



SPORTS DOME

ADULT SOCCER RULES & REGULATIONS

All games will be governed according to FIFA laws with the following modifications for the South Suburban Sports Dome. League administrators and Sports Dome staff reserve the right to establish guidelines for any and all rules or infractions not covered in the league rules. Staff reserves the right to refuse participation to any individual or coach if they do not obey the rules and regulations and keep within the spirit of sportsmanship.

By participating in a South Suburban Sports Dome League, all players and spectators agree to abide by the South Suburban Parks & Recreation District Code of Conduct and will be held responsible for their actions.

1. TEAM FEES

- a. Team must have \$250 of their registration fees paid prior to the first week of the season. The remaining balance is **due in full before the third week of the season**. Any team unpaid will be given a forfeit for the season and removed from the schedule until such time that they can pay for their team.

2. ROSTERS & ELIGIBILITY

- a. Each team must have a minimum of nine (9) players.
- b. All players must sign the online roster/release form prior to participation.
- c. Players must be at least 16 years old, have graduated high school and have a current parent consent registration form completed to participate.
- d. Players may play for only **ONE TEAM PER LEAGUE PER NIGHT**. Players may play in separate leagues that occur on the same night. (Ex. Player Z may play in both the "A" and "B" league on Thursday nights.)
- e. Injured players may be replaced with approval of league administrators.
- f. Roster additions can be made until the end of the season. **No roster additions for the playoffs.**
- g. Teams may borrow up to two (2) players if they cannot field a team. The opposing manager must approve of any substitute players.
- h. Team managers are responsible for:
 - i. Having their team present and ready to play at their scheduled time.
 - ii. Informing all players of by-laws and promoting good sportsmanship among team members.
- i. Staff will conduct random roster checks throughout the season. Any player on the field that has not completed the online waiver will not be allowed to play that night.
- j. Use of an ineligible player will result in the forfeit of all games in which the player participated.
- k. **FORFEIT POLICY:** After a team acquires two (2) forfeits during a single season, they will be removed from the league! Additional changes are being evaluated and are ongoing; these changes may include monetary penalties.

3. TIMING & SCORING

- a. Game time is forfeit time.
- b. It is recommended that your team arrive at least 10-minutes prior to game time to check-in.
- c. Games will consist of two 20-minutes halves, running clock, with a 2-minute half-time.
- d. **OVERTIME:**
 - i. No overtime will be played during regular season games.
 - ii. Playoff games that are tied at the end of regulation will proceed to a five (5) penalty kick tie-breaker.
 - iii. If teams are still tied after five (5) penalty kicks; teams will then proceed to take one penalty kick each until one team has gained advantage.

- iv. Those players (including goalie) on the field at the end of regulation must shoot before any “bench” players may shoot.
- v. Everyone on the team must shoot before rotating through the roster again, if needed.
- vi. Any player on the field at the end of regulation may play goalie.
- e. Any stoppage of clock will be at the discretion of the referee and/or Sports Dome staff for unusual situations. (i.e. serious injuries)

4. THE GAME

- a. Games will be played between two teams of nine (9) players each.
 - i. **CO-REC:** Must play with the following combinations - three (3) females, six (6) males OR two (2) females, five (5) males. Teams are not allowed to play with less than two (2) females.
- b. Teams may start/end a game with a minimum of seven (7) players. If a team has six (6) or less players, the opposing manager may allow up to 10-minutes (running game clock) for additional players to arrive. If a team cannot be fielded after 10-minutes, the game will be forfeited. Forfeits will be scored 3-0. Referees will not work any forfeited games.
- c. The field of play is 88 yards x 44 yards. All teams will sit on the East side of the Dome, with Home and Away Benches. The West side of the field will be for viewers only.
- d. The ball will be considered in-bounds if it hits the dome or lighting, unless it has completely crossed the vertical plane of the sideline or end line as determined by the officials.
 - i. Any ball that hits the dome or lighting and lands inside the penalty area (18-yard box) will be awarded as a corner-kick or goal-kick respectively.
- e. **SUBSTITUTIONS:** Substitutions may be made “on the fly” (without a dead ball) within 8-yards of midfield. Any players entering the game may not play the ball until the exiting player has left the field – Penalty is an indirect free kick for any violations.
- f. After a goal is scored, the kick-off will be delayed until any substitutions are completed.

5. FOULS & MISCONDUCT

- a. All fouls are considered judgment calls and will be determined at the sole discretion of the referee. Judgment calls made by the official may not be challenged or protested.
- b. Referees determine incidental contact, which may occur during normal play.
- c. The team manager or captain is the ONLY player allowed to approach the referee with questions or concerns. Team captains are responsible for the behavior of them self, their players and team spectators.
- d. **FREE KICKS:** Opponents must be at least 10-yards from the ball on all free kicks. Players standing in front of the ball and not making an attempt to move back may be given a yellow card for delay of restart at the discretion of the official.
- e. **NO SLIDING:** Sliding is NOT ALLOWED. Sliding is defined as intentionally leaving your feet and going to the playing surface at any time during play.
 - i. Players leaving their feet to slide and it is not deemed dangerous by the official:
 - 1. **1st Offense** - Verbal team warning
 - 2. **2nd Offense** - Yellow card
 - 3. **Penalty** - In-direct free kick
 - ii. At the discrepancy of the official, any player leaving their feet may be given a yellow or red card without verbal warning if it is deemed a caution able offense or dangerous play.
 - iii. Players leaving their feet to slide tackle another player will be given a **RED CARD** for dangerous play.
 - iv. **Exception** – Goalkeepers may slide within the penalty area. They may leave their feet in the act of sliding, but must play the ball. If the ball is not played, a foul will be awarded.
- f. **NO SPITTING:** Spitting on the turf is NOT ALLOWED. Players doing so may receive a yellow card.
- g. **FIGHTING:** Any form of fighting, including physical/verbal altercations, will result in a red card and immediate ejection from the facility.
 - i. **Fighting is defined as:**
 - 1. Striking, punching or kicking an opponent with the fist, hands, arms, legs, feet or head.
 - 2. Attempting to strike, punch or kick an opponent regardless of whether contact is made.

3. Instigating a fight by committing an unsportsmanlike act toward an opponent that causes the opponent to retaliate by fighting.

h. YELLOW/RED CARDS:

- i. Any player who receives two (2) yellow cards during a single game will then receive a red card and be ejected from the game in-progress and suspended for a minimum of one (1) additional game.
 - ii. Any player who receives a red card for violent conduct/serious foul play/foul or abusive language will be ejected from the game in-progress and suspended for a minimum of one (1) additional game for that specific team. Ejected players are also finished for the remainder of the day should the ejected player be on multiple teams in separate leagues on the same night.
 - iii. Any player/coach/spectator that is ejected for any reason must leave the facility immediately and serve a minimum one (1) game suspension. The Team Manager and Player/Spectator will be contacted regarding the length of suspension. Anyone who does not leave the facility after being ejected will be considered trespassing and the police may be called to remove them.
 - iv. Teams are not allowed to substitute for an ejected player. Teams must play one player down.
 - v. Any player who accumulates three (3) yellow cards during a season can be suspended for a minimum of one (1) game.
 - vi. Any player who accumulates two (2) red cards during a season can be suspended for the remainder of the season.
 - vii. Any cards accumulated during the regular season will be carried over to the playoffs.
 - viii. All cards/ejections/suspensions are subject to additional sanctions at the discretions of League Administrations. Sanctions may include multiple game suspensions, seasonal suspensions, lifetime bans, etc.
 - ix. Any player on suspension is not allowed in the facility during league play.
- i. **ELASTIC POWER:** The Sports Dome staff reserve the right to establish guidelines for any and all rules or infractions not covered in the league rules and regulations. Sports Dome staff reserve the right to refuse participation to any individual/coach/spectator if they do not obey the rules and regulations and keep within the spirit of good sportsmanship

6. EQUIPMENT

- a. Teams must provide their own regulation (size 5) game ball.
- b. Required Equipment:
 - i. Same colored jersey – numbers preferred
 - ii. Shin guards – mandatory
 - iii. Shoes (molded cleats, turf or tennis shoes)
- c. Prohibited Equipment:
 - i. Jewelry, headgear/billed hats, any unyielding or dangerous equipment, and metal cleats

7. BLOOD POLICY

- a. Any participant who is bleeding, has an open wound, or has an excessive amount of blood on his/her uniform must leave the game. The participant may not return until the bleeding has stopped, the wound has been covered and bandaged, or the uniform has been changed.

8. **Schedules and standings** are posted online at www.southsuburbansports.com The last week(s) of each session will consist of a playoff schedule. Teams will be seeded according to win/loss record. The following criteria will be used for a tie in standings: 1) Winning percentage 2) Head-to-group 3) Head-to-group differential 4) Total goals differential

Elastic Power South Suburban Athletics staff members reserve the right to establish guidelines for any and all rules or infractions not covered in the league rules and/or Code of Conduct.