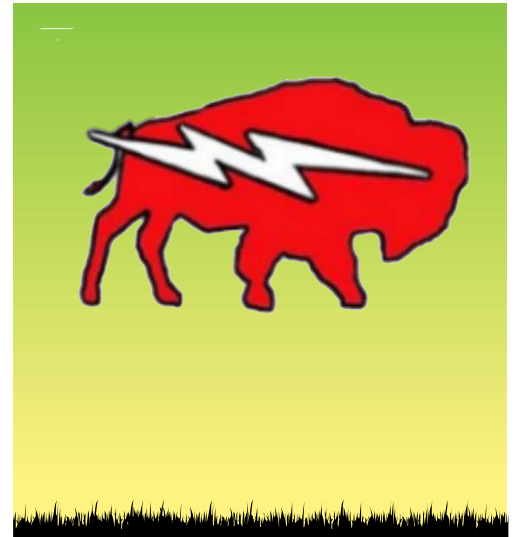


2020 ADULT COED SOCCER LEAGUE RULES



I. LEAGUE ADMINISTRATION

- A. The league shall be administered by Milesports Inc.
- B. Milesports Inc reserves the right to make any changes that they deem necessary for the betterment of the league and its play.

II. ELIGIBILITY

- A. All players must be 18 years old or older by AUGUST 15, 2019.

III. TEAM CONTACTS

- A. Each team shall have an official contact person. The contact must make certain that all team members receive all information distributed by Milesports Inc and are aware of the league rules.
- B. The team contact is the **spokesman for the team during the matches**. If The captain is not playing an alternate will be determined.
- C. It is the responsibility of the team contact to text Milesports Inc. Activity Information Hotline, 553-3839, to determine the status of matches in case of inclement weather.

IV. PLAYING RULES

All rules will be governed by FIFA rules except for the **local rules stated here**.

A. Team/Roster :

- 1. All teams will submit a roster before the season starts.
- 2. Team rosters may not exceed 25 players.
- 3. Players may be added to your team after Informing **Milesports.com**.
- 4. Players added must be done Monday-Friday before 4pm to be added to the roster the same day. Players signing up after 4pm will not be eligible until the following work day. **Note:** *adding a player on Friday must be done by 4pm to play that Sunday. If added after 4pm the player would not appear on the roster until Monday.*

B. Game Rules:

- 1. Teams must field eleven players (10 fielders and 1 keeper). Three these players must be women. A minimum of 9 players are allowed to start the match. *If a team has less than 3 women to*

start, they may begin with 2 women, but the team will play a person down. This means 10 players would be on the field, 2 women and 8 men.

2. A team that cannot field at least 9 players (2 of them women) by game time will forfeit the game. **GAME TIME IS FORFEIT TIME.**
3. Any team **forfeiting two (2) games** will be required to pay a reinstatement fee of \$50 in order to continue participation in the program. **Forfeiture of three (3) games** will result in expulsion from the League.
4. Teams may not hold out players or substitute players in order to play with less than 11.
5. Games will consist of two 25 minute halves with a 5 minute half. *Free substitutions, with the permission of the referee, (players must be lined up at mid-field for permission to be granted), can be made throughout the game.*
6. **Keeper Protection:** Any collision with a goalie will result in a yellow or red card. There are no exceptions unless the goalie initiated the contact in which case the goalie must be given a yellow or red card. If the referee cannot determine who was at fault both players shall be given a yellow or red card determined by the seriousness of the collision.
7. If a player receives a yellow card for any reason, the referee has the right to ask the player to leave the field for a cooling off period. This is usually deemed in the best interest of the game. The sendoff time should be until the next stoppage at a minimum.

C. Ties:

1. Any regular season game that ends in a tie will remain a tie.
2. Any regular season game that ends in a tie shall be counted as one half a game win in the league standings.
3. Penalty kick will be handled in the following manner : each team will shoot 5 penalty kicks until a winner is declared.
Note: at least one of the 5 shooters from each team must be a female.

D. Slide Tackling:

1. Slide tackling is **not allowed**. The penalty will be a yellow card for the first offence and a red card and a minimum of one game suspension for the second offence.
2. Every slide tackle shall result in an indirect or direct kick depending on if contact was made.

Note: a slide tackle is generally an intentional slide within your horizontal body length of an opposing player. Whether the opposing player was touched in any way is irrelevant; a “clean” slide tackle shall still result in a card and free kick. The gender of the person slide tackled makes no difference, all slide tackles are illegal. Please remember that this rule is put into place for safety.

V. OFFICIALS

1. There will be no less than two officials for any game.
 2. Officials shall:
 - A. Make all decisions for infringement of the rules committed within or outside the boundary lines from the beginning of the game to the end.
 - B. See that all kickoffs, free kicks and penalty kicks are taken properly.
 - C. Act as timekeeper and allow the full or agreed time, adding any time lost through injury or other causes at their discretion.
- E. Will show a caution or yellow card to any player / coach guilty of misconduct or unsportsmanlike like conduct. In such a case the referee shall give the name of the offender to the field supervisor who in turn will give a report of the incident to the Commisioner.

- E. Will send off the field of play and show a red card to any player / coach who is guilty of violent conduct, serious foul play, the use abusive language, or is guilty of a second cautionable offense.

VI. SIDELINE AREA:

1. The only personnel permitted on the sidelines are:
players; head coach; 2 assistant coaches
2. All sidelines should be cleaned by the team that occupied them at the end of the game. This is the responsibility of the team captain / head coach.

VII. CONDUCT / SPORTSMANSHIP:

1. No coach or player shall belittle or berate the players or coaches of another team. This type of action will NOT be tolerated..

First offense: Yellow Card

Second offense: Red Card - Ejection from game of offending person.

PENALTY: Any coach or player ejected from a game will be suspended for a minimum of 1 game up to a maximum of the remainder of the season. When a player is ejected for unsportsman like conduct that team will play a player short for the rest of the game.

2. Harassment of officials and field supervisors will not be tolerated. Questions should be asked by the **CAPTAIN ONLY ONLY** and done in an **ORDERLY HUMANE** fashion about rule interpretations only. Judgment calls are not to be argued.

Failure to comply with this rule will result in immediate ejection of the guilty party and possibly forfeiture of the game. **NO WARNINGS WILL BE GIVEN!!**

5. Captains are accountable for the behavior of their assistant coaches, players and related supporters. Game officials may penalize the coach per above for any unsportsmanlike conduct.
6. **Cumulative Yellow Card Penalty:** Any player receiving 3 yellow cards in a single season will receive an automatic 1 game suspension. Following this if a player receives two more yellow cards during the season, the player suspended automatically for 1 game. For each additional yellow card received, the player is suspended one additional game.
Two yellow cards in one game results in a red card and count one yellow card towards the player's cumulative total. Note that all suspensions are for the players next regular scheduled game and forfeits or rain outs do not count towards the suspension.

PENALTY: For the above unsportsmanlike acts as enumerated in Items 1-4, a player or coach shall be ejected from the game. Any time a player or coach is ejected by an official or a supervisor, that player or coach shall be automatically suspended for a minimum of the next game his team plays in. More games can be added to the suspension at the determination of the Comisioner. If suspended, a player may not be on the field or in the teams dugout. Failure to abide by this will result in forfeiture of that game. A player ejected, must **leave the playing site immediately.** Game suspensions may apply to regular season games, tournament play and, may at the discretion of Milesports Inc, be carried over to the next season the player or coach registers for.

REMINDER: The purpose of this program is to have fun. We're all human, and as such we ALL make mistakes.

VIII. PROTESTS:

The following procedure shall be used for all protests involving Milesports Inc. Adult Soccer league.

1. Protests will be allowed for **rule misapplication only**. No discussion will be permitted concerning judgment calls or the referees integrity.
2. Protest must be noted by the field supervisor before the coach leaves the field.
3. All protests must be submitted in writing to Milesports Inc. by 12:00noon the next working day. All protests should include:
 - a. A brief description of the play involved and the ruling that was made.
 - b. A rule reference (page and statement) detailing what ruling should have been made.
 - c. A \$25 protest fee will be returned if the protest is upheld. If the protest is declined, this money will be kept by the league.
 - d. Protests will be ruled on by the Program Supervisor.
 - e. Notification of protest ruling will be given within one week after submission.
 - f. Milesports.com reserves the right to deny completion of protested game if it has no bearing on league standings or is not in the best interest of the league.

IX. UNIFORM:

1. Each team must have their own jerseys. The jerseys must match, which is defined by same color shirt and same color ink for lettering and numbers.

2. Each team must have matching jerseys by the first game.
3. If a player does not have a matching jersey at game time he/she can still play if:
 - Their shirt is the same color as the team, i.e. navy and navy.
 - The entire team then wears the practice jerseys (pennies) the Field Supervisor has during the game.

NOTE: whether or not a player's jersey matches the rest of the team is solely at the discretion of the Field Supervisor.

If teams play each other and are wearing the same color jersey (or similar), there will be a coin flip to decide which team will wear the departmental provided pennies.

It is strongly recommended that players wear shin guards and Non-metal Spikes.

X. JEWELRY / EQUIPMENT:

1. No jewelry allowed once play has begun. Officials may ask that a player take off all jewelry. Also by rule they may ask a player with glasses to wear a protective strap while they are playing. Players with earrings will have to either take the earrings out or wear tape over them to be able to play.
2. The referee shall not permit any player to wear equipment in his or her judgment, is dangerous or confusing to other players. This includes, but not limited to, items such as:
 - A. A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance - even though covered with soft padding - when worn on the elbow, hand, finger, wrist or forearm.
 - B. Head decorations, head wear and jewelry: **EXCEPTION:** Head bands no wider than 2 inches and made of nonabrasive unadorned single-colored cloth, fiber, soft leather or rubber may be worn. Rubber (elastic) bands may be used to control hair.

C. Equipment which is unnatural and designed to increase a player's height or reach or to gain an advantage.

XI. CANCELLATIONS / INCLEMENT WEATHER – MAKE UP:

1. In case of inclement weather, a decision will be made by Milesports Inc. Information may be obtained by calling Milesports Inc INFORMATION HOTLINE: 553-3839

2. *Any game that is stopped at halftime or beyond will be counted as a complete game. Games that have not reached halftime will be continued from that point on their make-up date.*

Postponed Game: In regular season play a game called by the referee/field supervisor shall be regulation if the game is stopped at half time or beyond. Games that have not reached half time will be considered a postponed game. Postponed games will be rescheduled and will pick back up from the point that it was stopped; meaning the score and time left from the point the game was stopped.

3. MAKE-UP GAMES: Milesports Inc. will reschedule games by the end of the regular season. Please contact us if you HAVE NOT RECEIVED your notification within this time period. If at all possible, all games that are canceled due to weather or other conflicts approved by Milesports Inc will be made up. However, IF EXTENUATING CIRCUMSTANCES OCCUR, MILESPORTS.COM RESERVES THE RIGHT TO DESIGNATE WHICH GAMES WILL BE MADE UP. It is the responsibility of the coach to notify his/her players as to the make up date. Milesports Inc cannot be responsible for contacting players on an individual basis. **Weeknights and Saturdays will be held as make days, with possibility of using a different field site.**

XII END OF SEASON:

- A single elimination tournament will be played at the end of the season.
- The Games will be played on Wednesdays.

- Ties in league standings will be broken based first on head to head play and then if the teams are still tied, by goals against only.
- **AWARDS:** The team winning the league tournament will receive a Gorgeous trophy.