduct.
 1. Warning: A player will be given a warning by the referee for minor acts of misconduct on the court. This warning can be a shake of the finger or a verbal warning.
 2. Penalty: For distinctly unsportsmanlike behavior, or a second minor offense on or off the court, the referee may issue a penalty.
 - a. Yellow Card: If your team is penalized with a yellow card is a warning.
 - b. Red Card: Expulsion. If a person from your team is penalized with a red card, that person is out of the remainder of that game/set and your team

- will lose point and possession. You must have 5 eligible players to continue that match.
- c. Red and Yellow Card: If a person from your team is penalized with a red and yellow card that person is out of the gym for the rest of the night and no point or possession is assessed. You must have 5 eligible players to continue the match or your team will forfeit. This player is also subject to monetary fines and suspension to play in SL County leagues for an amount of time determined by Salt Lake County Managers.
3. Expulsion/Disqualification: Any attempted or actual physical aggression towards an official, opponent, staff or spectator will result in the disqualification of the player from the remainder of the match, season and / or tournament.
- vi. Misconduct before the Game: Misconduct directly before the game (warmups) or between games will result in sanctions being imposed in the game following such misconduct.
 - vii. Misconduct by Coach/Trainer: If misconduct occurs during a game the team will be penalized in accordance with normal procedure.
 1. In circumstances that are flagrant or particularly injurious to the success of play, the site supervisor may order the coach/ trainer to be removed from the site of the match or the premises of the site. If the coach/ trainer fails to comply with such an order, the site supervisor may declare an immediate default of the coach/ trainer's team.
 - viii. Penalty: Any individual or team committing any flagrant offenses, such as those listed above, shall be suspended immediately from the sport where the offenses were committed for one year from the date of the offense.
 - ix. Any individual or teams committing any of the above enumerated offenses in two or more sports within any 12 month period of a time, shall be suspended from participating in all programs of the Salt Lake County Recreation Division, including all tournaments for no less than 12 months, readmitted only upon approval by the administration after written petition by said individual or team.
 - x. Recommended suspension shall be a written notice by referee or scorekeeper to the administration of the league.
 - xi. Any player recommended for suspension shall have the right to a hearing before the Salt Lake County Recreation administration.
 - xii. Aggravation is not a defense to any suspension or removal, and all players are presumed to have notice of this rule.
 - xiii. The site supervisor shall have the power to suspend for the remainder of the season including tournaments, any person playing under an assumed name. All games that said person(s) participated in will be declared forfeits.
 - xiv. Alcohol/Drunkenness: No coach, player or spectator shall consume alcohol/tobacco in the facility or on the grounds (i.e. parking lot) of a facility used to host Salt Lake County Recreation programs. A coach, player or spectator who, in the opinion of the officials or league supervisors, appears to be intoxicated and displays behavior of someone under the influence of alcohol will be ejected from the game.
 1. Minimum Penalty: One game suspension and probation for the remainder of the season.
 2. Maximum Penalty: Suspension from All County Youth Sport programs for one year from the date of offense.

VIII. PROTESTS

- A. A team has the right to protest a game on the following grounds:

- i. Player eligibility status
 - ii. Illegal player issues
 - iii. Interpretation of rules and regulations listed in this manual
- B. A team does NOT have the right to protest a game on the following grounds:
 - i. Official's judgment calls
 - ii. League supervisor's decisions
- C. Any suspended player or coach has the right to protest suspension, but ignorance of rules is not a legitimate defense to overturn a suspension or ban.
- D. Protest Procedure
 - i. The captain must indicate disagreement with the explanation and reserve the right to submit an official protest about the incident prior to the next play after the disputed play. The referee must honor this request. If the disagreement with the referee's explanation involves the last point of the game, the official protest must be recorded within the first 60 seconds of the timed interval between games. If the final point of the match is disputed, the protest must be recorded before the referees leave the playing area.
 - ii. A player/coach wishing to protest a suspension or ban must do so within 5 business days of the date of the suspension notice.
 - iii. A protesting team or player must file a protest form with the County Sports Office either by fax or in person by 5pm the next business day of the protested game. A \$50 Protest Fee must be submitted before the protest will be considered. A hearing will be scheduled with a Board consisting of three to five Salt Lake County personnel, and the Board will make a ruling within 24 hours of the hearing. The \$50 Protest Fee will only be refunded if the protest is upheld; otherwise, it will be retained by the County Sports Office as a processing fee.

IX. END OF SEASON TOURNAMENT

- A. The tournament shall be known as the Salt Lake County Recreation Soccer Tournament. It shall be supervised by the Salt Lake County Recreation Division.
- B. All soccer league rules will apply for tournaments.

X. AWARDS

- A. First and second place team individual awards will be given at the conclusion of end of season tournament.

Salt Lake County Sports Office

Phone: 385-468-1670

5201 South Murray Park Lane

slco.org/sports-office

Schedules, Standings, and Stats are posted online at:

quickscores.com/sportoffice