

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 and socks as provided each season.
- Players must wear shin guards. No metal cleats, jewelry or metal accessories permitted.

II. Game Play:

- Games consist of (4) 15-minute quarters with two-minute breaks between quarters and a five minute halftime.
- When the offensive team chooses to substitute on a throw-in, the defensive team may also substitute. However, if the offensive team does not substitute on a throw-in, the defensive team may not substitute. The players on the sideline should notify the refs that they would like to sub half way thru the quarter.
- 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.
- If a game is called due to inclement weather at half time or later, the game will be considered complete; no make-up game or continuation will be scheduled.

III. Sportsmanship

- All players are guaranteed to play at least 30 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.
- **No slide tackling.** You can slide to score or save a ball from going out of bounds, but you cannot slide when someone else is in possession of the ball.
- Violence and foul/abusive language (toward referees, players or fans) is not tolerated. Referees will enforce League rules and will issue yellow and/or red cards to players and/or teams who violate rules or exhibit unsportsmanlike behavior.
- A player who receives a yellow card must leave the playing field immediately and sit out 10 minutes of the game; then must check with the referee before re-entering the game. 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.
- Finally, this is a rec level league. We are all competitive, but we need to respect the fact that we all have to go to work the next day. There is no reason to take someone out to save a goal!!

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: Fall 2011

Artificial Turf Field Rules

Please observe the following Rules and Regulations in orders to preserve the artificial Turf Field

- Field use is by permit only
- No dogs or animals
- No gum
- No food or drinks on the field
- No lawn chairs on the field
- No spectators on the field
- No carts, strollers, or wheels on the field
- No smoking anywhere in the park

All chairs, food, drink and spectators must remain outside the fence.

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