



ADULT COED SOCCER RULES



Adult Recreation Leagues
General Rules and Regulations

I. Player and Team Eligibility

- A. Any person 18 years of age or older and not currently participating in high school sports. Undergraduate or graduate students at the university are eligible, but are subject to non-resident fees unless they can prove permanent city residency.
- B. Resident vs. Non-Resident –
 - 1. Residents will be those that live within the Valparaiso city limits on a permanent basis, or;
 - 2. Those who own property within the Valparaiso city limits and pay city taxes on that property.
 - 3. Non-city residents must pay an additional player fee.
 - 4. Upon request of VPRD staff, individuals may need to provide proof of city residency. Proof may be provided in the form of a driver's license with current address or a current utility bill.
 - 5. Falsification of information may result in said player or team being declared ineligible.
- C. Falsification of a player's address or signature will result in the entire team being required to re-sign a new roster, which will be held at the Park Administration Office.
- D. All players must sign the official roster before they will be eligible to play in any league game. Failure to do so will cause those players to be ineligible.
- E. Players may play on only one team in the same league during tournament play, but may substitute for other teams if a team is 'short'.
- F. Players who currently hold professional status in the given sport program are not eligible to compete.
- G. In order for players to be eligible for playoff games or league tournaments, a player must be placed on the team roster by the add/drop deadline point.
- H. Players who are lost for the remainder of the season (for whatever reason) may be replaced by another upon approval of the Adult Recreation Director (even if the add/drop deadline has passed). These situations will be handled on a case by case basis between the team captain and the Adult Recreation Director, or an approved staff member.
- I. Games in which ineligible players participate may result in said players being suspended and/or game forfeiture.
- J. If there is ever a question of eligibility, this must be brought to the **official's** attention immediately. If the game has not started, the player(s) in question will be given the opportunity not to participate and the team and player will be at no risk for penalty. If the player(s) has/have already been participating, the player(s) and team will risk forfeiture of the game and possible suspension if player(s) is/are determined to be ineligible. Player(s) in question will be asked to provide photo identification proving who they are, as well as be required to sign their name on the official score-sheet.

1. Tournament Play – If the team in question has been found guilty of using an illegal player, they will receive a one (1) game forfeit. If this one (1) game forfeit is the team's first loss in a double elimination tournament, **the entire team will be required to show a photo identification** prior to the start of their next game. Failure to do so will put the team at risk of another forfeit.
2. Player(s) must be able to provide photo identification prior to the start of the next game.

II. **ROSTER, DEPOSITS AND ENTRY FEES**

- A. Rosters – teams should consist of enough players to field a team each week, there is no limit on rosters. All players are required to sign the roster waiver on QuickScores, either electronically or a hard copy.
 - i. Teams that do not submit a roster prior to the roster lock deadline will not be permitted to participate in the season tourney.
- B. Roster Deposit – when a team submits a roster, a deposit of \$100.00 must also be submitted.
 1. If a team is accepted into the league, the roster deposit will be applied to the base entry fee.
 2. If the team is not accepted into the league or withdraws before the entry fee deadline, the deposit will be refunded.
 3. If the team withdraws from the league after the entry fee deadline, the deposit will not be refunded.
 4. No monies will be refunded if a team is expelled from the league.
- C. Entry Fee – determined by the Park Department Administration, must be paid by each team prior to the specified deadline.
 1. An additional fee will be assessed for all non-city resident players on the roster and any player added after the roster deadline.
 2. All team entry fees and non-city resident fees must be paid before your team will be allowed to participate.
 3. No monies will be refunded if a team is expelled from the league.
 4. If circumstances arise which prevent a sponsor from issuing a check prior to the entry fee deadline, the sponsor may issue a letter of "intent to sponsor". This letter **MUST**:
 - a. accompany the roster when it is submitted (by fax, mail or in person).
 - b. indicate the amount of money paid by the sponsor for the team,
 - c. indicate the team name to be sponsored and captain's name, and
 - d. must be signed by a representative of the sponsoring business, authorized to issue sponsor checks.
- D. Teams will be accepted on a first come/first serve basis.

III. **ADDS AND DROPS**

- A. Players being added/dropped from the team roster may do so without the captain or co-captain notifying the office.
- B. Players are **ONLY** allowed to be on one (1) roster per division. It is up to the player to decide which game they play in if there is a conflict. Captain and/or Co-Captain of teams which have a player transferring between teams, must notify the player to take his/her name off of the roster of the old team.
- C. Players transferring teams may do so only once during any one season.

IV. CAPTAIN AND CO-CAPTAIN RESPONSIBILITIES

- A. General Rules and Regulations, as well as specific sport rules are expected to be known and abided by: team captains, co-captains, players and others associated with the team (i.e. spectators).
- B. Any matter not covered by the General Rules and Regulations will be left to the discretion of the Park Department Administration. Rules not covered in each specific sport rules will be governed by the established sports governing body (i.e. Amateur Softball Association (ASA), United States Volleyball Association (USVBA) and National Federation of High School Associations (NFHSA)).
- C. Must attend or send in their place a team representative to all captain's meetings at which time general rules & regulations, sport specific rules (including changes), and current league schedules will be discussed and distributed. **Failure to have a team representative at the Captain's Meeting may result in a one game forfeit for the tournament. Extenuating circumstances will be taken into consideration.**
- D. Upon request, captains and/or Co-Captains must assist Park Department Staff in determining and making available any or all members of their team for inquiry or identification.
- E. When possible, shall notify Park Office of forfeit of scheduled game/match prior to game/match time.

V. CONDUCT OF CAPTAINS, PLAYERS, TEAM PERSONNEL & SPECTATORS

- A. All team members and others associated with the team are required to know the rules of the game, as well as to abide by them.
- B. The team captain and/or co-captain are responsible for the discipline and proper conduct of team members and spectators.
- C. The captain and/or co-captain are the only players who may address an official. The captains may address the officials on matters of rule interpretations only!
- D. Misconduct prior to, between and/or following games will result in sanctions in the games(s) following such misconduct.
- E. Teams shall be notified immediately when a sanction is imposed against their team. Ejected team members will be permitted the opportunity to remain in the vicinity of the playing area provided they can refrain from further misconduct. If they are asked to leave the field/park, they will be allowed one minute to gather their belongings and depart peacefully. Further delay will result in team forfeiture and possible further sanctions against player and team.
- F. Ejected players' status for the season will be reviewed on a case-by-case basis. Further penalties and suspensions (which may include game, season, year(s) or permanent suspension) may be assessed depending on the circumstances.
- G. Any person suspended under the provisions of Section D desiring to appeal the decision may do so in writing to the Park Department Administration. **Ejections may not be appealed!**

VI. PROTESTS

- A. No protests will be recognized in any VPRD League and all teams entering the league(s) does so with this understanding.

- B. In case of a dispute during play, the team captain and the game official may confer. Other team members shall not enter the discussion. A violation may result in the player involved being ejected.

VII. PARK ADMINISTRATION, ADULT RECREATION DIRECTOR, LEAGUE DIRECTORS, OFFICIALS AND LEAGUE COMMITTEES

- A. Park Administration – develops and administers all VPRD and Recreation programs, policies and procedures and league/player fees.
- B. Adult Recreation Director – park staff member immediately responsible to develop, direct and administer the various adult recreation leagues.
- C. League Directors – assists the Adult Recreation Director in the administration of a given league. Responsible for the training, scheduling and supervision of all league officials and league statistics (nightly results, weekly standings, etc.).
- D. Officials – responsible for the on court/field interpretation and enforcement of specific sport rules. Officials will have complete authority regarding any decisions and/or judgments involved in that immediate game/match.

VIII. AWARDS/CHANGES

- A. If a team wins their division, they will be considered a candidate to move up to a higher division the following season.
- B. Tournament winners will receive t-shirts at the end of their tourney.

IX. ALCOHOLIC BEVERAGES POLICY

Alcoholic beverages shall not be permitted at the site of any activity organized or sponsored by the Valparaiso Department of Parks and Recreation. This includes all playing fields, bleachers, parking and picnic areas. Participants violating this policy will forfeit their game and may be asked to leave the facility/field/park. Spectators will be subject to this same policy. Alcoholic beverages may not be sold, purchased or consumed by any person or team attending tournaments conducted at one of Valparaiso Park Department's parks/fields or facilities. The Department reserves the right to immediately terminate any tournament or rental should this policy be violated.

Furthermore, players who by park staff, League Director or Official's judgment are under the influence of alcohol will not be permitted to play in any games until it is proven they have not been drinking.

VALPARAISO PARKS DEPARTMENT RECREATIONAL SOCCER RULE GUIDE

Games

- Each team can have up to 11 players on the field at one time, including one goal keeper.
- Games can be played with a minimum of 7 players for the game to count, otherwise the team must forfeit. TEAMS MAY USE PLAYERS FROM ANOTHER TEAM IF THEY ARE SHORTHANDED. THEY MAY ONLY USE EXTRA PLAYERS AS LONG AS IT DOES NOT EQUAL MORE THAN 13 TOTAL PLAYERS. ALSO THEY MUST BE REGISTERED WITHIN THE PROGRAM.
- Teams **must have at least two (2) women on the field at any given time**; failure to do so will result in teams playing shorthanded.
- Games will consist of two 30 minute halves with a 5 minute halftime.
- At the conclusion of the regular season, all teams participating will begin a soccer tournament. This will be a double elimination tournament.
- Players will be required to check in with their player cards at the beginning of each game.

Rules

- No player may touch the ball with his/her hand or arm while the ball is in play, except the goalkeeper, provided the goalkeeper is in the penalty-box area.
- If the ball leaves the playing field on the side, the other team will be awarded a throw in from that spot. Players must keep both feet on the ground while throwing it in.
- If the ball leaves the field at the ends, either a goal kick or a corner kick is awarded.
Goal kick = if a player kicks it over opposing team's end line
Corner kick = player kicks ball over the end line he/she is defending
- **INTENTIONAL SLIDE-TACKLING IS NOT ALLOWED.**
- A ball is considered out of bounds or a goal, if and only if the ball completely passes over the plane of the line.

Fouls

*Note: **The officials' decision stands on All fouls. The calls are non – negotiable!**

Fouls during play will result in either an **indirect** or a **direct** free kick at the spot of the foul. The individual taking the free kick is allowed 10-yards by any opposing player (enforced by officials). If a player on each team is fouled or if there is an injury timeout, a drop ball will be taken at the spot where play was stopped.

Indirect Free Kick

- The ball must touch a player (on the same team or opposing) before going in the goal for the goal to count. The official will signal this by keeping an arm in the air until ball is touched by second player.
- A goalkeeper touches the ball with his/her hands after it is deliberately kicked to him/her by a teammate.
- A goalkeeper touches the ball with his/her hands after receiving it directly from a teammate on a throw-in.
- A goalkeeper touches the ball with his/her hands a second time, after releasing the ball from his/her possession, and it has not been touched by another player.
- A goalkeeper takes more than six seconds to release the ball, by pass or kick, after gaining possession of the ball with his/her hands in the penalty area.

Fouls resulting in an Indirect Kick:

- Off-sides: when an attacking player is behind the last defender WHEN THE BALL IS PLAYED.
- Interference: blocking player from the ball without possession (i.e. pulling opponent's jersey)
- Unintentional Tripping: stopping a player from getting the ball by accidentally tripping them (it is the official's decision whether trip was intentional or accidental)

Direct Free Kick

- The ball can be struck directly in the goal and nothing has to touch it for it to count as a goal. Official will signal a direct kick by pointing towards the attacking goal and then lower hand.

**Note: A foul resulting in a direct kick inside your defensive 18-yard box (the larger goal box) will be a penalty kick for the attacking team.*

Fouls resulting in a Direct Kick:

- Hand-ball: when a player hits the ball with any part of the hand or arm.
- Dangerous Play: any time a player does something with the intent to injure another player (this includes tripping, hitting, and high-kicking)
- Pushing
- Sliding from behind: This foul will also result in an immediate red card and removal from the game.

***Note: Any of these fouls could result in a yellow or red card.**

- If given a yellow card, you will be asked to leave the field, and a substitute from your team may come on the field for you. You may re-enter the match at the next dead-ball.
- If given a red card, you must leave the field and the premises immediately and your team may not replace you on the field. You will not be allowed to play in your team's next game.
- Two yellow cards in one game is considered a soft red and results in expulsion from the game. The player will be able to play in their teams next game unless told otherwise by the league supervisor.

Other Game Rules

Kick-off: The kick must move ahead of the center line and some one else must touch the ball before the first team player can touch the ball again.

*The team that will kick-off in the first half will be decided by a coin-toss at the beginning of the game.

Substitutions: All substitutions must happen when a ball is considered out of play. If the other team is substituting during one of their re-starts, your team may sub as well. Before entering the field, the subs must be acknowledged and signaled in by the official. Play is stopped and must be restarted by the official.

Play-on (Advantage): If a player is fouled but the player's team keeps possession of the ball, the official may call advantage and the play continues. Advantages is signaled by official raising both arms at a 45-degree angle from shoulders.

Language: Offensive, derogatory, or vulgar language directed at officials or other players will NOT be tolerated. Frequent violators could be asked to leave the field and possibly removed from the league without a refund.

Speaking to Officials: At the beginning of the season, each team will have designated captains who will represent the team on the field and take the coin-toss. These players are responsible for his/her team's actions and is the only person allowed to speak to the officials. Any problems during a game must be communicated to the officials via the captain.

Cards - There are 2 colors of "cards" which the referee will hold up to indicate serious fouls or behavior which will not be tolerated. **Any time a Yellow or Red Card is shown, a "direct" or "indirect kick" will also be awarded.**

Yellow Card - Indicates a formal "caution" for any of the following offenses:

- "unsporting behavior" - this includes hard fouls; holding an opponent or deliberately handling the ball for the purpose of preventing an opponent from gaining possession of the ball; faking an injury; saying things that are designed to confuse or distract an opponent; harassment (such as jumping around, shouting or making gestures to intentionally distract an opponent; jumping in front of a corner kick, free kick or throw-in; worrying the goalkeeper or trying to prevent him from putting the ball into play; & adopting a threatening posture), gaining an unfair advantage by leaning on, climbing on the back of, or holding a teammate or the goal; blatant cases of holding and pulling an opposing player or his uniform; any action designed to deceive the Referee; and behavior which in the Referee's judgment is unsporting or causes an unfair advantage,
- dissent by word or actions,
- persistently breaking the rules,
- Intentional Slide-tackling
- delaying the restart of play,
- defenders failing to stay the proper distance away from the kicker on a corner kick, free kick or throw-in.

A player who receives a Yellow Card may be replaced by one of their teammates. The player receiving the yellow card may return on the next Substitution opportunity. If a player receives 2 Yellow Cards in one game, they will receive a Red Card & be ejected. This is considered a "soft red." The player is allowed to play in their team's next match. However, each incident will be reviewed on a case-by-case basis with the League Supervisor and Adult Recreation Director making the final decision. Additional Sanctions may result upon this review.

Red Card – Indicates a malicious actor continuous failure to follow the rules for any of the following offenses:

- serious foul play (includes any use of excessive force or brutality against an opponent when challenging for the ball. Any player who lunges at an opponent in challenging for the ball from the front, from the side or from behind using one or both legs, with excessive force and endangering the safety of an opponent is guilty of serious foul play. A tackle, which endangers the safety of an opponent, must be sanctioned as serious foul play.

- violent conduct,
- spitting at anyone,
- deliberately touching the ball with a hand in order to prevent a goal or to deny an obvious goal scoring opportunity (such as to prevent a "Breakaway".... this does not apply to the goalkeeper within his own Penalty Box)
- fouling an opponent to prevent an obvious goal scoring opportunity (e.g., holding to stop a breakaway),
- using offensive, insulting or threatening language and/or gestures,
- or receiving a second yellow card in one game.
- Fighting

A player who receives Red Card is "sent off" (i.e., made to leave the field) for the offenses listed above. A player shown a "Red Card" & sent off may not be replaced during that game (i.e., his team must play a player "short" for the rest of the game. The player must also leave the park at that time.

- If a player receives a Red Card, they are ejected from the match they are currently playing and additional sanctions may be imposed.
- If the same player receives a second Red Card later in the season, they are ejected for the game they are currently playing and additional sanctions will be imposed after review from league officials.
- If the same player receives a third Red Card during the season, they are suspended for the remainder of the season. Eligibility for future seasons will be at the discretion of the League Director and the Park Adult Recreation Director.

Fighting – Fighting falls under the Red Card violations. However, fighting has different repercussions:

- If a player receives a Red Card for fighting, they will be ejected from the game and will be suspended for a minimum of their team's next two games.
- If the same player receives a second Red Card for fighting, they are suspended for the remainder of the season. Eligibility for future seasons will be at the discretion of the League Director and the Park Adult Recreation Director.

Uniforms

- Each team will be given an assigned team color for the season. All players will be required to wear the designated color throughout the season.
- Each team is responsible for providing a different color uniform for the goal keeper.
- As slide tackling is not allowed, **shinguards** are not required, but **are strongly recommended**.
- Long socks are not required but STRONGLY recommended.
- Please remove as much jewelry as possible before competing. It can injure others as well as yourself.
- Water will not be provided, so please make sure to bring it. NO ALCOHOL!!
- Above all rules, **NO METAL CLEATS ALLOWED, EVER!!!!**

Game Times

- If everyone is ready to start on time, we will all get out on time. Please be on time for your games!
- **SEVEN (7) PLAYERS MUST BE PRESENT WITHIN 10 MINUTES OF YOUR SCHEDULED GAME-TIME, OR YOU FORFEIT THE GAME!!**
- If there is ever any doubt that games are cancelled or delayed due to weather, please call the park office voicemail after 5:00 pm at 462-5144, ext. 2.

Some of the points of safety and changes for all leagues for the 2020 Season:

- There will be no handshakes or high fives pre or post game
- For the coin flip, only one captain or co-captain per team
- TEAMS MUST CLEAN UP THEIR TEAM AREA POST-GAME
 - Teams found not complying with this will be penalized
- No seeds, no chew, no spitting
- If using a Park provided soccer ball, it will be wiped down in between games.
- Officials will be encouraged to wear masks and may also wear gloves
- If exhibiting any symptoms, officials may ask player to leave the pitch

If your question / concern comes outside of game-time, you may contact us at the numbers listed below during REASONABLE hours:

Parks Dept. Recreation Director

Dan Lukes:

dlukes@valpo.us

(219) 462-5144 (Monday-Friday 8a.m. – 5p.m.)

We expect good sportsmanship with good competition!

Remember: IT'S JUST A GAME!!

THANK YOU AND HAVE A GREAT SEASON!