

Holland Recreation Adult Soccer

Quick Reference Rules

ROSTERS: All roster changes are to be submitted online on the Holland Recreation Soccer webpage. Roster changes in the first half of the season will be approved. After the first half of the season, changes will be made at the discretion of the league director. Players must compete in three (3) games to be eligible for the play-offs.

TEAMS PER NIGHT: Players are allowed to play on one team per night.

DIVISIONS (if needed): Teams will be broken into divisions within the first four (4) weeks of play.

AGE: Players must be 16 years of age to play. Waivers must be completed if participants are under 18.

ROSTER: Fifteen (15) Players max; Five (5) players must be present to start the game.

CO-ED: Two (2) females must be on the field at all times.

JERSEYS: Teams must have a consistent color and individual players must have the same number each week. Teams without matching jerseys will wear pinnies.

OFFSIDES: No offsides.

SLIDE TACKLING: Slide tackling is not permitted in any situation.

GAME FORMAT: Two (2) twenty-five-minute halves running clock.

OVERTIME: Overtime will only be played in the play-offs. Format: Ten (10) Minute golden goal w/ penalty kicks to follow. PK's: 3 per team then +1 until an advantage occurs.

TIME-OUTS: Two (2) time-outs per game.

TOURNAMENT SEEDING: Based on overall season record. All teams will qualify for the single elimination playoff tournament.

AWARDS: Awards will be presented to the teams with the best record.

Holland Recreation 7v7 outdoor co-ed

Rules & Regulations

All FIFA Laws apply with the exceptions as outlined in the League Rule below.

Match Rules

- Rosters are final after week 4 of the season
- The Offsides Rule will not be enforced
- 2 females must be on the field at all times

Game Length

- Two (2) 25-minute halves with a 2-minute halftime. Running clock. In case of a tie the game will finish as a tie.

Play-off Match Tie

Ties in the play-offs are resolved in the following order:

- 10 Minute Period – Golden Goal
- Penalty Kicks: 3 per team, then +1 until an advantage occurs.

Game Time

- Game time as scheduled is forfeit time. There is no grace period for no-show teams. League reserves the right to review circumstances of delay and override any forfeits.

Referees

- One referee will be assigned to each match.

Substitutions

- Teams may have unlimited subs. Subs can be made at any stoppage of play and must always be made with Referee approval.

Number of Players

- Games are played with 6 field players and a goalie. Min. of 7; Max. of 15 players on any team's roster are allowed for the season. Minimum number of players on the field to start a game is 5.
- Only the players registered on the team roster are eligible to play. Players are not eligible to compete on more than one team in the same division. Teams with an ineligible player on the field will FORFEIT that match (0-3 Loss).
- Rosters are final at week 4 of the season.

Player Conduct

- Players ejected from a match will leave the playing area and bench area immediately. Team will play down a player for every Red Card issued.
- Ejections for fighting or attempting to strike another person will result in suspension from any further play in the League. Offensive language towards a teammate, opponent, spectator, or a referee can result in automatic red card.
- Protests will be entertained for rule violations only. Referee judgment is final and cannot be protested.

Penalties for Ejections

- The following are the penalties that have been established by the league for a coach or player receiving an ejection. (Red Card) in conjunction with any league game.
- The following penalties may also be imposed on a coach or player based on the referee's report even though an ejection (red card) was not issued at the time of the incident.
- All suspensions are in addition to the game in which the person was ejected. All suspensions shall apply to the next physically played league game, whether or not such game is within the same season. A forfeited game, cancelled game, or postponed game is not considered a played game.

Behavior towards referee(s)

- Continuous criticism/harassment (dissent): 1 Game
- Offensive, insulting or abusive language, obscene gesture: 2 Games
- Assault (as defined by USSF): See section on "Special Hearing"

Behavior towards another player, a substitute, or a coach

- Offensive, insulting or abusive language, obscene gesture: 2 Games
- Inciting a fight: 2 Games
- Violent conduct (as defined by USSF): 2 Games
- Intention foul play where there is an obvious attempt to inflict serious bodily harm: 4 Games

Games

- Fighting: Season (minimum of 8 games)
- Intentional foul play which results in serious bodily harm: See section on “Special Hearing”

Behavior towards a spectator

- Offensive, insulting or abusive language, obscene gesture: 2 Games
- Violent conduct (as defined by USSF): 3 Games
- General misconduct: 1 Game
- Repeated misconduct in a game: 1 Game

Additional suspensions

- If a player is suspended a second time in the same season for any reason, two (2) additional games shall be added to the suspension.
- If a player is suspended a third time within a period of the current season plus the three preceding seasons, three (3) games shall be added to the suspension.

FIELD DIMENSIONS

- Length: 240 feet Width: 130 feet

RAINOUT PROCESS

- An email notification will go out to each respective team manager before 5 p.m. of a normal workday.
- A note will be placed on Holland Recreation’s website notifying each team of the day’s decision.
- Games will be rescheduled as double headers.