

Willamalane Adult Soccer League Rules and Regulations

11 vs. 11 & 7 vs. 7

All leagues will abide by the current year's National Federation of High School Sports Rules Book unless stated otherwise in this document. Willamalane's Adult Rec Sports staff reserves the right to modify these rules and regulations in the best interest of the program.

Purpose Statement

The purpose of the Willamalane Adult Rec Sports leagues is to offer our adult community the opportunity to pursue, through athletics, the physical, mental, and emotional benefits of team and individual recreational sports. We believe in all adults having access to both casual and competitive outlets and expect that all participants conduct themselves within the Willamalane Adult Rec Sports Code of Conduct, and adhere to all additional District facility and program rules and regulations.

Code of Conduct and Player Agreement

- I understand that my participation in Willamalane Rec Sports, and my presence on Willamalane property, is governed by [Ordinance 100](#). I agree to adhere to all aspects of Ord. 100 throughout my participation, and understand that, should my decisions break Ord. 100, I will be subject to disciplinary action from the District, up to and including being excluded from all Willamalane programs and facilities.
- I will demonstrate good sportsmanship at all times, to all players, officials, program staff, and spectators.
- I understand that I am allowed to participate on only one team at a time per sport offered, and as such, may only identify myself under one consistent name during registration.
- I will uphold all District rules, regulations, and ordinances, and understand that I am liable for any violations of these agreements.
- I will remember that these are recreational sports leagues and that I am here to have fun and compete in a positive, public environment.
- I will treat all players, officials, program staff, and spectators with respect regardless of race, gender, sexuality, creed, or ability.
- I will remember that my participation in Willamalane Rec Sports is an opportunity and privilege, not a right, and will conduct myself appropriately at all times.
- I have reviewed and understand all league rules and regulations related to the program for which I am registered.
- I understand that there may be consequences for my actions while participating in Willamalane Rec Sports, and have read and understand the following:
 - Any player receiving a disciplinary foul (technical foul, yellow card, or similar) for inappropriate conduct will be disqualified from play for the remainder of the current duration of play. Example: a soccer player receives a yellow card in the 35:00 minute of play for inappropriate conduct; they will be required to sit out the remainder of that half of play.
 - Any player receiving two cumulative disciplinary warnings (technical fouls for basketball or yellow cards) or an ejection in a contest will be disqualified from play for the remainder of that contest, as well as the next scheduled contest in the same season.
 - After any player's fourth disciplinary conduct warning or second ejection in a season, regardless of the timeline, the player will be excluded from league play for the remainder of the current season as well as a minimum of one additional Willamalane Rec Sports season. Exclusion must be fulfilled before that player will be allowed to participate in any Willamalane Rec Sports again. In cases of exclusions, an in-person meeting with league administrators will be required.

- The general management of all players, spectators, and teams involved in each of Willamalane's Rec Sports leagues shall be the responsibility of league administrators. Final authority on any matter about the program will be determined by the Adult Athletics staff.

Good Teammate Golden Rules

- Don't assume the skill level and ability of your teammates AND treat them with respect no matter their skill level and ability.
- Always ask before coaching or providing feedback/advice to a teammate. If they don't want feedback, don't take it personally.
- Make sure all players on the roster have an opportunity to play, and when in the game, are involved in game action (i.e. pass everyone the ball).
- Creating an atmosphere where your teammates feel respected, valued and empowered to contribute will always be more important than how well you play.

League Placement and Rosters

Teams who register for any skill level may be moved to a different skill level on the same night if league enrollment dictates the need. The Athletics staff has full authority to move teams between divisions in an attempt to create a balance among all the leagues.

Fees and Refunds

- Individual players and free agents will only be refunded if the request is made at least one week (7 days) before the league's registration closing date.
- Once a team captain registers a team, players on the team will not be issued refunds if their withdrawal results in their team not having enough players to participate in the program, regardless of when the request is submitted.
- If a team captain would like to request an individual withdrawal for themselves, they can transfer the team to a new captain by contacting the adult athletics office and telling which registered player will be the new captain.
- No full team refunds will be issued after a team has been registered.
- Teams cannot be registered late. Fees for individual players being added to existing teams will be automatically prorated if they register after the start of the season.

Participation and Eligibility

- Age Requirement: Players must be 18 years by the time of the first game. Current high school or college players are not eligible to participate during their H.S. or college seasons.
- Rosters: All players on a team must be paid and on the roster before playing in a game. All games in which an ineligible player participates will be forfeited and the ineligible player will be suspended for the remainder of the season.
- A player can be registered with only one team per sport per season.
- Changing teams: Players cannot change teams during a season.
- Substitutes: If you have been invited by a team to substitute for any of Willamalane's adult sports leagues, you must sign up on Activenet or at the Bob Keefer Center as a single-game sub before the start of your game. Substitutes must register separately for each game in which they plan to participate. Single-game substitutes can participate on only one team, in only one league at a time per sport offered. Substitutes can not change to a different team/league once they have played for a team

that season. In order to sub for the playoffs, a player must have also played in at least 1 regular season game for the same team.

- Player Identification: All players will be required to provide a photo identification at their first game (even if their first game is after the start of the season). The I.D. should match the name used to register. Team managers or the Athletics staff may inquire about an opposing player's eligibility before or during any game by approaching the official and requesting an I.D. check. All players should be advised to have some form of I.D. present at all games.
- Insurance: All players are responsible for their own insurance. Players also understand that there are inherent risks of recreational sports and they must assume those risks.
- For seasons/sports where only "mens" and/or "womens" leagues are available, we encourage folks who do not identify as either male or female to select the league in which they feel most comfortable participating.

Soccer Specific Sanctions

- Any coach/manager or team member on the sidelines found to be disruptive to the game may be given a yellow card.
- Red Cards: Any team member receiving a red card must leave the site of the playing area within three minutes. If the ejected team member does not leave the premises within this time limit, the game will be forfeited.
- Any player who does not give his/her name as requested by the official or reports a false name after a red card will be suspended for the rest of the season and the game in which he/she participated will be forfeited.
- If a player receives a red card, they shall receive a minimum one-game suspension. Any player receiving two red cards, or one red card and one suspension will be suspended for the remainder of the current season plus two additional seasons.
- "Soft" Red Cards: Ejections considered as "soft" red cards (receiving a second caution in the same game) will be counted as two yellow cards for administrative purposes.
- A red card issued for a "professional foul" such as an intentional handball to prevent a goal or a breakaway foul will result in the player being ejected from that game only. This type of "soft" red card will be counted as a yellow card for Athletics administrative purposes.
- Team conduct will be judged by the referees at the conclusion of each game. Teams not displaying good sportsmanship may be placed on probation or suspended from the league.

Site Rules

- All participants must adhere to all rules present in [Ord. 100](#), and understand that breaking these rules will result in disciplinary action from the District, up to and including being excluded from all Willamalane programs and facilities.
- Smoking is not allowed on the playing field, anywhere inside the artificial turf stadiums or on any school grounds (including school parking lots).
- Beverage containers made of glass are not allowed.
- Artificial Turf Field Regulations and Policies (in addition to those above):
 - Dogs are not allowed inside the facility fence.
 - No sunflower seeds, gum and/or peanut shells are allowed on the artificial turf fields.

- Players may not use cleats that have any metal exposed.

Uniforms and Equipment

- Size 5 Game Ball will be provided by Willamalane Adult Athletics, a different game ball can be used by mutual manager agreement.
- Teams must wear matching jerseys/shirts.
- Numbers: Teams must have PERMANENT NUMBERED jerseys/Shirt of the same color for all players by the first game. Numbers should be visible on either the front or the back of the jersey. Failure to comply with these regulations will result in the non-jersey player(s) not being allowed to play. If the team cannot field a full team in regulation uniforms (plus the goalie), the game will be forfeited.
- Standby Jerseys: Teams are required to provide their own numbered standby jerseys. The designated home team must wear the standby jerseys when both teams have similarly colored jerseys.
- Speaking Captain's Armband: Teams are required to provide their own speaking captain's armband. These can be purchased online or at a number of local sporting goods retailers.
- Shin guards made of rubber, plastic, polyurethane, or a similar substance and completely covered by socks are required for all players. Shin Guards are not provided by the league.
- Playing Equipment: Nets and cones will be provided. Players may be required to put up or take down nets for some sites. This is not typically needed.
- Braces/Casts: All braces must be adequately wrapped with slow recovery foam or a neoprene sheath. Hard casts, regardless if padded, are not allowed on any part of the body.
- Jewelry: Jewelry is not permitted*. This includes all rings, posts, bracelets, earrings, and necklaces. Emergency medical necklaces or bracelets may be worn but must be taped to the body. Any player found to be wearing jewelry will be issued a yellow card, asked to leave the playing field to remove said jewelry, and will not be allowed to re-enter until the next dead ball.
- *Pliable rubber or Silicone piercing plugs necessary for player safety are not considered jewelry and will be allowed.
- Officials have the authority to deem a piercing plug unsafe for players and request they are removed.
- Bleeding: For the safety of all involved, participants will not be allowed to participate following an injury where blood is present until proper bandaging of the injured area prevents any and all leakage, and all tainted clothing/articles are removed. Participants returning to play must first check in with the official to determine that no further risk to themselves or others is apparent or likely.
- Eyewear: Players who need to wear Eye Wear are ok to do so. Willamalane is not responsible for damages or theft of personal equipment, including eyewear.

7 vs. 7 League Rules

- Simplified FIFA rules with exceptions specified below
- 7 players on each team. A minimum of 5 players must be on the field at all times during the match.
- Substitutions on the fly
- There are NO offsides
- All free kicks are indirect
- No throw-ins. Ball will be kicked in.

- No goalkeeper punts
- One referee
- Half field
- Two 25-minute halves and 5-minute halftime/warmup
- Eight(8) goal spread rule: If any team is up by 8 or more goals, goals for the losing team will be worth two(2) until the point differential is reduced to 4.
- For playoff games which remain tied after regulation time, the game shall proceed to a penalty shootout. Three (3) penalty kicks will be taken by each team, followed by sudden death penalty kicks. Once a player has taken a penalty kick he/she may not go a second time until all other players have gone once.
- Attacking players may be permitted inside their opponents "6 yard box" for up to 5 seconds depending on refs discretion. An attacking player who enters the opponents for more than 5 seconds "6 yard box" will be penalized and an indirect free kick awarded to the opponents.

General Rules

- Any rules not stated above will be governed by NFHS rules.
- Match Cancellations: Any scheduled match canceled due to weather or other uncontrollable circumstances will be decided by 4:00 p.m. the day of the match and posted [HERE](#). Cancellations after 4pm will be the referee decision. Matches are typically rescheduled for the end of the season. We guarantee a minimum of 8 games.
- Substitution into the game is unlimited.
- Team Advantage (Leagues not named "Competitive" only): At any time during the game that a team is ahead by 5 goals; the opposing team may add an additional player to the field to create a one-player advantage (e.g. 9 players v. 8 players). Once the team with the additional player reduces the score to less than 5 goals, the additional player must exit the field and the teams will again play with the same number of players per side.
- Sliding or Slide Tackling: Field players may not slide or slide tackle at any time during the game. Exception: goalkeepers may – only in the penalty box -- slide to retrieve the ball but may not slide feet first to take the ball away from an opponent in possession of the ball. The foul will result in an indirect kick for the opposing team. Concurrent foul may result in a caution (yellow card) or an ejection (red card) when, in the judgment of the referee, such infraction is careless, reckless, or excessive/violent.

11 vs. 11 League Rules

- All teams must have at least 7 players to start the game. If, at any time during a game a team has fewer than 7 eligible players, the game may continue as long as it is competitive in the referee's judgment.
- Each game will consist of two 35-minute halves and a five-minute halftime break. If, in the referee's judgment, weather conditions and/or darkness prevail, the game can be shortened. Games ending with the score tied will stand as a tie.

- Substitution into the game is unlimited. Players may enter the game after receiving the official's permission in the following situations:
- Either team can substitute: Throw-in, corner kick, free kick, Halftime, following a goal, injured player (after play is stopped), cautioned player, goal kick.
- When a solo referee system is used, offsides will be called with the understanding that the solo ref will not always be able to get into position to accurately call all offside (especially if it is a close call or if teams are attempting an offside trap). Players are expected to honor and respect the referee's decision.

Additional Coed League Rules

For 11vs11 players:

- 11 players on the field, no more than 7 of the same gender identity on the field
- 9-10 players on the field, no more than 6 of the same gender identity on the field
- 7-8 players on the field, no more than 5 of the same gender identity on the field

For 7vs7 players:

- 6-7 players on the field , no more than 4 of the same gender identity on the field
- 5 players on the field , no more than 3 of the same gender identity on the field

Forfeits

- It is the responsibility of each team to be on time. A team not ready to play at the scheduled game time shall forfeit the game. Eleven-a-side teams must have 7 players to start the game; 7-a-side teams must have 5 players to start the game. Forfeits shall be recorded as a 3-0 score. 5 minute grace periods are provided before forfeit, but game length is not extended.
- Games will not be rescheduled under any circumstance in the case of forfeit. Team managers knowing in advance they are unable to field a team are responsible for calling the Athletics staff.
- Teams forfeiting more than one game may not be eligible for future enrollment at the discretion of the Willamalane Adult Sports Program.
- Teams may play a friendly, non-officiated match upon mutual team managers' request.
- The length of the entire game will not exceed 75 minutes past the originally scheduled game time.
- Even in friendly games, player, spectator and team conduct expectations apply.

League Standings and Tie Breakers

- In the event of a tie (two-, three-, or four-way) in the final regular season standings, places will be determined by the following:
 1. The win/loss record of games played between the teams involved in the tie.
 2. The goal spread/difference of games between teams involved in the tie and their shared opponents.
 3. If a tie remains, the team with the highest cumulative team conduct rating will decide the higher place.
 4. Coin flip or dance off.

Officials, Feedback and Protests

- All officials' decisions are final. Although we do not retroactively change the calls of a referee, we do value your feedback and encourage you to submit feedback about our program, officials, facilities, etc. [HERE](#). This feedback helps us improve our programs!
- The official has full authority to take any action or remove any player or spectator from the playing area if, in his/her judgment, this action is necessary to maintain proper playing conditions.
- We do not overturn the results of a game unless they were input incorrectly on our part and we can verify the correct information.

Speaking Captains

- Each team must identify their team captain at the beginning of each game. Typically, this person should be the person who registers as the team captain. This person will be identified as the speaking captain on the soccer lineup sheet and by wearing a captain armband. If the captain is not present, the team will nominate a player to be the acting captain for that game.
- The team captain must be familiar with the guidelines and player eligibility rules and inform players of all rules and conduct expectations.
- ONLY THE CAPTAIN may speak with the officials and only if it is done in a respectful and brief manner. The captain will speak for the team in all dealings with the officials. Speaking captains can be in the game or on the sideline.
- Speaking Captains are responsible for the actions of the team. Be sure your team is familiar with and follows the regulations of the league.
- Players should ask their manager to contact the Adult Sports office or speak to officials on their behalf.
- All players will receive an opportunity to provide written feedback via survey at the end of each season.

History: Updated for Winter 2025