

Thunderbird Adult Soccer League

Rules and Regulations

Section A: League Specific Equipment Regulations

1. The use of cleats with metal studs is forbidden in the Thunderbird Adult Soccer League
2. Equipment to be used in the Thunderbird Adult Soccer League
 - a. The use of cleats or turf-specific soccer shoes by all participants in the Thunderbird Adult Soccer League is **STRONGLY** recommended for the safety of all participants in the league.
 - b. The use of shin pads is **STRONGLY** recommended by the Thunderbird Adult Soccer League for the safety of the participant wearing the padding.
3. Equipment for Goalkeepers
 - a. Whenever possible, goalkeepers must identify themselves using a top distinctly different to that of the other players on the field
 - b. The use of goalkeeping gloves in the Thunderbird Adult Soccer League is **STRONGLY** recommended for the safety and well-being of the goalkeeper.

Section B: League Specific Rules of Play

The Thunderbird Adult Soccer league is subject to the 2020/21 Laws of the Game manual published by the IFAB, which can be consulted [here](#).

The laws below are designed to affirm specific IFAB rules and denote exceptions to the Laws of the Game specific to the Thunderbird Adult Soccer League.

1. The Field of Play

- a. Fields used in the Thunderbird Adult Soccer League shall be 65 yards in length (the by line), and 30 yards in width (the goal line).
- b. Each Field will have a penalty area in front of the goals on opposite sides of the field. These areas will be 22 yards long (along the goal line) and 11 yards wide (parallel to the touchline).
- c. Dimensions of the field will be indicated using cones, and the lines of the football field. Dimensions of the penalty area will be indicate using red cones along the goal line and the byline, and a blue cone on the byline will indicate the center line.
- d. Nets used in the Thunderbird Adult Soccer league are of the same dimensions as those approved for full field soccer by the IFAB.

2. The Players

- a. The Thunderbird Adult Soccer League is a six-a-side league, meaning that teams may not have more than SIX (6) players on the field at one time during play, including a goalkeeper.
- b. Each team is required to field FIVE (5) players at the commencement of a match. Failure to have 5 eligible players present at the start of a match will place the offending team in violation of either the Default or Forfeit policy. See Sections C1 and C3 for more information on these policies.

- c. A team may be allowed to continue a game so long as FOUR (4) eligible players remain on the field. A team may only be allowed to have four players present on the field as a result of an injury or an ejection to one of their players. If a team is unable to maintain the minimum number of players on the field, they will be assessed a 3-0 loss.
 - d. In competitive mixed competition, each team may have no more than THREE (3) self identifying males on the field at any phase of play.
- 3. Gameplay equipment
 - a. All soccer balls used for Thunderbird Adult Soccer must be a FIFA standard size 5 and should be approved for game use by REC Officials or staff prior to use.
- 4. Gameplay Time
 - a. Each Game in Thunderbird Adult Soccer features TWO (2) halves, each lasting 20 minutes
 - b. When possible from a scheduling standpoint, officials may add time to make up for time taken away from the game as a result of any of the following instances;
 - i. Substitutions
 - ii. Assessment of injury to players
 - iii. Removal of players from the field of play due to an injury
 - iv. Time wasting
 - v. Any other cause at the official's discretion
 - c. Officials reserve the right to both reduce game time and prematurely end games (game abandonment) for reasons related to scheduling or participant safety.
- 5. Tie/Overtime Rules
 - a. Games which end as a draw at the end of regulation during regular season games will be recorded as such.
 - b. Should a playoff game end in a draw, the game will proceed directly to a penalty shoot-out. Guidelines for penalty kicks will be outlined in H5c

- c. Penalty shoot-outs will proceed in a 5 on 5 format. All 5 penalty takers must have been on the field during the final whistle. If the game is still tied following the penalty shootout, the game moves to sudden death format. If present, the sixth player on the field must be utilized first. No player may shoot again until every eligible player has taken a penalty shot, including those on the bench at the end of regulation. Exemptions will be given for injuries sustained during gameplay which have been documented by REC Staff.
6. Beginning the Game
 - a. At the start of each half, and following each goal, play restarts from the center mark at the indication of the Match official.
 - b. Opposition players must cede 7 yards of space from centre prior to kick off.
 - c. Kickoffs are direct.
7. Scoring: A ball which an official deems to have completely crossed the line will be declared a goal for the scoring team.
8. Ending the game
 - a. Game officials will indicate the end of the game at their discretion, in accordance with scheduling allowances as detailed in section H4b.
 - b. MVP's – Following the game, the official will request that the team select a player from the opposition team to be the designated MVP. No defined criteria to establish an MVP need exist, as MVP awards given for skill, sportsmanship, or general friendliness are all acceptable criteria. Teams are encouraged to recognize a single participant but may recognize up to three players if they so desire, particularly in mixed competition.
9. Substitutions
 - a. There are unlimited substitutions in the Thunderbird Adult Soccer League
 - b. All substitutions must occur during a stoppage in play
 - c. All substitutions must be conducted with the permission of the official

- d. Any substitutions which take place in violation of H9b or H9c will be assessed a caution during a stoppage in play
10. The following offences shall result in a free kick for the opposite team
- a. Indirect Free Kick offenses – the following offenses will result in an indirect free kick from the spot of the foul.
 - i. Goalkeeper touching the ball with hand/arm, after it has been deliberately kicked to them by a teammate or returned to the keeper via a throw-in
 - ii. Deliberate impeding of the progress of an opposition player without contact
 - iii. Preventing the goalkeeper from releasing the ball with their hands
 - iv. Ball crossing the halfway line directly from a Goal-kick or a Goalkeeper's throw (See section H13 – Goalkeeper play)
 - b. Direct Free kick offenses
 - i. Playing the ball with the hand in EITHER a deliberate fashion OR in a manner which presents the offending player or team with a clear advantage
 - ii. Kicking or attempting to kick an opponent
 - iii. Tripping or attempting to trip an opponent
 - iv. Jumping at an opponent
 - v. Pushing or attempting to push an opponent
 - vi. Charges or attempts to charge at an opponent
 - vii. Holding or attempting to hold an opponent

11. Serious Offences – Game officials will issue a yellow card for each of the following offenses

- a. The following offenses warrant a yellow card and a direct free kick
 - i. The Match official deems a direct free kick offence to have been committed in a RECKLESS manner
 - ii. An attempt to deceive the referee is made, e.g. by feigning injury or pretending to have been fouled (simulation)
 - iii. Committing any offence which interferes with or stops a promising attack, except where the referee awards a penalty kick for an offence which was an attempt to play the ball
 - iv. Denying an opponent an obvious goal-scoring opportunity by an offence which was an attempt to play the ball and the referee awards a penalty kick (no double jeopardy)
 - v. Handling the ball in an attempt to score a goal (whether or not the attempt is successful) or in an unsuccessful attempt to prevent a goal
 - vi. Playing the ball when leaving the field of play after being substituted
 - vii. Use of a deliberate trick to pass the ball (including from a free kick) to the goalkeeper with the head, chest, knee etc., that the goalkeeper would have otherwise been able to pick up the ball with his hands
 - viii. A SLIDE TACKLE OR SLIDING CHALLENGE OF ANY KIND (a sliding challenge is defined as an attempt by an outfield player to win the ball from an opponent or play the ball near an opponent where the challenger forgoes the ability to immediately arrest their momentum. Signs of such a challenge are that the majority of the weight and momentum of the player no longer based in the feet [a sliding motion] and/or the bottoms of a foot/feet exposed to either the ball or an opponent.

- b. The following offences warrant a yellow card without assessment of a direct or indirect free kick
 - i. A player verbally distracts or taunts an opponent during play or at a restart
 - ii. Substitution is made without the permission of the official
 - iii. Delaying the restart of play by the opposing team e.g. holding onto the ball, kicking the ball away, obstructing the movement of a player
 - iv. Any other cautionable offense is committed during a stoppage in play, or in an instance where an official awards the advantage to the other team following a cautionable foul.
- c. Misconduct – The following offences warrant immediate dismissal and will trigger a review by the Supplemental Disciplinary System (SDS, See Section D)
 - i. The match official deems an offence to have been committed in an EXCESSIVE manner
 - ii. Receiving a second caution in the same match
 - iii. Using offensive, insulting or abusive language and/or gestures to participants, staff, officials or spectators
 - iv. Entering the field of play to: confront either a match official, an opposing player, or to interfere with play.
 - v. Physical or aggressive behaviour (including spitting or biting) towards an opposing player, substitute, team official, match official, spectator or any other person
 - vi. Violent conduct

12. Penalties

- a. Any direct free kick foul committed within the Penalty Area shall not have a free kick assessed from the spot of the foul, but rather from the penalty spot.
- b. The penalty spot is located 12 yards away from the center of the goal, 1 yard beyond than the edge of the penalty area.

- c. Penalty kicks may only proceed upon a signal from the official. All players other than the penalty taker and the goalkeeper must remain behind the starting position of the penalty taker until the ball has been kicked.
- d. The goalkeeper may not leave the goal line until the ball has been struck by the penalty taker.
- e. These shall also be the procedure for a penalty shootout, with the exception that in a penalty shootout the taking of the penalty does not constitute a restart in play.

13. Goalkeeper Play

- a. Goalkeepers may not drop-kick or rugby punt the ball. Such action will be assessed an indirect free kick from the spot of the kick.
- b. When the goalkeeper releases the ball with their hands, the ball may not cross the halfway line without first contacting either a player on the field of play or the ground. If the ball does cross the halfway line without another contact, an indirect free kick shall be assessed from the point on the halfway line nearest to where the ball crossed.
- c. When a goalkeeper or any other player takes a goal kick, the ball may not cross the halfway line without first contacting either a player on the field of play or the ground. If the ball does cross the halfway line without another contact, an indirect free kick shall be assessed from the point on the halfway line nearest to where the ball crossed.
- d. Goalkeepers are granted limited exceptions to the slide tackling rule. While it is permissible for a goalkeeper to forgo their ability to arrest momentum when attempting to play the ball (as they would when diving to make a save), a goalkeeper may not lead with their feet when challenging for the ball. If the official deems that the goalkeeper has led their challenge for the ball with their feet OR that the goalkeeper has made the challenge in a RECKLESS manner, a direct free kick or penalty must be awarded and a caution shall be issued. Should the

keeper fail in their challenge for the ball and commit a foul under the laws described above or within the laws of the game, the keeper must be penalized as a defender would.

14. Free kicks, Corner Kicks, and other miscellaneous laws

- a. Opposition players must yield 7 yards of space from the ball prior to all free kicks.
- b. Opposition players must yield 5 yards of space from the ball prior to all corner kicks.

15. Yellow Card Accumulation

- a. Players will be suspended for a period of ONE (1) game once they have accumulated 5 and 7 yellow cards over the course of a season respectively.
- b. In the event that a player receives a controlled ejection (2 yellow cards), both cards will count towards a player's overall total. In the event of a direct red card, a suspension separate to the yellow card accumulation rule will be served through the SDS system.
- c. If a player accumulates 9 yellow cards, they will be ineligible to play in the Thunderbird Adult Summer Soccer League.
- d. The yellow card count of specific players will reset at the end of the regular, but any suspensions incurred during the last week of the season will carry over to the playoffs. (e.g. if a player incurs their 5th yellow card in week 10 of the season, they will remain suspended for the first round of the playoffs).

Section C – League Specific Facilities of Play

The Thunderbird Adult Soccer League will take place at Thunderbird Stadium.