



Tremontion Parks and Recreation

Adult Soccer Rules

Welcome to the Adult Co-ed Soccer Program sponsored by Tremontion City. This program is provided solely for your fun and enjoyment. Your cooperation, good sportsmanship, and communication with our office is important in making this year a success. On behalf of Tremontion City, we would like to wish each team a successful season.

1. Code of Conduct (See Attached page)

- 1.1. League play with Tremontion City operates under a Code of Conduct. All participants, coaches, managers, and spectators are expected to abide by this Code of Conduct while on Tremontion City fields and facilities. Unsportsmanlike conduct, violence, threat of violence, and profanity will not be tolerated.
- 1.2. Respect the rules of the game and how it should be played.
- 1.3. Respect opponents by remembering a worthy opponent brings out the best in a player.
- 1.4. Respect the game officials even when calls are not agreed with.
- 1.5. Respect teammates and remember commitment on and off the court.
- 1.6. Respect the tradition of the game and remember it is a privilege to participate.
- 1.7. Be mindful of personal conduct. Make sure no action occurs that could reflect adversely on sponsors or teams. Remember, inappropriate action of even one player can reflect upon the entire team and the game.

2. Accidents and Injuries

- 2.1. All accidents or injuries incurred before, during, or after an official game by players, spectators and/or league officials, shall be reported to the League Coordinator/Supervisor and recorded on an Accident Report.
- 2.2. Injuries incurred before, during, or after the course of an official game by players, officials, and/or spectators, shall not be the liability of Tremontion City – Parks and Recreation Department, Tremontion City, their officers, and employees, or any organization cosponsoring or participating in the program.
- 2.3. Tremontion City – Parks and Recreation does not carry medical liability insurance for its participants.

3. ADA Accommodations

- 3.1. A player requesting ADA accommodations must provide written documentation to the Sports Coordinator.

4. Alcohol/Drugs Ordinances

- 4.1. Any player that is playing under the influence of alcohol/drugs that could cause injury to themselves or others participating in the game will be removed from the game and serve a minimum of a one game suspension.
 - 4.1.1. This will be determined by the judgement of Tremontion City Staff
 - 4.1.2. No smoking or drinking alcoholic beverages will be permitted in Tremontion City parks and facilities. smoking is allowed in the parking lots.
- 4.2. Tremontion City Police will be called for violations.

5. Profanity

- 5.1. Tremontion Parks and Recreation facilities will, at all times, offer a family atmosphere; therefore, profanity is considered unsportsmanlike behavior and is unacceptable.
- 5.2. The first-time profanity is used, a verbal warning or ejection will be issued.
- 5.3. If unsportsmanlike behavior continues, the player will be ejected. Should the coach not gain control of his/her team and profanity continues, the team will forfeit the game.
- 5.4. Excessive profanity, abuse, or unsportsmanlike behavior could result in a player, coach, or spectator being asked to leave on their first offense. See Code of Conduct. Enforcement of this section of rules and regulations is the responsibility of City staff and/or the on-duty referee.
- 5.5. Any use of the 'f' word will result in an immediate ejection. Quite use will result in a bench sit down for the remainder of the game; however, the player

will be eligible to play the next game. Loud use of the 'f' word will result in an immediate ejection.

6. Classification of Play

Advanced – Strongly Competitive

Intermediate – Recreational to Moderate

Beginner – Strictly Recreational

7. Roster/ Eligibility of Players

- 7.1. All players must be registered prior to competition. Added players must complete an Official Team Roster. Participants must sign the roster prior to playing in their first game. Parents/guardians must sign for minors. Participants must be 16+ years of age.
- 7.2. If a roster is checked by Tremonton City or a roster call is made by the opposing team, and the team being checked is in violation, the current game is forfeited by the team in violation. All roster checks are handled by the City. Coaches for the team that have an unregistered player will not be allowed to play or coach in the next game. If the team is found to have an unregistered player on any subsequent game in the season, a more severe penalty will be imposed on the coach and/or the team, pending review by the Sports Coordinator.
- 7.3. A player will be considered ineligible and potentially banned from play for the remainder of the season or a full calendar year if they do any of the following:
 - 7.3.1. Rostered on more than one team.
 - 7.3.2. Play prior to completing and filing a signed roster form or pickup player form.
 - 7.3.3. Play under an assumed name.
- 7.4. A Tremonton City representative may check rosters and photo ID at any time, for any reason, for any league. If a player fails to provide proper ID, the player cannot return to play until proper ID is provided. If a player fails to provide ID on any subsequent games in the season with that team, they will not be allowed to play the remainder of games that night and are suspended for one week of play with that team.
- 7.5. Refunds shall not be considered or granted to any player or team who is suspended and/or ejected from play or from the facilities.
- 7.6. Managers are responsible to have their players read and understand the "League Rules" as well as the "Code of Conduct." Your team will be held accountable of the information contained therein. *By signing the roster, you are signing you are informed.*
- 7.7. Prior to tournament play, a player must play in at least one (1) regular season game.

8. Player Requirements

- 8.1. Games will be played with each team having six (6) players on the field.
- 8.2. An official roster may have a maximum of 12 players listed.

9. Equipment

- 9.1. Tremonton City Adult soccer league will provide and use size 5 soccer game balls. Additional balls may be brought to be used for warmups and as additional game balls.
- 9.2. Team shirts or jerseys are required to be of the same color.

10. Forfeits

- 10.1. Teams may begin a game with a minimum of four (4) players, with at least one (1) Male and Female.
- 10.2. Game time is considered Forfeit Time.
- 10.3. Teams must notify Tremonton City of an anticipated forfeit so that the opposing team may be notified.
 - 10.3.1. Canceled games will not be rescheduled and will count as a loss for the canceled team.
- 10.4. A forfeit will be recorded with a score of 1-0.
- 10.5. Nonappearance Forfeit Penalties
 - 10.5.1. First Offense Defined as a warning, and next offense will be probation.
 - 10.5.2. Second Offense Team on probation for the remainder of the season.
 - 10.5.3. Third Offense Ejection from league for the remainder of the year. No refund will be given for remaining games.
- 10.6. Three yellow cards or 2 red cards by a team in any single game will result in a forfeit of that game.

11. City Staff

- 11.1. A site supervisor will be assigned to each field to operate the games, answer questions, settle disputes and record scores.
- 11.2. Officials have jurisdiction over play, physical area of play and may call a time out, call off a game due to three (3) or more yellow cards, and penalize a player, including game ejection, for un-sportsman like conduct. Ejected participants must leave the facility and cannot return to the game.
- 11.3. You may contact the League Coordinator @ 435-257-9487 with unresolved issues.

12. Pre-Game Procedures

- 12.1. Teams should arrive and check in with Site Supervisor 10 minutes before game time.
- 12.2. If previous games are not running on time, the next game will begin five (5) minutes after the conclusion of the previous game.

13. Game Play

13.1. Players

- 13.1.1. Games will be played with six (6) players on the field including the goalie. Four players are required to start and finish the game, at least one male and female. Player ratio must be at least 2-4 ratio M/F or 1-3 ratio with only one male or female on the field.

13.2. Length of Games

- 13.2.1. Games will consist of two (2) twenty-five (25) minute halves. There will be a rest period of five (5) minutes between the two periods.

13.3. Timeouts

- 13.3.1. Each team will be granted one (1) timeout during each game. Timeout will be one (1) minute long.

13.4. Over Time

- 13.4.1. Games tied at the end of regulation will play one five (5) minute "Golden Goal" extra time period where the first team to score will be deemed the winner. If a regular season game is still tied at the end of the extra time period the game will be considered at tie.
- 13.4.2. If the game is still tied after the extra time period of a tournament game than the game will continue into a penalty shootout with each team being allowed five (5) attempts on goal against the opposing team's goalkeeper by the 5 players on the field to end the game.
 - 13.4.2.1. If Penalty Shoot Out is tied after five the five shots, the shootout will enter a sudden death shoot out starting with goalies, then on to other players on the team until a winner is decided.
- 13.4.3. Neither the kicker nor any player other than the goalkeeper may play the ball again once it has been kicked.

13.5. Substitutions

- 13.5.1. Live substitutions may occur if recognized and waved on by the referee. Player leaving the field must be completely off before the new player may enter the playing area near mid field.

13.6. Kick-Ins - Out of Bounds

- 13.6.1. A ball played out of bounds results in an indirect kick-in for the opposing team (quick kick).
- 13.6.2. All restart kicks, minus penalty kicks and fouls given for sliding will be indirect.

- 13.6.3. Players cannot score from their defensive half: ball must be struck from the attacking half to score.

13.7. Offsides

- 13.7.1. There are no offsides penalties.

13.8. Infraction Cards

- 13.8.1. Yellow cards will be punished by the player sitting for five (5) minutes and the team playing a person down for the five minutes regardless of any goal scored.
- 13.8.2. Two (2) yellow cards in the same game result in a red card.
 - 13.8.2.1. Any player receiving a red card is out for the game and the team plays a person down.
 - 13.8.2.2. A red card puts the player on probation and another card can result in player suspension for season.
- 13.8.3. This is a game of finesse and physical play is not encouraged. Continual physically aggressive play will result in a yellow card.

13.9. Slide Tackles

- 13.9.1. Slide Tackles will not be allowed. All slide tackles will result in a foul called and a yellow card. Slide tackles deemed to be dangerous will result in a foul called and an automatic red card.
- 13.9.2. Goalkeepers may slide in their own box in an effort to make a save or kick out a ball.
 - 13.9.2.1. Goalkeepers May Not slide directly toward another player.
- 13.9.3. Result of a slide tackle is a direct free kick, and a yellow card regardless of where the ball is.

13.10. Goalkeeping

- 13.10.1. Goalkeepers can use their hands ONLY inside their own penalty area.
- 13.10.2. Goalkeepers cannot Dropkick the Ball, the ball must be thrown.
- 13.10.3. Goalkeepers cannot throw the ball across midfield without the ball being touched by another player prior to the ball crossing the midfield line.
- 13.10.4. After the ball goes out of bounds for a goal kick, goalkeeper can kick the ball to any location on the field.

14. League Standings

- 14.1. League standings will be updated and available to you online. Seeding for the tournament is based on the total number of points. A win= 3 points. A tie = 1 point. A Loss = 0 points.
- 14.2. Tiebreakers for seeding are as follows.
 - Head-to-Head points
 - Points scored against the team
 - Coin flip
- 14.2.1. For 3 or more tied teams, the team with the highest total point differential between the tied teams (when they played each other) will take the higher seed.
- 14.2.2. Any team that has forfeited any game against the team(s) that they are tied with will automatically take the lowest seed tied for.

15. Tournament

- 15.1. Tournament is a single elimination tournament that will begin the week following the conclusion of the regular season.
- 15.2. Tournament schedule will be released at the conclusion of the regular season.
- 15.3. All teams will make the playoff tournament.

16. Unsportsmanlike Conduct

- 16.1. Unsportsmanlike conduct will not be tolerated. Any abusive or inappropriate conduct (physical or verbal) will not be tolerated any Tremonton City program. Abusive or inappropriate conduct directed towards spectators, referee, opposing players, league officials, or Tremonton City staff before, during, or after games may result in the suspension of the offending player(s). (View Code of Conduct)

17. Reschedules

- 17.1. Games will not be rescheduled unless there is extenuating situations and previously cancelled by the Tremonton Recreation Staff.

18. Weather Cancellations

- 18.1. Cancellation games will be determined by 4 p.m. the day of the game. Call the Rain Out phone number 435-257-9489.
- 18.2. Coaches and team representatives are responsible for informing all players of this procedure.
- 18.3. In the event of a cancellation, games will be rescheduled later in the season if time permits. Updated schedules will be posted online.

19. Communication

- 19.1. All communication from teams to a site supervisor and referee must come through a team captain. Captains shall be identified before each regulation game to game official.

20. Protests

- 20.1. League game protests are discouraged and will not be accepted on judgement decisions. The site supervisor will settle protests.
- 20.2. If protests cannot be settled by the site supervisor, a written protest must be written and submitted to the League Coordinator by 3:00 pm the next business day.
- 20.3. A \$25 hearing fee will be required and must accompany protest that is refundable if honored.