



## **Adult Soccer Rules 3/19/2025**

### **League Registration**

**Player Fee:** \$90 player fee includes a roster spot on a team selected by the player. Once a player has registered for a team the enrollment fee is non-refundable.

### **Team Rosters**

**Roster Size:** Teams may have a minimum of eight (8) players and a maximum of fifteen (15). Teams can play with fewer than eight (8) players but guest players will be charged \$20 per game if the minimum roster is not met.

**Frozen Rosters:** Rosters will be frozen after week three (3).

**ID Check:** For Over 44s, Over 35s, and Over 25s leagues, IDs will be checked at the beginning of the season to ensure all players meet the age requirements for that league.

**Guest Players:** Guest players will be allowed during the regular season only. Guest players will pay \$10 per game unless the team does not meet the required registration minimum, which then will pay \$20 per game.

### **Fees**

**Referees:** Referee fees are due at the beginning of each game in cash.  
\$40 All leagues (\$20 per team)

### **Playoff Format.**

**Four-Ten Teams:** Top four (4) teams play Semi Finals one week and play 3<sup>rd</sup> place game and Final the following week.

### **Schedule Conflicts**

If you have a conflict with your schedule, inform the soccer director immediately. No changes will be made without a minimum three (3) days' notice. While we will do our best to accommodate issues that arise, a schedule conflict email does not guarantee that games will be moved.

### **Official Game Rules**

- Twenty-five (25) minute halves
- Two (2) minute halftime

- Game clock starts at scheduled game time. If a team does not have enough players within the first ten (10) minutes they forfeit the game. After time has started and play starts that time is spent.
- Each team is allowed a thirty (30) second timeout per game. (Ball must be out of play or the keeper must have the ball in his hands to call a timeout)
- Teams must have the following players to start the game including goalies:
  - COED- five (5) players
    1. Must have an equal number or more girls, than guys.
  - Over 44- five (5) players
  - Over 35- five (5) players
  - Over 25- five (5) players
  - Men's- four (4) players
- Remove all jewelry
- Shin guards are required
- Players must be on a roster to play or be a certified guest player to play. If a team is caught with an illegal player the game will result in a forfeit for the offending team.
- If a team forfeits the game within 12 hours of their match, they must pay both ref fees for that game. If fees are not paid by the next game they will not be allowed to play until the fee is paid.
- Players and one (1) coach only on the bench. NO spectators or fans. (small children exception)
- All forfeits result in an 8-0 loss.
- Three line rule- A ball crossing all three lines in the air results in a free kick on the white line on the opposing side.
- Every six (6) team fouls is a dribble up penalty from the white line.
- Hand balls and slides/playing on the ground count as a foul towards your team.
- Goalkeepers: NO PUNTING (free kick from the blue dot for opposing team, with a wall)
- Goalkeepers may not dribble ball back into box and pick the ball up. (results in a free kick from the blue dot, with a wall)
- Penalty kicks do not count towards the foul count.
- Kicking the ball into the ceiling is a free kick from the spot of contact as well as a team foul. (If it hits the ceiling above the box the free kick goes to the blue dot, with a wall).
- If a playoff game ends in a draw, five (5) minutes extra time (Golden goal). If the five (5) minutes ends without a goal, penalties from the blue dot, best of Three (3).
- A Goalkeeper may leave the line of the goal during any type of penalty kick after the whistle is blown. (During a dribble up Penalty all players may leave half way line on the whistle)
- **COED SPECIFIC RULES:**
  - Guys can ONLY score two (2) goals per game..
  - Guys goals count as one (1) goal.
  - Girls goals count as two (2) goals.
  - Three (3) guys maximum on the field per team excluding goalkeeper.
- **Ties In the Standings:**
  - If you are tied in the standings the following will be decided for the breaker:
    - Goal differential
    - Goals for
    - Goals against
    - Head to head

- Coin toss
- **Red Cards:**
  - Any player who receives a (non-violent conduct) red card must leave the field and bench for the remainder of the game. Players who do not leave will be subject to league suspension for the remainder of that season.
  - Team must play down a man for Five (5) minutes after a straight red. Two (2) minute powerplay if collection of cards equal a red.
  - Three (3) blues equal a Red.
- **Blue Cards**
  - Blues result in a two (2) minute power play penalty. They must play a man down until the time has run out or the opposing team has scored a goal.
  - Three blue cards in a game result in a red card.
  - **Three line rule is obsolete when your team has a blue card/a man down.**
- **Violent Conduct:** Any violent conduct such as fighting, spitting on another player, punching, kicking violently outside of play etc. Will result in the following:
  - First Offense- Red card and a one (1) year calendar suspension from play.
  - Second Offense- Red card and an official BAN from Northwoods Ice Center indefinitely.
- Players receiving a red card offense must leave the facility immediately or further action will be taken.
- Extreme violent threats to do harm towards anyone at any time, including telling someone to fight outside will not be tolerated and will result in a one (1) year calendar suspension.
- Any violent conduct directed towards refs or employees whether being verbal or hands on will be a one (1) year calendar suspension or official BAN indefinitely from Northwoods Ice Center.
- Refs, league officials, and Northwood's employees reserve the right to remove players or spectators from the building at any time, for any reason.

**Thank you and have fun!**