

Quincy Park District – Adult Soccer

LEAGUE REGULATIONS

1. **GAME LENGTH:** Games will consist of two, twenty-five minute halves, with a five minute intermission between halves.
2. **LOCATION:** All games will be played at Boots Bush soccer complex, located at 42nd and Maine.
3. **RAIN OUT INFO** For rain out information, call the Quincy Park District HOTLINE at 223-9625. Please call after 11:00a.m. on gameday. Or, you may visit www.quincyparkdistrict.com or our facebook page at www.facebook.com/QuincyParkDistrict.
4. **FORFEITS** Any team knowing they will not be able to field a team shall notify the Park District on the game day **before** their scheduled game. Please email the League Supervisor at TLaing@quincyparkdistrict.com.
5. **ROSTER CHANGES/ADDITIONS** Completed rosters must be filed with the Quincy Park District. Team may seek approval to add additional players to their roster by completing a “new player eligibility form.” This form shall be completed by the team captain and signed by the captain and player wishing to be added. This form must be received in the QPD office no later than 5 p.m. on the Friday before the game that player would like to participate in.
6. **RULES:** United States Soccer Federation rules will be used for all games. Select Quincy Park District policies will also be enforced.
7. **Game Format**

Players

A match is played by two teams, each consisting of not more than **11 players**, one of whom is the goalkeeper. A match may not start if either team consists of fewer than **7 players**.

Eligibility: All players must be at least 18 years old and cannot currently be a high school student.

Substitutes

Unlimited player substitutions will be allowed, but all procedures below must be adhered to.

Substitution procedure

To replace a player with a substitute, the following conditions must be observed:

- the referee must be informed before any proposed substitution is made
- the substitute only enters the field of play after the player being replaced has left and after receiving a signal from the referee
- the substitute only enters the field of play at the halfway line and during a stoppage in the match
- the substitution is completed when a substitute enters the field of play
- all substitutes are subject to the authority and jurisdiction of the referee, whether called upon to play or not

The Start & Re-start of Play

The away team will kick-off to begin the match. The home team chooses which goal it will defend in the first half.

In the second half of the match, the home team kicks off to begin play and the teams change ends.

Changing the goalkeeper

Any of the other players may change places with the goalkeeper, provided that:

- the referee is informed before the change is made
- the change is made during a stoppage in the match

Infringements and sanctions

If a substitute or substituted player enters the field of play without the referee's permission:

- the referee stops play (although not immediately if the substitute or substituted player does not interfere with play)
- the referee cautions him for unsporting behavior and orders him to leave the field of play
- if the referee has stopped play, it is restarted with an indirect free kick for the opposing team from the position of the ball at the time of the stoppage (see Law 13 – Position of free kick)

If a player changes places with the goalkeeper without the referee's permission before the change is made:

- the referee allows play to continue
- the referee cautions the players concerned when the ball is next out of play

8. ILLEGAL PLAYERS

- player not following the age limitation rule;
- player participating who is not on the team's roster;
- player who has falsified information on the roster.

Procedures for a team to follow in questioning an opponent for illegal players-

- a) A team representative must inform the official that they suspect use of an illegal player or players by the opponent during the contest between the two teams;
- b) The team that is challenging a player (s) must specify which player (s) is in question, giving a name, number and position being played on the field, or by pointing them out to the referee.

The official will then inform the team in question of the situation: If all players are said to be legal, the other team may go the Quincy Park District office by 5:00PM the next day to check the team's roster for the player(s) that is in question. If the player(s) in question is found to be illegal, the game may be considered a forfeit against the team using the illegal player.

- c) Any participants that are found to be illegal players will be suspended from the next regular scheduled game and must come to the Park District office to fill out a "New Player Eligibility"

form. The team captain will also be suspended from the next game for knowingly using illegal players.

- d) Once a game is final, a player's legality may not be challenged to affect the outcome of that game.
- e) A second offense for an illegal player will mean ejection from the league for the remainder of the season. Final determination on all rulings will be made by the Quincy Park District Adult Soccer League officials.

9. OFFSIDES

Offside position

It is not an offense in itself to be in an offside position.

A player is in an offside position if: he is nearer to his opponents' goal line than both the ball and the second-last opponent.

Offense

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by:

- interfering with play or
- interfering with an opponent or
- gaining an advantage by being in that position

No offense

There is no offside offense if a player receives the ball directly from: A goal kick, a throw-in, or a corner kick.

Infringements and sanctions

In the event of an offside offense, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred (see Law 13 – Position of free kick).

Kick-off

A kick-off is a way of starting or restarting play:

- at the start of the match
- after a goal has been scored
- at the start of the second half of the match
- at the start of each period of extra time, where applicable

A goal may be scored directly from the kick-off.

Procedure

- all players must be in their own half of the field of play
- the opponents of the team taking the kick-off are at least 10 yards from the ball until it is in play
- the ball must be stationary on the center mark
- the referee gives a signal
- the ball is in play when it is kicked and moves forward
- the kicker must not touch the ball again until it has touched another player

After a team scores a goal, the kick-off is taken by the other team.

Infringements and sanctions

If the player taking the kick-off touches the ball again before it has touched another player:

- an indirect free kick is awarded to the opposing team to be taken from the position of the ball when the infringement occurred (see Law 13 – Position of free kick)
- In the event of any other infringement of the kick-off procedure:
- the kick-off is retaken

Dropped ball

If, while the ball is still in play, the referee is required to stop play temporarily for any reason not mentioned elsewhere in the Laws of the Game, the match is restarted with a dropped ball.

Procedure

The referee drops the ball at the place where it was located when play was stopped, unless play was stopped inside the goal area, in which case the referee drops the ball on the goal area line parallel to the goal line at the point nearest to where the ball was located when play was stopped.

Play restarts when the ball touches the ground.

10. FREE KICKS

Types of free kick

Free kicks are either direct or indirect.

The direct free kick

Ball enters the goal

A goal can be scored directly by the player taking the free kick:

- if a direct free kick is kicked directly into the opponents' goal, a goal is awarded
- if a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team

The indirect free kick

Signal

The referee indicates an indirect free kick by raising his arm above his head. He maintains his arm in that position until the kick has been taken and the ball has touched another player or goes out of play.

Ball enters the goal

A goal can be scored only if the ball subsequently touches another player before it enters the goal:

- if an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded
- if an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team

Procedure

For both direct and indirect free kicks, the ball must be stationary when the kick is taken and the kicker must not touch the ball again until it has touched another player.

Position of free kick

Free kick inside the penalty area

Direct or indirect free kick to the defending team:

- all opponents must be at least 10 yards from the ball
- all opponents must remain outside the penalty area until the ball is in play
- the ball is in play when it is kicked directly out of the penalty area
- a free kick awarded in the goal area may be taken from any point inside that area

Indirect free kick to the attacking team:

- all opponents must be at least 10 yards from the ball until it is in play, unless they are on their own goal line between the goalposts
- the ball is in play when it is kicked and moves
- an indirect free kick awarded inside the goal area must be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred

Free kick outside the penalty area

- all opponents must be at least 10 yards from the ball until it is in play
- the ball is in play when it is kicked and moves
- the free kick is taken from the place where the infringement occurred or from the position of the ball when the infringement occurred (according to the infringement)

11. THE PENALTY KICK

Introduction

A penalty kick is awarded against a team that commits one of the ten offenses for which a direct free kick is awarded, inside its own penalty area and while the ball is in play.

A goal may be scored directly from a penalty kick.

Additional time is allowed for a penalty kick to be taken at the end of each half or at the end of periods of extra time.

Position of the ball and the players

The ball:

- must be placed on the penalty mark

The player taking the penalty kick:

- must be properly identified

The defending goalkeeper:

- must remain on his goal line, facing the kicker, between the goalposts until the ball has been kicked

The players other than the kicker must be located:

- inside the field of play
- outside the penalty area
- behind the penalty mark
- at least 10 yards from the penalty mark

Procedure

After the players have taken positions in accordance with this Law, the referee signals for the penalty kick to be taken.

The player taking the penalty kick must kick the ball forward.

He must not play the ball again until it has touched another player.

The ball is in play when it is kicked and moves forward.

When a penalty kick is taken during the normal course of play, or time has been extended at half-time or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing between the goalposts and under the crossbar:

- the ball touches either or both of the goalposts and/or the crossbar and/or the goalkeeper

The referee decides when a penalty kick has been completed.

Infringements and sanctions

If the referee gives the signal for a penalty kick to be taken and, before the ball is in play, one of the following occurs

The player taking the penalty kick infringes the Laws of the Game:

- the referee allows the kick to be taken
- if the ball enters the goal, the kick is retaken
- if the ball does not enter the goal, the referee stops play and the match is restarted with an indirect free kick to the defending team from the place where the infringement occurred

The goalkeeper infringes the Laws of the Game:

- the referee allows the kick to be taken
- if the ball enters the goal, a goal is awarded
- if the ball does not enter the goal, the kick is retaken

A team-mate of the player taking the kick infringes the Laws of the Game:

- the referee allows the kick to be taken
- if the ball enters the goal, the kick is retaken
- if the ball does not enter the goal, the referee stops play and the match is restarted with an indirect free kick to the defending team from the place where the infringement occurred

A team-mate of the goalkeeper infringes the Laws of the Game:

- the referee allows the kick to be taken
- if the ball enters the goal, a goal is awarded
- if the ball does not enter the goal, the kick is retaken

A player of both the defending team and the attacking team infringe the Laws of the Game:

- the kick is retaken

12. THE THROW-IN

Introduction

A throw-in is a method of restarting play.

A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touch line, either on the ground or in the air.

A goal cannot be scored directly from a throw-in.

Procedure

At the moment of delivering the ball, the thrower:

- faces the field of play
- has part of each foot either on the touch line or on the ground outside the touch line
- holds the ball with both hands
- delivers the ball from behind and over his head
- delivers the ball from the point where it left the field of play

All opponents must stand no less than 2 yards from the point at which the throw-in is taken.

The ball is in play when it enters the field of play.

After delivering the ball, the thrower must not touch the ball again until it has touched another player.

Infringements and sanctions

Throw-in taken by a player other than the goalkeeper

If, after the ball is in play, the thrower touches the ball again (except with his hands) before it has touched another player:

- an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred (see Law 13 – Position of free kick)

If, after the ball is in play, the thrower deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team, to be taken from the place where the infringement occurred (see Law 13 – Position of free kick)
- a penalty kick is awarded if the infringement occurred inside the thrower's penalty area

Throw-in taken by the goalkeeper

If, after the ball is in play, the goalkeeper touches the ball again (except with his hands), before it has touched another player:

- an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred (see Law 13 – Position of free kick)

If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, to be taken from the place where the infringement occurred (see Law 13 – Position of free kick)
- an indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, to be taken from the place where the infringement occurred (see Law 13 – Position of free kick)

If an opponent unfairly distracts or impedes the thrower:

- he is cautioned for unsporting behavior

For any other infringement of this Law:

- the throw-in is taken by a player of the opposing team

13. THE GOAL KICK

Introduction

A goal kick is a method of restarting play.

A goal kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored in accordance with Law 10.

A goal may be scored directly from a goal kick, but only against the opposing team.

Procedure

The ball is kicked from any point within the goal area by a player of the defending team.

Opponents remain outside the penalty area until the ball is in play.

The kicker must not play the ball again until it has touched another player.

The ball is in play when it is kicked directly out of the penalty area.

Infringements and sanctions

If the ball is not kicked directly out of the penalty area from a goal kick:

- the kick is retaken

Goal kick taken by a player other than the goalkeeper

If, after the ball is in play, the kicker touches the ball again (except with his hands) before it has touched another player:

- an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred (see Law 13 – Position of free kick)

If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team, to be taken from the place where the infringement occurred (see Law 13 – Position of free kick)
- a penalty kick is awarded if the infringement occurred inside the kicker's penalty area

Goal kick taken by the goalkeeper

If, after the ball is in play, the goalkeeper touches the ball again (except with his hands) before it has touched another player:

- an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred (see Law 13 – Position of free kick)

If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, to be taken from the place where the infringement occurred (see Law 13 – Position of free kick)
- an indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, to be taken from the place where the infringement occurred (see Law 13 – Position of free kick)

In the event of any other infringement of this Law:

- the kick is retaken

14. THE CORNER KICK

Introduction

A corner kick is a method of restarting play.

A corner kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the defending team, and a goal is not scored in accordance with Law 10.

A goal may be scored directly from a corner kick, but only against the opposing team.

Procedure

The ball must be placed inside the corner arc nearest to the point where the ball crossed the goal line.

The corner flag post must not be moved.

Opponents must remain at least 10 yards from the corner arc until the ball is in play.

The ball must be kicked by a player of the attacking team.

The ball is in play when it is kicked and moves.

The kicker must not play the ball again until it has touched another player.

Infringements and sanctions

Corner kick taken by a player other than the goalkeeper

If, after the ball is in play, the kicker touches the ball again (except with his hands) before it has touched another player:

- an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred (see Law 13 – Position of free kick)

If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team, to be taken from the place where the infringement occurred (see Law 13 – Position of free kick)
- a penalty kick is awarded if the infringement occurred inside the kicker's penalty area

Corner kick taken by the goalkeeper

If, after the ball is in play, the goalkeeper touches the ball again (except with his hands) before it has touched another player:

- an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred (see Law 13 – Position of free kick)

If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, to be taken from the place where the infringement occurred (see Law 13 – Position of free kick)
- an indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, to be taken from the place where the infringement occurred (see Law 13 – Position of free kick)

In the event of any other infringement:

- the kick is retaken

15. PROCEDURES TO DETERMINE TIES

In the event of a tie at the end of regulation, there will be a 5 minute, sudden death overtime period in which the first team to score a goal wins. If no goal is scored during this time, a round of penalty kicks will take place. Each team will be given 3 penalty kicks and the team who converts more will be declared the winner. If each team converts all 3 penalty kicks, the process will continue until one team converts and the other does not.

Kicks from the penalty mark

Procedure

- The referee chooses the goal at which the kicks will be taken

- The referee tosses a coin and the team whose captain wins the toss decides whether to take the first or the second kick
- The referee keeps a record of the kicks being taken
- Subject to the conditions explained below, both teams take three kicks
- The kicks are taken alternately by the teams
- If, before both teams have taken three kicks, one has scored more goals than the other could score, even if it were to complete its three kicks, no more kicks are taken
- If, after both teams have taken three kicks, both have scored the same number of goals, or have not scored any goals, kicks continue to be taken in the same order until one team has scored a goal more than the other from the same number of kicks
- With the exception of the foregoing case, only players who are on the field of play at the end of the match, which includes extra time where appropriate, are eligible to take kicks from the penalty mark
- Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick
- An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken
- Only the eligible players and match officials are permitted to remain on the field of play when kicks from the penalty mark are being taken
- All players, except the player taking the kick and the two goalkeepers, must remain within the center circle
- The goalkeeper who is the team-mate of the kicker must remain on the field of play, outside the penalty area in which the kicks are being taken, on the goal line where it meets the penalty area boundary line
- Unless otherwise stated, the relevant Laws of the Game and International F.A. Board Decisions apply when kicks from the penalty mark are being taken
- If at the end of the match and before the kicks start to be taken from the penalty mark, one team has a greater number of players than its opponents, it must reduce its numbers to equate with that of its opponents and the team captain must inform the referee of the name and number of each player excluded. Any player thus excluded may not participate in kicks from the penalty mark.
- Before the start of kicks from the penalty mark, the referee must ensure that an equal number of players from each team remains within the center circle and they shall take the kicks

16. **EJECTION** Any player or coach ejected from a game, for whatever reason, is automatically suspended from participating in the next game on the schedule. Any player or coach ejected for a second time during the season, for whatever reason, is automatically suspended from league play for the remainder of the season.

17. **FLAGRANT ACTION** Flagrant action by a player or coach is any physical action or contact initiated by that person which would endanger any other person on the Quincy Park District premises. That player or coach will be automatically disqualified from that game and the next game on the schedule. The Official must notify the Quincy Park District within 48 hours. The league officials will review the case and render a decision concerning the incident. Any player or coach found guilty of a flagrant action offense will be subject to further game suspensions and possible criminal prosecution.

18. **REPEATED FORFEITURE** If a team forfeits two or more regularly scheduled games during the season, rain dates excluded, that team will forfeit its automatic entry into the league the next season.

19. **TIE-BREAKER (Standings)** If at the end of the regular season of play, two or more teams are tied for first, second or third place, the following procedures will be used to determine final placement.
 - a) Won - lost record
 - b) Head to head competition during season
 - c) Winning goal difference
 - d) If after these steps, ties still occur for awards, a playoff game will take place at a time arranged by the Park District.
20. **SCHEDULED GAMES** Once a game is scheduled by the League Supervisor, the game cannot be changed.
21. **UNIFORMS** *Matching uniforms are not required for league play, but are recommended. Pennies will be used by one team if both teams arrive without matching uniforms.*
22. **HANDKERCHIEFS** may not be used as headbands or worn around the head or neck.
23. **JEWELRY** Exposed “jewelry” such as wristwatches, bracelets, EARRINGS or STUDS, neck chains, or any other item judged dangerous by the umpire, may not be worn during the game. Medical alert bracelets or necklaces are not considered jewelry, but if worn, they must be taped to the body.
NOTE: Players will be asked to remove “jewelry” and if they fail to do so, will be ejected from the game.
24. **INSURANCE** Individual players are responsible for their own accident insurance.
25. **ALCOHOL** NO CONSUMPTION OF ALCOHOLIC BEVERAGES will be allowed by a player, manager, or captain while playing, sitting out, or near the game field. Any violation of this rule may result in a team’s forfeiture of the game.
26. **AWARDS** Teams must pick up league awards at the end of the season.
27. **“BLOOD RULE”** A player who is bleeding or who has blood on his uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. If medical care or treatment can be administered in a reasonable length of time, the individual will not have to leave the game. The length of time that is considered reasonable is left to the official’s judgment. Uniform rule violation will not be enforced if a uniform change is required. The official shall:
 - a) Stop the game and allow treatment if the injured player would affect the continuation of the game
 - b) Immediately call the coach, trainer or other authorized person to the injured player.
 - c) Apply the rules of the game regarding substitution short-handed player and re-entry if necessary.