

# LakePoint Adult Soccer League Rules

## **NUMBER OF PLAYERS**

1. Seven players on the field of play at once, including Goalkeeper
2. Minimum of 6 players needed to start and continue a game
3. Coed teams must have 2 females on the field. (Female goalkeepers are allowed and count as a female player on the field)

## **PLAYER EQUIPMENT**

1. Players must dress in matching color (pennies will be given out to the away team if colors are hard to differentiate)
2. Shin guards are NOT OPTIONAL
3. Turf or FG cleats are allowed
4. Goalkeepers must wear colors which distinguish them from all other players and referees

## **REFEREES**

1. Referees have the final decision

## **DURATION OF GAME**

1. The game will be played in two 30-minute halves
2. Half time will 5 minutes
3. The clock shall only be stopped for serious injuries
4. During playoffs only, a tie will be decided by penalty kicks
5. Time will be extended for the taking of a penalty kick and will be the last play of the game

## **START OF PLAY**

1. Kickoff will be given to the home team. Visitors will have kick off at the start of the second half
2. A kickoff will start the game and restart the game after a goal has been scored
3. Teams will change direction at half time and alternate kickoff
4. A goal can be scored directly from a kickoff
5. The ball does not have to go forward from a kickoff
6. Player has 5 seconds to put ball back into play

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## **SUBSTITUTIONS**

1. Free unlimited substitutions during play
2. Substituting players must enter/ exit within 3 yards of the midfield line by “tagging” in and out

## **FOULS**

1. FIFA soccer rules apply to all infractions, including but not limited to: kicking, pushing, tripping, hand balls, etc....
2. No Sliding – Sliding will be defined as anything other than the feet touching the ground unless there are no other players around
3. Goalkeepers may slide inside the penalty box
4. If a player receives a yellow card, they will have to sit out for 2 minutes or until the opposing team scores. During this penalty time the team of the carded player will play down a man while the opposing team has a “power play” advantage
  - a. Receiving 2 yellows in 1 match will result in a red card. In this case the player is kicked out of the game and cannot return for the remainder of the game. The player also may not play the next game.
5. A straight red card will result in the player being escorted off the premises and to the parking lot. The player will receive a 1 game suspension and will have yellow for next game.

## **FREE KICKS**

1. The following apply to all restarts:
  - a. All free kicks are indirect
  - b. Ball is in play when it moves from foot contact from the initial player
  - c. Opposing players shall be 8 yards (24 feet) from the ball
  - d. Player taking a kick cannot play it again until someone else touches the ball
  - e. If an opponent refuses to move back 5 yards (15 ft) on referee’s request, he may be given a yellow card for unsportsmanlike behavior
  - f. If a player taking the kick delays for longer than five (7) seconds after having been signaled to do so by the referee, the opposing team will be awarded the kick

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## **GOALKEEPERS**

1. Outdoor FIFA rules apply when passing back to the goalkeeper
2. Goalkeeper may slide tackle only if the ball is inside the penalty box
3. Goalkeeper may not punt
  - a. Goalkeepers may drop-kick but may not pass the half field line
4. Goalkeeper may not throw the ball over the midfield line in the air. The ball must touch a player or the ground before crossing midfield line

## **PENALTY KICKS (SHOOT OUT)**

1. If necessary, time shall be extended at the end of each period to allow the taking of a penalty kick.
2. The ball shall be placed at the spot on the top of the goalkeeper's area.
3. Only the goalkeeper is allowed in the penalty area.
4. In the event of a tie (during playoffs only), penalty kicks will be taken (no overtime). Winner will be decided by the best team out of 5 kicks. If still tied after both teams have taken 3 kicks, then additional players will take the kicks in a sudden death kick off. Only players that were on the field at the end of the game will be allowed to participate.

## **COED SOCCER**

1. Female goal equals 2 points. A female player can score up to 3 to count as 6 after 3 goals, all female goals will count as 1 goal