

Saint Joseph Sports Alliance Adult Soccer League Rules

Administration:

The Saint Joseph Sports Alliance supervises the Soccer program. Decisions that are rendered by Saint Joseph Sports Alliance are final. The IFAB / FIFA Laws of the Game will be the governing body for these leagues unless stated otherwise in the adult soccer rule book as set forth by this league.

Goals and Objectives:

The Saint Joseph Sports Alliance's, Adult Flag Football program is designed to give all participants, through participation in competitive games, the opportunity to learn and improve the fundamentals of the game of basketball as well as increase and improve socialization among players.

Competition

While there is always some level or degree of competition involved in soccer, the spirit of the game is intended to be FUN, FAIR, and SAFE for all the participants. This is a recreational program. Participants also lead adult lives with jobs and responsibilities, so remember, we all have to return to our daily lives after the match.

1. When subbing, players must enter and exit the field of play at the same time.
2. Except for small-sided matches (Article I.H), a scheduled match shall not commence nor be continued unless both teams can field at least seven eligible players.
3. All eligible players must be over the age of 18.
4. All players must have proper equipment including proper jersey, shorts, socks, footwear, and shin-guards (optional). Shin-guards is highly recommended and must be proper size to provide adequate protection and reduce the chance of injury.

Match Duration

1. Matches shall be of two equal halves, not to exceed the following maximum durations:

Format of Play	Maximum Duration of Half
3 v 3	20 minutes
6 v 6 / 7 v 7	25 minutes
9 v 9	30 minutes
11 v 11	45 minutes
Indoor / Futsal	22 minutes

2. Half-time periods shall be a minimum of two and a maximum of ten minutes as designated by the referee.
3. Over-Time will only be used in elimination play (tournament advancement rounds, special competitions) and shall not exceed the following maximum durations for the halves.

Format of Play	Maximum Duration of Half
3 v 3	5 minutes
6 v 6 / 7 v 7	5 minutes
9 v 9	10 minutes
11 v 11	15 minutes
Indoor / Futsal	5 minutes

4. Player safety is paramount. Water breaks are allowed at the referee's discretion when heat conditions warrant this consideration.
5. Where necessary due to scheduling time constraints, the duration of the two halves is to be reduced by an equal amount.

Playing Time & Substitutions

As one of the basic philosophies of Saint Joseph Sports Alliance we believe that EVERYONE plays, again the spirit of the game is for EVERYONE to have fun and get a chance to play regardless of age, skill level, or any other qualification.

1. Such participation is controlled as follows:
 - a. Substitutions may occur at any time (i.e. during the game, throw-in, goal-kick, corner kick, kick-off, free kick, penalty kick or dropped ball). On occasion the referee may need to stop play for a substitution while the ball is in play, in which case the match is resumed with a dropped ball.
 - b. Substitutions may also be made at half-time and at the start of any overtime periods.
 - c. During game stoppages, each team may substitute as many team members, or none, as long as all team members are eligible (meaning they meet player requirements and have not been dismissed from the match).
 - d. The referee may allow any time lost due to substitution or other cause by stopping his/her watch or adding playing time.
2. Substitutions for Injury
 - a. If a player is injured, each team may provide a substitute for the injured player. It is upon the injured player's discretion to return to the playing field.

Officiating

1. Referees shall officiate in accordance with the current version of the IFAB/FIFA Laws of the Game, decisions of the IFAB, guidelines and principles of USSF, and the Saint Joseph Sports Alliance Soccer Rules and Regulations. In Accordance to Law 5 all decisions shall be made in the opinion of the Referee and the call on the field is final.
2. Referees shall officiate in a manner inducing clean competition and good sportsmanship, placing emphasis on the welfare of the players and the spirit of the game. If a player is conducting them self in an unsporting manner, or if a player is injured, the referee, at his/her discretion, may stop play to ensure the welfare of the match participants even if the ball has not gone out of play.

3. The Laws of the Game are intended to provide that matches should be played with as little interference as possible, and it is the role of the referee to penalize only deliberate breaches of the Law. Constant whistling for trifling and doubtful breaches intrudes on the flow of the game, produces bad feelings, and loss of temper on part of the players and spoils the pleasure of spectators. Again, in accordance to Law 5, the Referee is the match official and his / her decisions are final.

Code of Conduct

1. It shall be the duty of each player, coach, team manager, referee, official, other volunteer, or spectator to:
 - a. Conduct himself/herself in a manner becoming of a member of Saint Joseph Sports Alliance and with the highest standards of conduct.
 - b. Work together as a team in support of all participants involved in the match to promote a FUN, FAIR, and SAFE environment.
 - c. Comply with and promote compliance with Rules & Regulations and policies including those related to registration, facilities, certification and training.
 - d. Encourage clean competition and good sportsmanship.
 - e. Prohibit and abstain from use of profane or negative comments or actions involving officiating or opponents.
 - f. Present a healthy and safe athletic environment for team members, including but not limited to use of drugs, tobacco products or smoking or simulating smoking or use of such products during practices or matches or in the immediate vicinity of the soccer fields.
2. It shall also be the duty of each team manager to:
 - a. Maintain a positive and healthy playing atmosphere.

Foul Play & Misconduct

- 1. There will be a penalty of a red card or excessive fouls of \$30.**
 - a. This is put in place to maintain a safe and fun playing environment.
2. The Referee has the responsibility and authority to ensure that matches are played in a Fun, Fair, and Safe manner. In accordance to Law 12, if a player, coach, team official, or spectator behaves in such a way that the Referee opines is a breach of Law 12 the participant may be warned, cautioned, dismissed, or sent-off.
3. Any player who is dismissed or sent-off from a game by the referee, whether shown the red card or not, shall, in addition to not participating for the remainder of the game, be suspended automatically for the next game for which that player would be eligible.
4. Any spectator who is required to leave the field of play by the referee shall, in addition to being required to leave the field and being barred from observing the remainder of the game, be suspended automatically for the next day of games. The next day of games means, in the case of a spectator who is a member of a player's family, a day on which that player is participating in a

game. In any other case, it means the next day of regularly scheduled games organized by Saint Joseph Sports Alliance.

5. While there may be disputed calls, the Referee has full authority over the match and his or her decisions are the final word on the field. All post game discussion or request for appeal shall be handled by the Adult Soccer Program Director and/or President of Saint Joseph Sports Alliance.

Size of Ball

Consistent with Law 2, all matches will be played with a Size 5 Soccer Ball. The ball shall be properly inflated and be considered in match condition with no divots, tears, or rips.

Field of Play

1. The dimensions and markings of the field of play and goals shall be at the discretion of Saint Joseph Sports Alliance and, whenever possible, conform to IFAB/FIFA Laws of the Game and USSF Guidelines and Principles. The following guidelines are recommended for each format of play:

Field Sizes by Format of Play				
	3 v 3	6 v 6 / 7 v 7	9 v 9	11 v 11
Length (Yards)	60 to 65	70 to 80	100 to 130	100 to 130
Width (Yards)	35 to 45	45 to 55	50 to 100	50 to 100
Center Circle Radius (Yards)	8	8	10	10
Goal Area Length/Width (Yards)	4 by 8 (arch)	5 by 16	6 by 20	
Penalty Area Length/Width (Yards)	None	14 by 36	18 by 44	
Goal Line to Penalty Spot (Yards)	None	10	12	
Goal Size Height/Width (Feet)	4 by 6	6.5 by 18	8 by 24	

2. A spectator control line shall be defined by a line parallel to the touch line at a distance of at least three yards from the touch line. Team managers should assist the referee to keep spectators behind the spectator control line.

Small-sided Matches

Match play shall be governed by the IFAB/FIFA Laws of the Game as modified by Saint Joseph Sports Alliance and these Rules & Regulations.

1. Small sided games are permitted for all divisions.
 - a. Pick Up Soccer: This is a very organic way to start a match. A time and location will be specified for everyone to show up, split the players up into teams and get us playing. Number of participants will determine the format in which we will play.
 - b. 3v3: A great way to play a fast paced, fun game of soccer. The beauty of this format is that it requires very little space and a minimum number of players to play. We will keep 3v3 games short and rotate teams through. Minimum number of players to start a match is two players per team, a recommended Maximum of six players will be allowed per team with only three players on the field at any one time.
 - c. 6v6/7v7: This is an extremely popular way for adults to play soccer in a fun, recreational way. Playing 6v6/ 7v7 is a great way to play, while maximizing field space by playing across the width of a full-sized field. Play short halves, maximum of two 25-minute halves with a rest in-between. Minimum of four players to start a match, a recommended Maximum of ten players will be allowed per team with only six or seven players on the field at any one time.
 - d. 9v9: This is another popular way for adults to play soccer in a recreational way. Playing 9 v 9 allows play to be closer to full size soccer, while maximizing field space by playing across the width of a full-sized field. Play short halves, maximum of two 30-minute halves with a rest in-between. Minimum of five players to start a match, a recommended Maximum of twelve players will be allowed per team with only nine players on the field at any one time.
2. Some things to be mindful of when playing this way:
 - a. Make sure that there are enough subs to keep the game moving and fun for all participants
 - b. Rotate substitutions often
 - c. Switch out player positions. Not everyone dreams of growing up to be a left full back. Let's face it, everyone wants to score once in a while!

Restarts (i.e. Throw-ins, Goal Kicks, Corner Kicks)

1. For 3 v 3 the throw-in is replaced with a kick-in or dribble-in. Opposing players must be at least four yards away from the ball until it is kicked.
2. If the restart is in-direct, a goal may not be scored directly from these restarts.
3. There is no off-side infringement on these restarts.

Goalkeeper Punts

1. For 3 v 3 and 6 v 6 / 7 v 7 format of play, the goalkeeper shall not punt the ball. The goalkeeper shall release the ball by either rolling, throwing, or passing the ball into play.

2. An indirect kick will be awarded to the opposing team at the spot of the offense if a goalkeeper deliberately punts the ball during a 3 v 3 or 6 v 6 /7 v 7 match.
3. An indirect kick awarded to the attacking team inside the opposing team's goal area must be taken on the goal area line at the point nearest to where the goalkeeper punted the ball.

Teams

A. Team Names

Team names shall bear no resemblance to a religion, race, ethnicity or nationality, or otherwise be considered offensive.

B. Team Size

1. The following are the recommended team sizes:

Format of Play	Players on Field	Maximum no. of team members	Minimum no. of team members	Coed Men / Women	
3 v 3	3-a-side	6	2	2	1
6 v 6	6 a-side (No Goalkeeper)	10	4	3	3
7 v 7	7 a-side	10	5	4	3
9 v 9	9 a-side	12	5	5	4
11 v 11	11 a-side	15	7	6	5
Indoor / Futsal	6 a-side	15	4	3	3

2. All divisions may play optionally with teams of smaller sizes for futsal, indoor soccer, or small-sided matches.

Registration

1. The standard age divisions for Men's and Women's programs are as follows:

Age	Division
All person's age 18 or older as of September 1st	Open
30 years but not younger than 25 years	30 U
50 years but not younger than 30 years	50 U
All persons older than 50 years or older as of September 1st	Senior

2. If there are not enough registrants to make any or all the standard divisions, divisions may be combined to allow teams to be formed, as well as format of play may be modified to allow short-sided matches.

3. No potential team member may participate in any Saint Joseph Sports Alliance Adult Soccer match or training without completing the registration process.
4. A registrant becomes eligible as a team member upon:
 - a. Payment to Saint Joseph Sports Alliance of the required Registration Fee, and
 - b. Placement on a team by Adult Soccer Program Director or a designated representative.
5. The Adult Soccer Director with the assistance of the Registrar, Team Managers and Coaches are responsible for assuring the eligibility of all participants or teams within a division. Upon Request of the Adult Soccer Director, a team member must present his/her birth certificate or other legal proof of age (such as a driver's license or state issued identification).
6. Men and Women may play on the same teams where there is an insufficient number of registrants to establish separate teams. It is recommended, however, that separate men's and women's teams be formed and maintained wherever possible.

Transfer of Team Members

A team member may transfer from one team to another after the following three conditions have been met:

- 1) Approval of both team managers of the teams involved.
- 2) Approval of Adult Soccer Program Director or his/her designee.
- 3) Approval of team member(s) involved.

Player's Equipment

1. Saint Joseph Sports Alliance shall provide matching team uniform jerseys to wear. Saint Joseph Sports Alliance shall also provide game pennies in case where there is uniform conflict or to allow for "pick-up" format of play.
2. No person, company, or business entity may use any of the Saint Joseph Sports Alliance's trade names, trademarks, or logos for any use other than Saint Joseph Sports Alliance-authorized activities without the prior written consent of the National Office. This includes, but is not limited to, having the Saint Joseph Sports Alliance logo stamped on soccer balls, soccer shoes or other equipment, or used in association with the products or services of any person.
3. Athletic footwear (with or without cleats) are permissible in all competitions subject to the referee's approval regarding their safety.
4. Team members have the option to wear shin-guards that provide a reasonable degree of protection, and that are completely covered by their socks. It is highly recommended to prevent injury.
5. Team members shall not be allowed to participate in any training or match with any type of cast or splint. Braces will be permitted subject to the Referee's approval. Removal of any type of cast or splint at the field or surrounding area in order to participate shall disqualify the team member from participation.
6. Players shall not wear anything that is considered dangerous to either themselves or other players subject to the Referee's approval.

Ownership and Responsibility of Uniforms and Equipment

The custodianship and disposition of uniforms and equipment purchased by an individual team member (including uniforms or equipment provided by Saint Joseph Sports Alliance) shall be the responsibility of the individual team member.

Incident and Injuries

- A. All incidents, injuries, or property damage involving a Saint Joseph Sports Alliance participant or occurring at a Saint Joseph Sports Alliance event shall be reported to the Adult Soccer Program Director or President on the **Saint Joseph Sports Alliance Incident Report Form** in accordance with the directive of Saint Joseph Sports Alliance Report Forms with the appropriate attachments shall be delivered to Saint Joseph Sports Alliance home office **no later than 24 hours after league week has ended** (ex. 6pm Monday if league week ends 6 pm Sunday).
- B. If the team or individual fails to report an injury it will be treated as an unreported injury and injury replacement will not be honored which could result in forfeit of game.
- C. Injury replacements will only be allowed if a team goes under the minimum required number of players to play a game (7 players for 7v7 soccer).
- D. It is important to fill rosters with enough players before the season begins to prevent injury replacements from being needed. **There is no gray area to this rule, and it will be strictly enforced.**
- E. Subject to the terms and conditions from the current carriers of Saint Joseph Sports Alliance's insurance policies, there is a limited time for filing claims. It is the responsibility of the claimant to initiate and complete the process.

Weather Policy

The official/supervisor has final say on whether a game will be suspended or postponed due to weather conditions or poor field conditions – once he or she arrives on the field. If lightening is in the immediate area, the game shall be suspended immediately. Everyone should be instructed to take shelter and the official can monitor the situation and determine whether the game should play on. In case of heavy rain, play should be suspended and possibly postponed due to the amount of rain. If field conditions become extremely poor and children are at risk of injury, then play should be postponed. If the playing weather is horrible such as cold, rain, mud, high winds, tornado warnings etc... then play should be postponed. Finally, if the weather is warm and there is a light to moderate rain falling, it is possible to keep playing. Remember, this decision to play or not to play rests with the official/supervisor working the game and his or her call can NOT be disputed. The official/supervisor will always have the safety of the athletes in mind when making their decision.

Weather Line: 816-385-5713 or www.stjsportsalliance.com