



## Rules — SOAR Adult Over 30 League

**IMPORTANT!**

***Each team Captain is responsible for reviewing the SOAR Rules and the SOAR "Code of Conduct" with their players.***

### **Rules of the game**

All games must be played in accordance with FIFA Laws, except as specifically modified below.

#### **Setup:**

- Players / teams supply game balls.
- No metal cleats; must have shin guards covered by socks. Plastic cleats (or no cleats at all) are allowed.
- No dangling jewelry or watches allowed.
- No hard casts or braces are allowed, (unless padded / wrapped), and approved by the referee.
- Define field perimeter before game starts, since multiple color lines may exist on field.
- Teams must have minimum of 5 players per team or else forfeit. If the minimum number of players is not present at game time, a five minute grace period is provided.
- To even out a game, players can go to the opposing team if both teams mutually agree before/during the game.
- Team shirts do not have to match, but should be similar in color. Goalie must wear a different color shirt than the remaining players on the team.
- Photo ID's for age verification may be requested at the time of, or subsequent to registration.
- Team rosters are to be complete by the second game of the season. Only players on the roster may play in the semi-final and final games.
- Roster verification may be conducted at the onset and/or throughout the season (once rosters are completed); verification by Referees will be performed during all playoff games.

**Time:**

- Each half is 30 minutes, with a 5 minute break between halves; abbreviated halves may be initiated based on extenuating circumstances.
- No overtime or shootouts on regular season tie games; (overtime and shootouts allowed only during tournament; see tournament rules)
- No time-outs; clock continues to run during injuries, or having to chase balls out of bounds (or in the woods); clock stoppage time may be added at the discretion of the referee.
- Games can be stopped or canceled prior to, at game time, or during the game due to unsafe field conditions (Wet fields, thunder / lightning, rain, extreme temperatures).
- Games are official after 1st half ends. Makeup games will be rescheduled at the end of the regular season.

**Kickoff:**

- Goals can be scored on a kickoff; the game is in play when the ball moves forward.

**Offsides:**

- "Offsides" is not enforced; players can cherry pick.

**Substitution:**

- Free substitutions, no time-out needed; teams can sub on the run.
- **The active player being substituted for must leave the field before the sub steps on the field.** Teams do not have to notify the referee that a substitute is coming on the field. **Subs must exit and enter the field from their end line (by their goal post); and cannot enter the field of play from the sidelines.**
- Failure to substitute properly will result in an indirect kick at a spot based on the referee's discretion.
- If an "unfair" substitution has an impact on the play, an indirect kick can be awarded to the other team by the referee.

**Free / Goal / Penalty Kicks:**

- The distance required between opposing team players and the kicker taking the direct / indirect kick is eight (8) yards.
- Defensive "Walls" must be 8 yards from placement of ball, or on goal line if less than 8 yards.
- For goal kicks, opposing players must be outside the Penalty Box.

- Penalty kicks will be taken from 1 yard inside the outer perimeter of the Penalty Box. (approximately 11 yards).

**Handballs:**

- Goalkeeper will incur an indirect kick foul only if he handles a ball within the penalty area that is received from an *intentional kick* by a player of the goalkeeper's team, or if handled on a throw-in from a player on the goalkeeper's team.
- An *indirect kick will result at the point the goalie handles the ball* within the penalty area on a ball intentionally kicked or thrown to him by his own player.
- An unintentional handball that does not give the handler's team an unfair advantage will not always be called. The referees will use their discretion.
- Referees should use discretion in calling a handball if a player unintentionally handles a ball in a posture of self-defense.

**Sliding, Slide Tackles, Bicycle Kicks, High/Dangerous Kicks:**

- **No sliding in the field of play is allowed.**
- **No slide tackles from any direction are allowed at a player with the ball.**
- **No Bicycle kicks, high/dangerous kicks are allowed.**
- **If sliding, a slide tackle, a bicycle kick or a high/dangerous kick occurs, a yellow card will be issued.** The player will have to leave the field for 5 minutes if a yellow card is issued, and the player's team must play down one player for that duration.
- The Goal Keeper will be the only one who can slide for the ball, with hands on the ball and not the feet. The keeper must be sliding to put hands on the ball; and with no intentions for feet on the ball.
- Goal keepers who slide tackle will receive a yellow card, and the player's team must play down one player. The vacated goalkeeper position may be filled with another player who is already on the field, not with a new player from the sideline.

**Carding:**

- Yellow and red cards can be issued for applicable offenses.
- First yellow card: player must leave the field for 5 minutes and player's team will play one player down for that period of time. Player may reenter the field of play when given permission by the referee.

- Red card or second yellow card: player must leave the SOAR complex; the player's team must play one player down for the remainder of the game, and the player who is sent off cannot play in the team's next game. A player who is registered in two leagues (A and B) and is sent off cannot play in either league until after the next game of the team in which the send-off was incurred.
- Players will be warned for off color language; second offense is a yellow card for the player.

**Protests:**

- There will be no protests. All officiating decisions are final.
- **Only Captains can discuss concerns, "ref calls" or "no calls" with the referees** (See Code of Conduct).

**Conduct:**

- Please review the *SOAR Code of Conduct*. It is to be followed by all players, coaches and spectators.
- **EACH TEAM COACH / CAPTAIN IS RESPONSIBLE FOR REVIEWING THE CODE OF CONDUCT RULES WITH THEIR PLAYERS.**
- Players, coaches / captains and spectators are expected to conduct themselves within the spirit, as well as the letter of the Laws of the Game. Displays of temper or dissent are cause for ejection from the game and the field area.
- Players, coaches / captains and team officials that are ejected from the game shall be ineligible for the next scheduled game.
- Both teams (players and coaches / captains only) will be on different goal lines. Supporters of both teams will watch the game from the sidelines

**Other:**

- **If the referee does not see the foul, there will be a "non-call." Referee Policy: "No see - No call".**
- Players should play to the whistle.
- Teams that are down by 3 points during a game can temporarily add one additional player, but only during that time where the score differential remains 3 points. This rule applies only to regular season games.

**Standings And Advancement Rules:**

Standings in the group will be determined by:

- A. Game points:

- WIN = 3 points, TIE = 1 point, LOSS = 0 points
- One point for each goal scored in regulation time up to a maximum of three.
- Forfeits will be scored as 3 – 0, with a resulting 3 points for the winner.

B. Standings Tie Breakers in Regular Season:

- Head to Head Competition, or if no clear winner,
- Goal differential, adjusted to no more than +3 or –3 in any game, or if no clear winner,
- Most goals scored overall based on a max of 3 goals per game, or if no clear winner,
- Least goals allowed overall based on a max of 3 goals per game.

**Tournament:**

- 3 points for win; 1 point for tie; 0 points for loss.
- Standings tie breakers: A. Head to Head; B. Goal differential per game – up to 3 goals max per game.
- **Resolving Ties in Semi-Final Matches, Championship Matches**
  - At the end of regulation time the two teams will be given a 5-minute rest period, and then will begin a maximum of two 5-minute overtimes. During either overtime period, the "Golden Goal rule will be in effect. The team to score first during the overtime period will win the contest. If still tied at the end of the second overtime period, the match will be decided by FIFA penalty kicks from the players remaining on the field.
  - Penalty Kicks: 5 for each team. If still tied, sudden death penalty kicks.

**Three Line Rule: (Appendix: Presently An Archived Rule)**

- Pertains to all passes / kicks in the air, (including goal kicks and goalie punts), that are taken behind the third line and then lands in the air beyond the other third line at the opposite end of the field. If a third line exists and the kick in the air goes beyond the third line, an indirect kick is awarded at the spot where the original kick took place.

**SOAR: Revised 06/07/2015**