

LTRC Adult Soccer League – Rules and Player Responsibilities

Thank you for participating in the LTRC Adult Soccer League. The goal of the program is socialization through recreation. These rules and responsibilities ensure that all players have a safe and enjoyable experience. The LTRC Adult Soccer League reserves the right to evaluate and reprimand any player who does not adhere to these rules.

Basic Soccer Rules:

For a better understanding or description of the basic rules of the game, visit www.fifa.com. From the home page, choose “Regulations & Directories” then “Laws of the Game.”

I. Equipment/Uniform:

- Players are expected to wear uniform shirts as provided each season.
- Players must wear shin guards. No metal cleats, jewelry or metal accessories permitted.

II. Game Play:

- Games consist of (2) 24-minute halves with a two-minute break between halves.
- Each team should have 5 players and a goalkeeper (6) on the field at all times. Substitutions may be made on the fly only if the player being substituted for is within the yellow line and the boards near their team’s bench.
- Tie games - No overtime in regular season play. During playoffs, teams will play two, five-minute, “golden goal” overtime periods --- first team to score wins. If no one scores in overtime, then a shootout will determine the winner.

III. Sportsmanship

- All players are guaranteed to play at least 24 minutes of each game, provided they are at the field and ready to play at the start of the game. Please be on time (or early) for games.
- Violence and foul/abusive language (toward referees, players or fans) is not tolerated. Referees will enforce league and facility rules and will issue blue and/or red cards to players and/or teams who violate rules or exhibit unsportsmanlike behavior.
- A player who receives a *blue card* must leave the playing field immediately and sit out their 2 minute penalty in the designated box; then must check with the referee before re-entering the game. 2 blue cards in one game results in a red card. A player who receives a *red card* must leave both the field and the facility; and may not play his/her next scheduled game.
- Non-registered individuals may not play in the league.
- If a current player can no longer play due to injury or personal conflicts, then he/she forfeits the registration fee for that season and his/her position will be filled by a waitlisted player with the same or lesser rating.
- All participants are expected to treat the staff and other members of the facility in a courteous and respectful manner at all times.

NOTE: The rules and player responsibilities of the LTRC Adult Soccer League are subject to change as deemed necessary by the Adult Soccer League. League coordinators or team captains will notify players of changes.

Last updated: Spring 2007

Violations of the above rules will be taken seriously and may result in exclusion from subsequent seasons.