

## ADULT COED SOCCER RULES AND REGULATIONS

### ARTICLE 1. CLUB DIRECTION

East Diablo reserves the right to establish rules and regulations at any time deemed necessary for the efficient operation of the club. All rules and regulations shall be interpreted by East Diablo as it deems proper for the efficient operation of its program. Flagrant violation of any club regulations, Code of Conduct or interpretation of such will result in individual and or team suspension, which forfeits all rights, privileges, registration and club fees, etc.

### ARTICLE 2. DEFINITIONS

Manager means an individual designated by each team to represent that team at all club meetings and games and in all other matters relating to the club. Each manager is charged with the responsibility for keeping his/her team players informed of all matters relating to this club.

### ARTICLE 3. TEAM ROSTERS

- A. Team rosters may list a minimum of 14 players including playing managers and coaches and a maximum of 26.
- B. Rosters must be an official US Club roster and all players listed must be registered for the season with East Diablo.
- C. Teams losing players during the season because of injury may add players on a one for one basis. Injury replacement players must fill out a US Club adult waiver form and turn it in to East Diablo prior to player's first game.
- D. No additions will be allowed unless the player being added is replacing an injured player and a doctor's statement of the injured player must be submitted to East Diablo.
- E. When a team is short on players, the team is allowed to borrow registered players from other teams to field a game.

### ARTICLE 4. PLAYER ELIGIBILITY

- A. A team shall consist of men and women ages 24 and older for women, 30 and older for men. Each roster may carry two men aged 27 years of age or older and 2 women aged 21 years of age or older.
- B. A player may play for only one team within his/her club.
- C. Players will be checked in prior to the match by the official referee and must have a current US Club player pass.
- D. Any player that does not have an official US club laminated pass will not be allowed to play.

### ARTICLE 5. INJURIES AND INSURANCE

Injuries to players or spectators are not the liability of East Diablo Soccer Club. It shall be understood by all participants that East Diablo and all others associated with this club shall not assume responsibility for accidents during play or in coming to or returning home from games. East Diablo urges all teams and/or individuals to provide insurance coverage for themselves and their respective teams.

### ARTICLE 6. EQUIPMENT/UNIFORMS

- A. Teams may choose to use their own personal ball as long as it is a regulation size 5 ball and both teams agree.
- B. Jewelry must be removed (medical bracelets and simple wedding bands are acceptable when taped).
- C. Teams must have the same color jerseys with numbers. Players without a numbered jersey will not be allowed to play. Athletic, ducted or any other "taped" numbers will not be acceptable.
- D. Each goalkeeper must wear colors that distinguish him/her from the other players, the referees and assistants.

- E. Teams wearing the same color jerseys, the home team will be required to wear pinnies. Players not wanting to wear pinnies will not be allowed to play.
- F. Shin guards are required.
- G. Only all rubber studs are allowed on cleats.
- H. Players may use tennis shoes or appropriate cleated shoes. Football cleated shoes having a toe cleat will not be permitted. Footwear is subject to inspection and approval of the referee.
- I. Players may wear glasses on the field at their own risk. All glasses worn on the field must be adequately secured to the head.
- J. Players are not permitted to wear hats on the field. The goal keeper may be exempted at the discretion of the referee.
- K. Players with casts, braces or other prosthetic devices with the exception of approved knee braces will not be permitted to play. All approved braces will be completely covered allowing no exposure of plastic or metal. The referee will inspect all devices before beginning play. A player having inadequate protection may be excluded from play upon discretion of the referee.

#### ARTICLE 7. OFFICIALS

East Diablo shall provide at each regularly scheduled game the best available officials. In emergency situations where no game official has arrived by game time, the best available substitute officials will be used if agreeable to both team managers prior to the start of the game. The official may not play in the game.

#### ARTICLE 8. PROTESTS/ILLEGAL PLAYERS/SUBSTITUTIONS

- A. There will be no protests. All questions will be solved at the time of the incident by the referee.
- B. It is up to the teams to watch for illegal players. If a team suspects an illegal player, the team manager should immediately notify the official and the following should take place:
  - 1. The official will get a form of legal picture ID from the player in question and the official will compare it with the team roster and the players pass.
  - 2. If a team plays a non-registered player in a game, the team automatically forfeits the game. The manager shall not be allowed on the field for the next three games and the team shall play two male players down the next three games.
- C. Any player from either team may substitute any amount of players on the following:
  - 1. Kick Offs
  - 2. Goal Kicks
  - 3. Throw Ins
  - 4. Injured Player
  - 5. Corner Kicks

#### ARTICLE 9. THE FIELD OF PLAY

The Competition Field: 70yds X 110yds

Soccer Field A: 65yds X 100yds

Soccer Field B: 65yds X 100yds

#### ARTICLE 10. FIELD RULES

- A. F.I.F.A. rules and the "Code of Conduct" govern play, with exception listed.
- B. Official referees are provided by East Diablo and shall have full authority over players and managers at all times. Referees shall have the authority to order any player, manager or coach, and spectators out of the game or off the field for unsportsmanlike conduct,
- C. All park rules must be adhered to including; **NO SMOKING OR ALCOHOLIC BEVERAGES** of any kind are allowed by players on the bench, on the playing field, in the parking lot, or road area. **VIOLATION OF THIS RULE WILL RESULT IN FORFEITURE OF THE GAME. THERE WILL BE NO WARNINGS.**

- D. A game is played by two teams, each consisting of not more than 11 players, one of whom is the goalkeeper. A game may not start if either team consists of fewer than 8 players.
- E. Goalkeeper may be either sex.
- F. No more than 5 of the field players can be men, not including the goalkeeper.
- G. There can be more women players than men players.
- H. Unlimited substitutions are allowed on a dead ball.
- I. Only the team manager or captain is allowed to approach officials.
- J. There must be a minimum of 8 players on the field including the goalkeeper in order for the game to commence. Of the 8 players on the field, 3 must be female.

#### ARTICLE 11. TIME REGULATIONS

- A. Game consists of (4) 20 minute quarters with 5 minute intervals between each quarter; team directional change will take place at the half.
- B. Game time is forfeit time. There will be a 5 minute grace period granted before each game. The clock will start running at the scheduled game times. Officials will not wait for team on the field.
- C. Games ending in a tie at the end of regulation time shall remain a tie. With the exception of the playoffs, when a tie breaker will be implemented.

#### ARTICLE 12. PLAYER FOULS

- A. Any player or manager receiving a Yellow Card must sit out 5 minutes, with a substitute being allowed. Three Yellow Cards by one player in a single season will result in a one game suspension. Two additional Yellow Cards will result in a two game suspension. Suspensions will carry over into future seasons.
- B. A player or manager receiving one Red Card will be immediately ejected from the game and be subject to a minimum of a two game suspension. A substitute for the ejected player will not be allowed. Two Red Cards in one season, the participant will be suspended for the remainder of the season from all East Diablo Soccer Club play. Suspensions will carry over into future seasons.
- C. Intentional or aggressive sliding shall be considered dangerous play. Dangerous play will result in an indirect kick.
- D. Foul or abusive language or gestures will not be permitted. Such conduct will result in a 5 minute sit-out from the game, yellow card for the second offense and a red card for the third offense. Obvious loss of one's temper and self-control will result in a red card. In the event of a yellow card, the player must be replaced by a substitute for a period of time to be determined by the referee. In the event of a red card, the player must leave the field immediately. The player will automatically be suspended from the next game. The decision to issue a red card cannot be reversed.
- E. No charging the women. The 50/50 rule shall be observed. A male player MUST yield possession to a female player on a 50/50 ball to AVOID an aggressive or dangerous play. If violated, male players could be subject to a yellow card (and 10 minutes off the field) or a red card which will result in an ejection from the game and fields. As with any cards, we will leave it to the discretion of the referee and his best judgment

#### ARTICLE 13. GOALS

- A. Any attacking team can only score goals after a female player from the attacking team has touched the ball on the defending team's side of the halfway line. Once a female player has touched the ball, then the ball is considered "LIVE" and a goal from that point may be scored
- B. The ball is considered "LIVE" until the ball passes back over the halfway line, at which time the ball is considered "NOT LIVE".
- C. The entire ball must cross over the halfway line in order for it to be considered "LIVE" or "NOT LIVE".
- D. Female players may take the ball "LIVE" provided that one of the following occur on the defending side of the attacking team:
  - 1. Once the entire ball crosses the halfway line.
  - 2. Is thrown in by a female player.
  - 3. Corner kicks taken by a female player.

#### ARTICLE 14. FEMALE PLAYERS

- A. Female players must perform the following:
  - 1. Penalty Kick
  - 2. Drop Ball
  - 3. Overtime Kicks (Play0Offs)

#### ARTICLE 15. SIDELINES

Teams must be on the same sidelines within their technical area lines. If the lines are not visible, both players and coaches must observe the following:

- 1. Must be at least 2 feet from the touchline at all times.
- 2. Must not cross over the halfway line
- 3. Must not be more than 10 yards from the halfway line. Spectators must be located on the opposite side of the field at least 3 feet from the sidelines on the appropriate sides. It is the responsibility of the manager/team captain to maintain the sidelines on both sides on the field. It is the responsibility of the manager/team captain to ensure the sidelines are free of debris upon the conclusion of match play.

#### ARTICLE 16. SLIDING/SLIDE TACKLES

- A. Slide tackles are prohibited at all times.
- B. Sliding for the ball is permissible under the following conditions:
  - 1. The player sliding is attempting to stop the ball from traveling out of bounds.
  - 2. There must not be another player within 10 feet of the player who is sliding.

#### ARTICLE 17. TEAM AND PLAYER RED/YELLOW CARD LIMITS

- A. Players receiving two red cards during the current soccer season would be suspended for the remainder of the season.
- B. Teams accumulating three red cards during the current season would forfeit the remainder of the season.
- C. Conduct in violation of the code of conduct by spectators gives referees the right to issue a red card to the respective team