

AC SANDHILLS – Adult Soccer League Rules

I. Match Rules- *any League Rules below that are not specified are to be followed by FIFA Laws of the Game.*

1. Sports-related activities, such as soccer, involve physical contact with other players under strenuous conditions and therefore, all AC Sandhills participants must assume the risk of injury as a condition to participation in any AC Sandhills related activities.
2. A size 5 soccer ball shall be used at all times. Shin guards will be worn - NO EXCEPTIONS! No jewelry is allowed during league games. Pitch markings will be determined by the markings already existing at each AC Sandhills field location. One referee will be assigned to each 8v8 match, except due to unforeseen circumstances. There is no extra time gameplay. If the team forfeits, the offended team receives the win and is awarded 3 points in the standings, and a score of 3-0 will be awarded.
3. Yellow Card Time-Outs ("Sin Bin"): To ensure the safety of participants, misconduct towards AC Sandhills referees, officials, teammates, opponents, and fans will be punished. Any player that receives a yellow card will receive a 3- minute penalty time-out. The yellow card time-out will extend into the second half if the player receives a yellow card during the end of the first half or during the half-time break. A yellow card time-out includes incidents of dissent and the use of offensive language on and off the field. Individual issues will be escalated to the league administrators for review. Red Cards will result in the expulsion of the player from that game and/or premises. A player that participates in a physical fight, or causes a fight to occur, may cause his/her team to forfeit that match and possibly the next match in addition to individual player punishment. Teams may be penalized for fan behavior or trash left on the field. Red cards will result in suspension for at least the next game.
4. For 8v8 games, normal game length is 50 minutes with two 25 minute halves with a 5 minute halftime. Time is not stopped if the ball is out of play and there are no time-outs. Time will not be stopped if the ball is out of play. If a game starts late, the referee may shorten game length and/or halftime as necessary.
5. Kick-off procedure: Taken from the center spot, the player who has kicked the ball from a stationary position cannot touch the ball again until it has been touched by another player. A team can score on kick-off. The ball may be moved in any direction on a kick-off pursuant to FIFA rules.
6. Unlimited "Flying" Substitutions: Substitutions may occur at any time. Players substituting in must enter the field from the midfield line along the touch line on the side corresponding to the team's bench. A substituting player may not enter the field until his teammate has fully exited the field. If the

referees have stopped play due to a substitution infringement, the match will be restarted with an indirect freekick to the opposing team from the position of the ball at the time of the stoppage. Goalkeepers substitute only when the ball is out of play and with the referee's consent.

7. A reminder that slide-tackling is **NOT** permissible in co-ed leagues and shall be considered unsporting behavior, resulting in a direct free kick being given. If it occurs in the penalty area, a PK will be awarded.

8. During Playoffs, No new players are allowed to be added to a team roster during the week playoffs or championship games. In co-ed 8v8 a match winner must be determined and penalty shoot-out will commence if the game remains tied at the end of the second half. First rotation for each team. Pursuant to FIFA, only on-field players, including goalkeeper, may take a penalty shot.

9. No off-side rule in 8v8 League.

10. Each player on a team is asked to have identical jersey top and individualized numbers on the back of each top. Using pennies is acceptable for color change. Goalkeepers should have jerseys of a different color from all outfield players and the opposing goalkeeper.

11. Corner Kick: Goals may be scored directly from a corner kick with the ball in stationary position.

12. No punting.

II. Team Regulations

1. Team Size:

A. In 8v8 leagues, at least 5 players, including a goalkeeper, are required to play the game. A team forfeits if it does not have the minimum number of players when the match begins. B. Each team must have a goalkeeper.

2. The maximum game day roster size for a team is 14 players, unless stated otherwise.

3. There is a 5-minute grace period before the scheduled start of a game before forfeit is applied. Five extra minutes may be added to the grace period with the consent of the referee, unless stated otherwise by a league director.

4. Guest players are **NOT** allowed. A team that plays with a non-sanctioned player will forfeit the match.

III. Player Regulations

1. Minimum age is 18 years old.

2. All players must be on the team roster, must have their government issued drivers license ID at each game to show to the referee during check-in.
3. All players must sign a league waiver prior to the first game.
4. If a non-sanctioned player plays for a team without proper authorization, the team will forfeit the match. In addition, the team will suffer a minimum 1 point standings penalty. Teams that repeatedly field non-sanctioned players may be ejected from the league.
5. Co-Ed Designated Player Rule: One female player is required to be playing on the field at all times. If a team does not have a female available they must play down a player unless the opposing team agrees to play 8v8 without the Co-Ed Designated rule which both team captains must speak with referee or League Director prior to match.

IV. League Rules of Conduct

1. Teams and spectators are expected to show good sportsmanship and act in a positive, friendly and sporting manner, showing respect for league officials, other players, and referees. This includes communication among team managers and league officials.
2. Smoking and alcohol are prohibited. Players under the influence of alcohol will be ejected from the park facility and face disciplinary committee review.
3. The league officials have the full power and discretion of imposing penalties on all violations of the League Code of Conduct. For violations not listed, penalty shall be decided at the discretion of the league officials.
4. The League reserves the absolute right to refuse participation to any participants on a short-term or permanent basis due to unfit health status, including recent injuries and communicable diseases, for the benefit of the individual player and other participants.

V. Disciplinary Procedures

1. A player or fan receiving a Red Card is ejected from the game and his/her place may not be substituted.
2. Means by which a Player may/will receive a 1 or more match suspension, or be sent off the field:
 - A. A red card will result in a one-game suspension or more following the game the player is ejected from;

B. Two yellow cards in one match will result in the offending player being sent off the field, the player being sent off may not be substituted.

C. Reckless mistakes that causes serious injury to other participants;

D. Serious unsportsmanlike conduct that the League deems contrary to the spirit of the League rules or contrary to the facilitation of a safe environment for other participants;

3. Captains with suspended players attending the match must notify the referee before the beginning of the match. Suspended players must have a "Suspended" next to their name on the team roster. Suspended players may not enter the field of play.

4. Flagrant acts, violent conduct such as spitting, striking, or fighting with other players, league officials, or the referees (including threatening words or gestures), or repeated violations of the League Rules and Code of Conduct will not be tolerated and is subject to league administrative review, possible extended suspension, and possible banishment from the league. This applies to all Leagues Functions including meetings, events, pickup games, and practices.

5. Teams are responsible for sideline fans. If fans are causing trouble and refuse to leave at the request of the referee, the team is subject to forfeit.

6. Ejected players must leave the park facility before play continues if instructed to do so by a referee or league administrator. Failure to leave will result in their team's forfeit.

7. Players attending a game but not playing (due to injury or suspension) are subject to the same disciplinary rules as if they were playing.

8. Team No-shows: A team will receive a one-point deduction in the standings (and possibly forfeit future games) if a team fails to appear for their game without notifying AC Sandhills via email kari.gulovich@acsandhills.com at least 12 hours before the start of their game. This rule allows ACS to provide courtesy notice to the opposing team and find a possible substitute team. This rule does not apply to teams that show up to their game, but forfeit due to insufficient number of designated players.

VI. Team Status

1. A team's right to be in the league is at the discretion of league officials. A team may be removed from the league for the following reasons; included but not limited to:

A. Multiple violations of the League Code of Conduct;

B. Failure to pay league fees on time;

C. Failure to submit proper registration documents;

D. Forfeiting multiple games in a season;

- E. Inappropriate fan or suspended player behavior; or
- F. Any other reason deemed by league officials to ensure the overall health of the League.

VII. The Competition

1. AC Sandhills will do its best to ensure that each team plays every other team in its division at least once, except where facility limitations, unforeseeable weather conditions, team forfeits, or the quantity of teams prevents this from happening.

2. Regular Season Standings shall be determined as follows:

- i. 3 points for win;
- ii. 1 point for draw, or win by default as a result of a forfeit;
- iii. 0 points for loss.

4. If the team forfeits, the offended team receives the win and is awarded 3 points in the standings.

5. Standings points may be subtracted due to penalties such as repeated violations of the League Rules and Code of Conduct.

6. The team that accumulates the most points will receive the 1 Seed For The Playoffs for that season and so on for the next best team.

7. The team in the lowest position in the 1st division standings will be relegated to the 2nd Division, and the top 2nd division team will be promoted to the 1st division.

7. Mercy Rule. The recorded score will not allow more than an 8 point score differential.

8. Standings Tie-breaking procedures:

1st tie-Breaker: Head to Head

2nd tie-breaker: Overall Goal Differential, Capped (GDC);

3rd tie-breaker: Goals for (GF);

4th tie-breaker: Goals against (GA)