

**PLAIN TOWNSHIP PARKS & RECREATION DEPARTMENT
DIAMOND COMMUNITY PARK**

**ADULT OUTDOOR SOCCER RULES AND
REGULATIONS**

The Plain Township Parks and Recreation Department has revised the rules and regulations at the Diamond Sports Complex, effective immediately. Please help us by complying with this policy. If you have any questions concerning these revisions, please contact the Plain Township Parks and Recreation Department.

RULE # 1: THE BALL

- a) The referee shall approve the ball used in the game and is not to be held responsible for the ball before, during, or after the game. The teams playing are responsible for providing the match ball. The ball size for adult divisions will be a size 5 ball.
- b) If the ball becomes defective during the game, a new ball shall be obtained. The new ball then shall be dropped in the location of the previous ball when the game was stopped, unless it is an appropriate restart.

RULE # 2: PLAYERS AND SUBSTITUTION

There shall be two teams that include the following:

- i. Coed Divisions: a minimum of two (2) female field players, four (4) male field players, and one (1) goalkeeper of either gender. A minimum of four (4) players including at least one (1) female must be on the field at all times.
NOTE: If a team does not have enough players, a woman may replace a man on the field; however, a man may not replace a woman. There may never be less than four (4) players on the field for either team.
- ii. Men's Divisions: a maximum of six (6) field players and (1) goalkeeper. A minimum of four (4) players must be on the field at all times.
- iii. Teams will remain the same numerical strength, regardless of goal differential. This does not include when a player is ejected for a Red Card.

RULE #2.2: SUBSTITUTIONS

Substitutions must happen at an appropriate restart when the ball has left the field of play and only with the permission of the referee. There are NO substitutions that can be made on the fly during the game. The referee may delay the restart of play to allow completion of substitutions on the following occasions:

- When the ball is out of play;
- Injuries;
- At any unique stoppage given by the referee

Substituting the Goalkeeper: Any field player can replace the goalkeeper during an appropriate substitution stoppage and with the permission of the referee.

RULE #2.3: INFRINGEMENTS OF SUBSTITUTION PROCEDURE:

Any player who enters the field of play or changes spots with the goalkeeper without the permission of the referee will be shown a yellow card.

RULE # 3: PLAYERS' EQUIPMENT

- a) No jewelry or accessories may be worn on the field. Company manufactured shin guards are mandatory, must fit properly and may not be altered. Socks should also be worn over the shin guard. Hard casts must be approved by the referee and shall be used appropriately.
- b) Player's equipment must include appropriate shirt, shorts, socks, shin guards, and shoes. Players are NOT permitted to play if missing any of the mandatory pieces of player equipment.
- c) Goalkeepers shall wear colors that distinguish themselves from the referee and all other players. Any field player who replaces the goalkeeper must wear a goalkeeper jersey or identifying shirt approved by the referee. Protective headgear is allowed if it is approved by the referee.
- d) A player that is sent from the field of play to adjust or correct his/her equipment may not return to play until he/she has the referee's approval. Any player who violates this rule will be issued a yellow card.

RULE # 4: THE REFEREE

- a) The referee's jurisdiction begins when they enter Diamond Community Park and ends when they leave the property. The referee shall keep a record of the game.
- b) The referee's authority for penalizing extends to offenses when play has been suspended or when the ball is out of play. Referees' decisions on all matters of the game are FINAL! There shall be absolutely NO PROTESTS!

Referees have the authority to:

- i. Enforce all the Rules in this policy.
- ii. Control the match by stopping the game for any infringement of the rules, and to suspend or terminate the game due to poor behavior of the players, coaches, spectators, or any other cause he/she feels is necessary.
- iii. Penalize any player, coach, or personnel guilty of misconduct; Issue cautions and/or ejections to any player or bench personnel. In addition, the authority to eject spectators from the game. File an official report for any player that is sent off and submit to the referee assignor/league manager for Plain Township Parks and Recreation Department.
- iv. Refer players in question to the staff for verification to play in the game.
- v. Stop the game if a player has been injured. The player should be removed from the game as soon as possible so that the game may resume. The game clock will continue to run during any injury stoppage unless referee receives permission from the League Manager or Parks Director.
- vi. Eject a player if he/she is guilty of any of the red card offences listed in this policy: An ejection report must be filed with the facility immediately following the game. Failure to do so could affect future match assignments. The game may not resume until the ejected party has exited the playing area.
- vii. The referee keeps the official time on the field of play. Additional time may be added at the discretion of the referee though a half must be extended for the taking of a penalty kick.

RULE # 5: DURATION OF THE GAME

- a) A regulation game shall consist of two halves of 25 minutes with no more than a 3 minute halftime. The Plain Township Parks and Recreation Department may institute mandatory "water breaks" to preserve safety of players if weather requires it.
- b) If the teams are not ready to begin after all procedures have been followed, the referee has the right to start the clock on time.

RULE # 6: THE START OF PLAY

- a) The home team shall always kick-off first unless a coin toss is conducted. After the referee's whistle, the player shall take a place kick from center field. The kicker may not play the ball a second time without the ball first having touched another player. The kickoff is not required to go forwards and may be kicked directly backwards. A goal may be scored directly from a kickoff.

- b) After a goal has been scored, the game will restart with a kickoff by the opposing team.
- c) After the end of each half, each team shall change sides unless both teams agree to stay on their starting half, and the team that did not take the kickoff prior to the start of the game will start the second half.
- d) For any violation of this rule, the kickoff shall be retaken except in the case of the kicker playing the ball a second time before it has been touched by another player. For this offense, an indirect free kick shall be taken by the opponent at the spot of the kickoff.
- e) When restarting play after a stoppage for any cause not mentioned in this policy, the referee shall drop the ball at the place where the last touch of possession was and the ball shall be given to the team who had last possession in an uncontested drop ball restart. The ball is in play when it touches the ground. Any drop ball restart that occurs in the goal area shall be given to the goalkeeper.
- f) If a drop ball is kicked directly into the opponents' goal without touching at least two other players, a goal kick is awarded. If a drop ball is kicked directly into the team's own goal without touching two other players, a corner kick is awarded.

RULE # 7: THE BALL IN AND OUT OF PLAY

- a) The ball is out of play when the entire ball has crossed the goal line or touch line (side line) whether on the ground or in the air or when play has been stopped by the referee.
- b) The ball is in play at all other times including when it rebounds off a goal post, cross bar, or corner flag post and remains in the field of play.
- c) If the ball hits a referee, the restart is an uncontested drop ball to the team who last had possession unless the ball strikes a referee in the penalty area in which case it is a drop ball to the defending goalkeeper

RULE # 8: THE METHOD OF SCORING

- a) A goal is scored when the whole ball has passed completely over the goal line, between the goal posts, and under the cross bar. The ball may not be thrown, carried, or intentionally propelled by the hand or arm of a player of the scoring team, unless done so by a goalkeeper who was within his/her own penalty area. The team scoring the greater number of goals shall win. Any player who intentionally handles the ball to score a goal will be issued a yellow card for unsporting behavior.
- b) A goal shall not be allowed if the ball has been touched by some outside agent from passing over the goal line. If this happens during the normal course of play,

other than at the taking of a penalty kick, the game shall be restarted with a drop-ball. All penalty kicks will be retaken for this instance.

RULE # 9: OFFSIDE:

- a) Offside will only be observed in the competitive leagues. It will align with the FIFA Laws of the Game for the current year
- b) Offside WILL NOT be called in the recreational leagues

RULE #10: FOULS AND MISCONDUCT:

Direct free kicks: A direct free kick is awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless, or using excessive force. The ball may be kicked directly into the goal from this restart.

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately (except for the goalkeeper in his/her own penalty area)
- Making contact with the opponent before contact is made with the ball
- Slide Tackling (See Rule #10.1)
- Bicycle Kicks (See Rule #10.1.2)

With the exception of the penalty kick, all direct free kicks are taken from the spot where the offense occurred.

Indirect free kicks: An indirect free kick is awarded to the opposing team if, in the opinion of the referee, the following offences are committed:

- The goalkeeper controls the ball with his/her hands for more than six seconds before releasing it from his possession.
- The goalkeeper touches the ball again with his/her hands after he has released it from his/her possession and before it has touched another player.
- The goalkeeper touches the ball with his/her hands after it has been deliberately kick to him or her by their teammate.
- The goalkeeper touches the ball with his/her hands after receiving it directly from a throw-in taken by a teammate.
- Any player playing in a dangerous manner
- Any player impeding the progress of an opponent
- Any player preventing the goalkeeper from releasing the ball from his/her hands.
- Commits any other offense not previously mentioned in this policy where play is stopped to caution or send off a player.

The indirect free kick will be taken from the place where the offense occurred unless it is in the goal area to which the indirect free kick will take place at the spot nearest to the infringement on the goal area line parallel to the goal line.

RULE #10.1 SLIDE TACKLING:

To be considered for a slide tackle, a player must make contact with or be in dangerous proximity to their opponent. If a player slides with no opponents within the immediate vicinity, then the slide is not considered to be a “slide tackle”. A slide tackle that is within dangerous proximity of the opponent will be considered a foul and a yellow card. A second occurrence of a similar challenge will result in a red card. What is considered to be “dangerous proximity” is in the discretion of the referee but generally means “with potential of contact with an opponent”. A slide tackle that makes contact with the opponent will result in a straight red card.

RULE #10.1.2 BICYCLE KICKS:

Players are not permitted to execute a bicycle kick or volley that requires them to leave the ground. If a player commits this offense and the opponent is within a “dangerous proximity”, then the player will receive a yellow card. If a player commits this offense while and makes contact with their opponent, then the player will receive a red card. This is to the discretion of the referee.

RULE #10.2 CAUTIONABLE AND SENDING OFF OFFENCES:

A player is cautioned and shown a yellow card if he/she commits any of the following offences: The player is NOT required to leave the field of play for receiving a yellow card.

- Unsporting Behavior (including taunting an opponent or spectator and any tackle made in a reckless or tactical manner)
- Dissent by word or action towards the referee or Parks employee
- Persistent infringement of the rules in this policy
- Delaying the restart of play
- Failure to respect the required distance when play is restarted with a corner kick, free kick, or throw in.
- Entering or re-entering the field of play without the referee's permission
- Deliberately leaving the field of play without the referee's permission
- “Slide Tackling” within a dangerous proximity of the opponent
- Bicycle Kick within a dangerous proximity of the opponent
- Denying the Obvious Goal Scoring Opportunity as a result of a simple foul where a clear opportunity to play the ball was present

Players on the bench (not involved in active play) may be shown a yellow card for unsporting behavior, dissent by word or action, and/or delaying the restart of play.

A player, substitute, or substituted player is sent off and shown a red card if he/she commits any of the following offenses:

- Serious Foul Play
- Violent Conduct (including fighting or promoting a fight)
- Spitting at the opponent, Referee, spectator, and/or Parks personnel

- Denying the Obvious Goal Scoring Opportunity by Foul where there was no opportunity to play the ball, slide tackle with contact, bicycle kick with contact or intentionally handling the ball
- Using offensive, insulting, or abusive language and/or gestures
- Any player who enters the field of play to participate in a fight
- A slide tackle that makes contact with the opponent
- A bicycle kick that is within dangerous proximity and/or makes contact with the opponent.
- Receiving a second caution in the same match

A player shown a Red Card must leave the vicinity immediately and the player's team will play short a player for the rest of the game. This is to the discretion of the referee.

Any player that is sent off, and issued a Red Card will be subject to serve the minimum of following suspension;

- i. 1st Red Card = out of remainder of the game and minimum one week (7 day) suspension.
- ii. 2nd Red Card in a session = out of remainder of the game and minimum 2 week (14 day) suspension.
- iii. 3rd Red Card in a session = out of remainder of the game and the remainder of session.

NOTE: The Parks and Recreation Department will have the authority to determine the length of suspension for any offense that takes place on Township property. The team coach will be notified of the suspension by the Parks Director or League Manager.

RULE # 11: FREE KICK REGULATION:

- a) Free kicks are either direct or indirect per RULE#10
- b) If a direct free kick enters directly into the opponent's goal, a goal is awarded and the restart is a kick off. If the direct free kick enters into a team's own goal directly, the restart is a corner kick to the opposing team.
- c) Indirect free kicks must touch another player before entering the goal. If an indirect free kick enters the opponent's goal without touching another player, a goal kick is awarded. If an indirect free kick enters the team's own goal without touching another player, the restart is a corner kick for the opposing team.
- d) The ball must be stationary when the kick is taken. The kicker may not touch the ball a second time until the ball has been touched by another player.
- e) All opponents must be at least 10 yards away from the spot of the ball on a free kick until the ball is put into play. The attacking team does NOT have to ask for the distance, the defending team is required to give the distance. If the attacking team asks for the referee to count the distance, the referee must then blow the whistle for play to restart. The ball is in play when it is kicked and moves. If an opponent is closer than 10 yards and it interferes with the taking of the free kick or if the attacking team takes the free kick before the referee blows his/her whistle (only if they asked for distance), the free kick shall be retaken.

RULE #12: THE PENALTY KICK:

A penalty kick is awarded if any direct free kick offence is committed by a player inside his/her own penalty area, irrespective of the position of the ball, provided it is in play. Penalty kicks will be taken from the penalty dot. If no penalty dot is provided, then the referee shall count ten yards from the center of the goal towards the center of the field and place the ball for the kick.

The attacking and defending teams except for the kicker must be outside the penalty area including the penalty arc. They cannot enter the area until the ball is put into play. The ball is in play when the kicker touches the ball and it moves forward.

The opposing goalkeeper shall remain on the goal line only being allowed to move side to side until the kick is taken. The kicker must be identified before the kick can commence. The kick can only be taken after the referee has whistled the start of the penalty kick.

Once a kicker begins their run, after the referee has signaled for the kick to be taken, the kicker must continue their run and cannot come to a complete stop before kicking the ball. The kicker cannot play the ball again until it has touched another player.

Infringements:

- Any infringements made by the attacking team will result in the following:
 - a) Shot is missed= indirect free kick at penalty spot for opposing team
 - b) Shot is scored= penalty kick is retaken
- Any infringements made by the defending team will result in the following:
 - c) Shot is scored= a goal is awarded
 - d) Shot is missed= penalty kick is retaken

RULE #13: THE THROW IN:

a) A throw in will be the method of restarting play when the ball exits the field of play completely over either touchline (sideline). The throw in will be taken by the opponents of the player who last touched the ball either on the ground or in the air.

b) In order for a throw in to be completed, the thrower must:

- face the field of play
- has part of each foot either on the touchline (sideline) or ground outside the field of play
- holds the ball with both hands
- delivers the ball from behind and over their head
- delivers the ball from the point where it left the field of play

c) All opponents must be no less than 2 yards from the point where the throw in is taken.

d) The ball is in play when it enters the field of play

e) The thrower must not touch the ball again until it is touched by another player (the restart would be an indirect free kick for the opposing team)

f) An infringement by the thrower will result in a throw in for the opposing team. A goal cannot be scored directly from a throw in and will result in a goal kick. A ball thrown directly into the team's own goal will result in a corner kick for the opposing team.

RULE #14: GOAL KICKS AND CORNER KICKS:

Goal kick: A goal kick will be the method of restarting play when the whole ball passes over the goal line on the ground or in the air having last touched the attacking team.

The ball is kicked anywhere inside the goal area by a player from the defending team. Opponents must remain outside of the penalty area until the ball is in play. The kicker cannot play the ball again until it has been touched by another player. The ball is in play when it is kicked directly out of the penalty area. A goal may be scored directly from a goal kick.

Any infringements will result in a retake of the goal kick.

Corner kick: The corner kick is the method of restarting play when the whole ball passes over the goal line, either on the ground or in the air, having last touched a player of the defending team.

The ball must be placed inside the corner arc. If a corner flag is present, the flag may not be moved. All opponents must be 10 yards away from the corner arc. The ball is in play when it is kicked and moves. The kicker may not touch the ball again until it has been touched by an opponent. A goal may be scored directly from a corner kick.

Infringements: If the kicker touches the ball a second time before it has been touched by another player, the restart will be an indirect free kick. If the defending team is encroaching the kick, then the kick shall be retaken.

RULE #15: PROCEDURES:

a) ALL team managers must sign in their players with the referee on the game report prior to the start of every game. Players may be required to show a photo ID when signing in to play for that day by staff if there is a question about the player's eligibility for that game. If a player refuses or fails to provide a proper ID, that player will not be permitted to participate in the game. All participants must be 18 years of age or older to play.

*Team managers will be held responsible for the validity of the game report. Any falsification of the game report can result in the team manager or team being suspended from play.

b) Prior to kick off, each team needs to pay their portion of the referee fee in full. For no-shows, the forfeiting team will be responsible for paying the complete

referee fee for that game. Any team that refuses to pay the referee their portion will be fined the full amount for that match.

Teams or groups must give a minimum 24-hour notice to cancel a scheduled game. If this notification is not made the team will be responsible for paying the full referee fee for that game.

“Need a Team Slots”: Any team that fills in for the “Need a Team” games will not be charged a match fee by the Parks Department, however that team is still responsible for paying their portion of the referee fee to the referee unless otherwise directed by the Parks Department.

Conduct Before, During and After Soccer Games:

The Plain Township Parks and Recreation Department promotes the game of soccer in a fun, fair, and safe family environment. All Diamond Community Park users, including spectators will be asked to demonstrate courtesy and sportsmanship prior, during and after all games. Consequences can be issued by the Parks Department for breaching this policy.

SEVERE WEATHER PROCEDURE:

- a) Games will be postponed or stopped at the discretion of the Parks Department, when either lightning is seen, or thunder is heard. Parks staff will signal a weather delay by facility alarm or other methods. The referees and Parks staff will follow the USSF Thunder and Lightning protocol which requires an uninterrupted 30 minute clock before play can resume. Players are not permitted to be on the fields during a thunder and lightning delay and are advised to go into their vehicles or other safe shelters.
- b) The start of the game or restart will occur when the severe storm has moved out of the area and when lightning has not been seen or thunder heard for 30 minutes.
- c) Postponed games or games that are incomplete due to weather will be rescheduled and team coaches will be notified of the makeup date by the Parks Department.
- d) A game will be considered complete if the first half is completely played and therefore the game will not be made up in the case of weather.
- e) Teams have the right to leave even if the game has not been cancelled for weather. In an instance where a team chooses to leave, a makeup game will not be rescheduled for that team.
- f) All updates will be sent through the Team Sideline Emergency Alerts system which includes email and text messages (if you enroll for text alerts).

We hope everyone enjoys a fun and safe league to play in! If you have any questions about the rules please do not hesitate to contact us at diamondreferee2782@gmail.com or by calling Township Hall at 330-492-4689.