



## 2026 ADULT COED SPRING SOCCER RULES

**Season:** Games will start Monday, April 13<sup>th</sup>, 2026. The championship game is currently scheduled for Monday, May 18<sup>th</sup>, 2026. Rainouts and cancellations may change these dates. Games are played on Mondays and Saturdays.

**Format:** The league has 7 teams. The season will consist of 6 regular-season games and a single-elimination tournament for every team.

**Schedules:** All team schedules and standings are available online: [www.quickscores.com/vineyardutah](http://www.quickscores.com/vineyardutah).

**Rainouts:** Cancellations prior to gametime will be determined by 4pm/8am on gamedays. An email will be sent to captains **only** if games are cancelled. Any needed makeup dates will try to be scheduled on normal playing days (Monday & Saturday) but may be scheduled on other days of the week. Vineyard Recreation will notify captains of any scheduling changes and updates.

**Standings:** Seeding for the post-season tournament will be based on the final regular-season standings. Standings will be determined by 1) Points, 2) Overall Record, 3) Head-to-Head Record, 4) Total Goal Differential, 5) Total Goals Allowed, and 6) Coin Toss.

**Points:** Loss = 0 pts, Tie = 1 pt, Win = 3 pts, Forfeit Win = 2 pts

*Captains may meet with the referee and site supervisor following each game to review scores.*

*League standings and scores will be updated online within 24 hours of each game.*

**Location:** All games will take place at Vineyard's Grove Park: **350 N. 100 E. Vineyard**. The Adult Field is located on the southeast corner of the park.

**Field Size:** 50 yards x 75 yards

**Goal Size:** 6.5 feet x 18.5 feet

**Referees:** Vineyard Recreation will provide one (1) referee and one (1) site supervisor for each game.

**Uniforms:** Teams must provide their own apparel. All players on a given team should wear a similar colored shirt. **Home** teams should wear a similar **non-white** shirt. **Away** teams should wear a **white** shirt. If needed, Vineyard Recreation will provide pinnie jerseys. Crop tops, hats, and sunglasses are not permitted. Each goalie must be easily identified by the other team and game referee by wearing a different color shirt than both teams. If needed, Vineyard Recreation will provide a goalie pinnie.

**Equipment:** Vineyard Recreation will provide five (5) full-size soccer balls for each game. These balls will be the official game ball with no exceptions. **Shin guards and closed-toe shoes are required for all players. Players without shin guards or closed-toe shoes will not be allowed to play.** Cleats are optional. Metal cleats and front-toe cleats are **not** allowed. Vineyard Recreation does not provide any type of gloves for goalies. Each team must provide their own goalie gloves if they desire to have them.

**Rosters: Initial Roster Forms need to be submitted by Sunday, April 12<sup>th</sup>, 2026.** There will be no maximum roster limit during the regular season. However, the league's championship team will only receive sixteen (16) shirts. Players may be added throughout the regular season by notifying Vineyard Recreation staff prior to the next game. Each player must be 16 years old before playing in a game. Each player must submit a signed waiver to the site supervisor before playing any games. There will be waivers available at each regular-season game. Any violation of these rules may result in forfeiting games and/or player suspensions.

**Single-Team Rule:** No player is allowed to participate on two teams. Once a player **plays** in a game, that player is locked on that team's roster. Violating this rule may result in forfeiting games and/or player suspensions.

**Rulebook:** The Official 2025-2026 NFHS (High School) Rules will govern all Vineyard Recreation games with the following differences outlined in this document. NFHS rules, definitions, and interpretations can be clarified by asking Vineyard Recreation. Any rule or scenario not outlined in this document or defined by NFHS will be left to the discretion of the referee, site supervisor, and/or league coordinator.

**Check-In:** Prior to game time and/or playing in a game, all players must check-in with the site supervisor. It is the player's responsibility to ensure he/she gets credited for playing in the game. **Only players who have PLAYED in at least THREE (3) regular-season games will be allowed to play in the post-season tournament.** Playing with a player not on the roster or with a player not checked in may result in a forfeit and/or suspension.

**Game Regulation: The game clock will start at the scheduled game time.** Gameplay will consist of two 20-minute halves with a 2-minute break between each half. The clock will only stop for major injuries or other major delays. The listed **away** team (WHITE) will kick off the first half at the center circle. The listed **home** team (COLOR) will kick off the second half after switching directions.

**Extra Time:** Regular season games that end in a tie will be final. Post-season tournament games that end in a tie will result in a five-minute golden goal period of added time to the second half (no stoppage of play; first goal wins). If a tie remains, a five-player shootout will follow. At least two shooters will need to be female. If the game is still tied following the five-player shootout, there will be an alternating female-male shootout until a winner is determined (beginning with a female). No player may kick a second time in a shootout period until every qualified player has kicked once.

**Team Composition:** A team may have no more than seven (7) players on the field at any time. A team's goalkeeper counts towards their seven-player limit. Likewise, a team may have no more than four (4) male players on the field at any time. A male goalkeeper counts towards this limit. The penalty for violating these rules during play will be determined by the referee and/or site supervisor.

**Forfeits:** Each team must **always** have five (5) qualified players **on the field** to not forfeit a match. A forfeit will be received five (5) minutes after the game clock has started. Please encourage your players to arrive well before the scheduled game time.

**No Team Timeouts.**

**Substitutions:** Teams may substitute at any time during the game, even if the ball is in play. However, substitutions must occur near **mid-field** (entering and leaving) for all players except the goalie. Goalie substitutions can occur near a team's defending goal. If desired, a team can ask the referee for time to change their goalie. All players entering the game must wait until the player exiting the games gets off the

field. **All bench personnel and spectators should be on the sidelines only.** Bench personnel and spectators should not be on the endlines. The penalty for violating these rules will be determined by the referee and/or site supervisor.

Scoring: All goals will count as one (1) point. The entire ball must pass beyond the goal line, between the goal posts, and under the crossbar for a goal to be scored.

Ball In & Out of Play: The ball is in the field of play unless the ball completely crosses a goal line (endline) or touchline (sideline), whether on the ground or in the air. The ball will be considered in play after rebounding from a goalpost, crossbar, or corner flag, and the ball stays in the field of play.

Throw-In: A throw-in shall be awarded to the opposing team of the player who last touched the ball when the entire ball crosses a touchline either in the air or on the ground. The throw-in needs to be taken near the spot where the ball left the field of play. The player making the throw-in must 1) keep both feet on the ground on or behind the touchline, 2) deliver the ball from behind and over their head in one continuous motion, and 3) use both hands. The thrower may not play the ball until it is touched by another player.

**The referee(s) will award a throw-in to the opposing team for any throw-in violation.**

Goal Kick: A goal kick shall be awarded to the defending team when the entire ball crosses the goal line, excluding a score, either in the air or on the ground, having last been touched by the attacking team. The ball must be kicked on the ground from anywhere on or inside the goal area (smaller box). Goal kicks do not need to leave the penalty area (larger box). However, the kicker may not play the ball until another player touches it. All defending players should be outside the penalty area.

Corner Kick: A corner kick shall be awarded to the attacking team when the entire ball crosses the goal line, excluding a score, either in the air or on the ground, having last been touched by the defending team. The ball must be kicked on the ground from anywhere on or inside the corner arc. The kicker may not play the ball until another player touches it. All defending players should be 7 yards away.

No Offsides Enforced.

No defensive sliding or dangerous play allowed. Players are not allowed to slide to make a **defensive** play on the ball. Likewise, no ground play is allowed by any player while near opposing players. A player on the ground must return to their feet before playing the ball. These rules do not apply to either goalie, while in their penalty area, who slides or plays on the ground to defend their goal. A defensive play is any attempt to steal, stop, or block the ball from a player in possession of the ball. Slide attempts to save a ball from going out-of-play or preventing a ball from going into the goal, when other players are not around, are permitted if the referee judges the play to be safe. Bicycle kicks and high kicks are not allowed. **The referee may warrant a player with a yellow card.**

Time Limit: A 6-second time limit will be enforced for all throw-ins, goal kicks, corner kicks, penalty kicks, and free kicks. A goalkeeper also has a 6-second limit for holding the ball in their hands. If a violation occurs, a change of possession will result. If the violation occurs on a throw-in or free kick, then change of possession will result in the opposing team receiving a throw-in or free kick at the same spot. If the violation occurs on a goal kick or goalkeeper possession, then a change of possession will result in the opposing team receiving a corner kick and vice versa. If the violation occurs on a penalty kick, then change of possession will result in the opposing team receiving a goal kick.

Free Kicks & Penalty Kicks: All fouls occurring outside the penalty area (larger box) will result in an awarded direct free kick at the spot nearest the foul. The non-kicking team must be 7 yards away (marked off by the referee if kicking team asks for space). All fouls occurring inside the penalty area will result in

an awarded penalty kick from the 9-yard mark. Fouls include deliberate hand balls, holding, pushing, tripping, playing on the ground, slide tackling, etc.

Yellow Card: A yellow card may be given to a player who persistently violates rules, commits a severe common foul, attempts a slide tackle (excluding the goalkeeper), commits a hand ball with obvious goal-scoring opportunity, delays the restart of play or fails to respect required distance for a free kick, swears (minor), uses other offensive language or obscene gestures (minor), dissents an official's call, or commits other unsporting behavior (minor). **A yellow card requires a player to sit for 3 minutes. A substitute is allowed to replace the player immediately.**

Red Card: A red card may be given to a player who commits a severe major foul, commits a severe common foul with an obvious goal-scoring opportunity, swears (major), uses other offensive language or obscene gestures (major), persistently dissents an official's call, touches an official, commits other unsporting behavior (major), or receives a second yellow card. **A red card disqualifies a player from playing for the rest of the game. The disqualified player must leave the park. A substitute is only allowed to replace the player after 5 minutes.**

**Please be respectful to the referees, supervisors, players on both teams, other spectators, the fields, and any park staff. Any problems may result in the player and/or spectator being asked to leave the game. Serious or persistent problems may result in players and/or spectators being suspended from further participation in Vineyard Recreation programs, including the current season.**

**\*\*Captains are responsible for making sure their team knows all the rules and conditions of playing in the league\*\***