



ADULT SOCCER LEAGUE – OFFICIAL RULEBOOK

7 vs 7 Coed

Laws of the Game

All matches will be played in accordance with current FIFA “Laws of the Game”, except where noted below.

Player Registration

1. All players must register online before participating in any games
2. To be eligible to participate, the player must be listed on a team roster found on the LASN website and on their Team Roster
3. All players must present their LASN player card to the Head Official Referee, and sign in on the Official Game Score Sheet (A Second form of ID will be acceptable if player card is not available or permission can be granted from League Representative)

Team Roster

1. The minimum number of players per team is 10 players
2. COED consists of 7 players on a team. At least 2 of each sex must be on the field at all times in order to ensure a full team.
 - 2.1. A team can start play with 5 players. Two players of any sex can be missing to commence.
3. Playoff rules: In order for a player to participate in the playoff rounds for any team, he/she must be on the teams official roster. See sub rules for registering players mid-season.

Equipment

1. The official game ball is a size 5 soccer ball
2. The size of the field of play is 180’ long and 60’ wide
3. The size of the goals are 8’H x 24’W

Team Check In

1. Team Captains are responsible for checking their team in with the Head Referee, League Statistician, and League Representative
2. The League Representative will give each Team Captain an official Player Roster prior to start of the season. This Player Roster will be used to check in teams prior to games.
 - 2.1. Captains are responsible for presenting their weekly Player Roster to the above mentioned LASN team
 - 2.2. Player Roster includes: Team Name, Date, Player First and Last name, and Player Numbers
 - 2.3. Captains are responsible for indicating all absent players on the Roster
 - 2.4. **Captains are responsible for ensuring that all substitute players are officially checked in with the Head Referee, League Statistician, and League Representative (see Substitution Policy)**

Uniforms

1. Teams must wear matching jerseys or t-shirts with their designated number
 - 1.1. Matching shirts, shorts, and socks are desired
2. The goalkeeper's shirt color must be different from both the referee and the player's shirt colors
3. Shin guards and cleats must be worn at all times (OR turf shoes for synthetic fields)
 - 3.1. Metal cleats are NOT allowed
4. Casts, splints, or body braces made of hard materials are NOT allowed, unless they are padded to the satisfaction of the referee or league representative
5. Sunglasses and hats with any hard surfaces are NOT allowed
6. Sunglasses are NOT allowed

Referee

1. The Referee enforces the “Laws of the Game” and all LASN league rules
 - 1.1. Games will be officiated by at least one (1) referee
2. The authority of the Referee starts when he/she enters the field of play
3. The Referee shall keep the official game clock
 - 3.1. The clock will NOT stop during injury time-outs or player substitutions
 - 3.2. The actual playing time may be reduced by the Referee, at his/her discretion to compensate for any late starts, so that the next game starts on time
4. All decisions of the Referee shall be final so far as the result of the game is concerned
5. The Referee shall submit the game record and results to the League Statistician at the end of the game, including any misconduct reports, injuries, etc.

Stats

1. Prior to the start of games, official League Statisticians will work in tandem with the Head Referee and Team Captains to ensure that each team and it’s players have been properly checked in
2. Statisticians shall record the following statistics:
 - 2.1. Goals, Player Assists, Goalie Saves, Shots on Goal, and Games Played
3. Statisticians are responsible for confirming goals scored, fouls or misconducts, or other notable game information, with the Head Referee
4. Statisticians are responsible for submitting the official record sheet to the League Representative after the conclusion of each game
5. Statisticians are responsible for checking in both teams prior to the start of the game.

Game Rules

1. Home vs Away

1.1. In every league game the Home Team and Visiting Team shall be determined in the official league schedule

1.2. Teams areas will be on the sidelines, adjacent to another

2. Game Length

2.1. Each game will be divided into (2) 25-minute halves, separated by a 5-minute halftime

3. Start Time

3.1. All games will start at their scheduled time

3.2. There will be a 10-minute grace period

3.3. If a team does NOT having the minimum number of players and Male-to-Female ration after 10 minutes, then the team can be required to forfeit

4. Teams

4.1.1. Teams must have (4) players plus (1) goalie present to start the game

4.1.2. The Male-Female ratio is as follows:

4.1.2.1. (6) Players present - (3) must be female

5. Substitutions

5.1. There are an unlimited amount of player substitutions allowed during the game

5.1.1. ALL substitutions must be made of the SAME gender. The goalie may be substituted with the referee's permission, only on a dead ball and in the team's possession

5.1.1.1. EXCEPTION: If a team fields more females than males, a substitution may be made of the opposite gender--PROVIDING there is always a minimum of 3 females on the field.

5.2. Substitutions must be made at the centerline only

5.2.1. Players entering the field may NOT be directly involved with the current play

6. Kickoff

6.1. The ball may be played forward or backward on a kickoff

6.2. Goals scored from a kickoff are allowed

7. Direct Kick

7.1. Direct kicks are given when a player commits a deliberate foul outside the penalty box.

7.1.1.1. Such fouls include, but are not limited to holding someone's shirt, deliberately pushing, kicking, or slide tackling the opposing team

7.2. Direct Kicks are taken from the place where the foul was committed. A goal may be scored from a direct kick.

7.3. The kicker must NOT touch the ball again until it has been touched by another teammate.

7.4. Seven (7) yards shall be given on a direct kick

7.5. Referees indicate a direct kick by pointing his/her arm forward. The referee's arm does not have to be kept in that position

7.6. IF the offence was committed inside a defending team's penalty area, the direct kick then becomes a penalty kick

8. Indirect Kicks

8.1. Indirect Kicks are awarded to the opposing team when a player commits a foul other than a penalty foul OR, if a player has infringed on certain technical requirements of the laws (e.g. hand ball, goalie picks up the ball after a teammate has passed it back to the goalie, etc.)

8.2. Seven (7) yards shall be given on an indirect kick

8.3. Indirect Kicks must be taken from the place where an offense occurred, and MUST be touched twice before an opposing team can score a goal

8.4. Fouls committed inside the penalty box, deemed by the referee to be an infringement on a technical requirement CAN result in an indirect free kick, if deemed appropriate by the Referee

8.4.1. Referees will indicate an indirect kick by raising his arm above his head until the kick has been taken and the ball has been touched by a second player

9. Slide Tackling

9.1. Slide tackling is NOT ALLOWED

9.1.1. Definition: Slide tackling is the maneuver in which one or both feet slide on the ground in an attempt to tackle the ball, which is in possession of the opponent

9.1.2. Any player found slide tackling will be given an immediate foul by the referee. The opposing team will then given an indirect free kick

9.2. Slide KICKING (a slide that occurs with no other players in the immediate vicinity) is allowed

10. Offside

10.1. There is no offside

11. Penalty Area

11.1. The Penalty Area (goal box) is approximately 7 yards wide and 12 yards long

11.2. Small plastic cones will be placed on the corner of the Penalty Area and outside the goal line to indicate the boundaries of the Penalty Area

11.3. The Penalty Kick is 12 yards from the goal line

12. Goalkeeper

12.1. Goal Kicks – All goal kicks should be taken within the goal area, and within 6 yards from the goal line.

12.2. When a goalie is in control of the ball (e.g. goalie blocks a shot from the opposing team, goalie blocks a shot, fumbles it but regains possession, etc.) he/she must put the ball back into play on their side of the field. Balls may NOT cross the centerline.

12.2.1. EXCEPTION: If a defender passes the ball back to the goalie, the goalie may then kick the ball past the centerline.

12.2.2. If the goalie holds the ball over (6) seconds, punts, or dropkicks the ball, the opposing team will receive an indirect free kick at the site of the infraction

13. Stoppage in Play

13.1. If the referee should call for a stoppage in play, if there was a team in clear possession at the time of stoppage, then they will restart with an indirect free kick

13.1.1. If there was NO clear possession, the game will restart with a drop ball at the location where the ball was stopped

14. Encroachment

14.1. Players of the opposing team must be at least 7 yards from the kickoff, direct free kicks, corner kicks, and penalty kicks

14.2. Players must be at least 2 yards away from the throw ins

15. Team Protests

15.1. Protests can ONLY be made by the team captains. All protests must be done immediately, or when applicable

15.2. Protests cannot be based on a judgments call, but rather, based on the official LASN rules

Forfeits

1. All games must have a minimum of (5) players to play (includes at least 2 female players)

1.1. If a team does not meet the above requirement, and has exceeded the 10-minute grace period then they are required to forfeit

2. If both teams are short they can mutually agree to play a short-sided game that will count in the league standings – 4v4, 5v5, 6v6. Once agreed upon, teams cannot switch during the game

Substitution Policy

1. Team Captains may bring in a substitute player for \$10 per player. Payment is due prior to playing
2. After the third game players will need to officially register with LASN. The registration fee will be reduced by the total amount of substitute fees the player has already paid (\$30).
3. Captains are responsible for notifying the League Representative, League Statistician, and the Referee prior to each game, and for ensuring the substitute player has followed the following procedure:
 - 3.1. Check-in with the League Representative
 - 3.2. Submitted payment for substitute fee
 - 3.3. Signed the Player Waiver Form
4. It is the responsibility of Team Captains to ensure that substitute players have been properly checked-in, and have completed the above procedures
5. Substitute players will NOT be allowed to play unless such procedures have been met

Sportsmanship

1. We want all players to have fun, play competitive soccer, and exhibit good sportsmanship both on and off the field. In addition, all players, team captains, and/or visitors are expected to conduct themselves in a sportsmanlike manner.
 - 1.1. Any conduct deemed unsportsmanlike will not be tolerated. Such conduct includes, but not limited to: fighting, slide tackling, taunting, verbal abuse, lewd or obscene behavior, threatening behavior, offensive language or comments, excessive delay of game, stalling tactics, and or collusion by the league representative
 - 1.2. Such conduct could result in the player being ejected from a game. **Any ejection will result in an automatic 1 game suspension, this includes any red cards or two yellow cards.**
 - 1.3. It is the responsibility of the Team Captains to ensure their players are not escalating any matters further. Any activity that is

deemed unsportsmanlike will be communicated by the Referee and/or League Representative, directly to Captains

Fouls & Misconduct

1. All fouls and misconduct shall be in line with FIFA Laws
2. Yellow cards will be used to communicate that a player has been cautioned.
 - 2.1. If a player receives 2 yellow cards in the same game, he/she will be ejected from the game. The team will be forced to play one player short for the duration of the half, or game.
3. Red cards will be used to communicate that a player has been rejected from the game. The team will play short by one player for the duration of the half, or game.
 - 3.1. No protests of a Red card are allowed. The referee has the final call.

Scoring

1. The following point system shall be utilized for league standings:
 - 1.1. WIN = 3 points
 - 1.2. TIE = 1 point
 - 1.3. FORFEIT (Winning Team) = 3 points
 - 1.4. FORFEIT (Losing Team) = -1 point
 - 1.5. LOSS = 0 points

Playoffs

1. The playoff rankings will be based on a teams total points derived from the regular season of play
2. **Any teams with 2 Forfeits during the season will not be allowed to compete in the playoffs.**
3. Tiebreakers for a team's playoff position are listed below.
 - 3.1. First - Head to Head
 - 3.2. Second - Total Wins
 - 3.3. Third - Goal Difference
 - 3.4. Fourth - Goals Against