



SPORTS OFFICE

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<https://www.burbankca.gov/web/parks-recreation/adult-sports>

Field Conditions Hotline - 818-238-1970

RULES AND REGULATIONS GOVERNING ADULT SOCCER

- **The rules of FIFA Laws of the Game will apply unless amended below. Situations not specifically covered in these league rules will be left to the discretion of the Sports Office Staff. This league is governed under the Burbank Athletic Federation Code of Conduct.**

- I. **LEAGUE FEES:** League fee will cover league costs and all officials' fees for the season.
- II. **THE FIELD AND EQUIPMENT**
 - a. **Length:** 53.3 yards (Football field is 120 x 53.3 yards)
 - b. **Width:** 40 yards
 - c. **Goals:** The recommended distance between the posts is twelve (12) feet and the distance from the lower edge of the crossbar to the ground is six (6) feet. Goals may be smaller in dimension.
 - d. **Ball:** Size five (5) ball
- III. **THE REFEREE**
 - a. Provide all personal equipment: uniforms, whistles, red/yellow cards
 - b. Arrive at least 15 minutes prior to game time. Check in with the staff.
 - c. Enforce the "Laws of the Game" and all league rules
 - d. One-man systems will be used. On some cases, at the discretion of the referee assignor or league administrator, a two or three man system may be used.
- IV. **RULES OVERVIEW**
 - a. **Players:** 7 players on the field per team (including goalkeeper as the 7th).
 - b. **Duration:** Two 25-minute halves, running clock with 3-minute Half Time and NO STOPPAGE TIME. The period will drop dead once the clock hits zero. Any ball in flight prior to the clock reaching zero will be allowed to be completed.
 - c. A Coin toss will determine who starts with the ball at mid field. The winner of the coin toss will get to choose between possession or direction.
 - d. **Possession:** Who starts with the ball to start the game (the opposite team will start with the ball in the 2nd half)
 - e. **Direction:** Choose which goal they would like to defend in the first half (teams will switch sides in the 2nd half)
 - f. **Ending score:** Games will result in a tie if the score is even when regulation is over during the regular season. Saturday, September 10, 2022
 - g. During playoffs, a tied game after regulation will begin a 5 minute overtime period where sudden death rules will be in effect (first team to score wins)

- h. If the game remains tied after the overtime period, the game will go to a shootout (See shoot out rules below)
- i. **Mercy Rule:** In the event that a team is trailing by 10 goals or more, the trailing team will gain possession of all balls that go out of bounds regardless of who last touched the ball until the spread is reduced to 9 goals or less

V. THE PLAYERS

- a. Each team will field 7 players at any one time
- b. The minimum number of players allowable would be 6 people.
- c. Players must be registered and cleared before being allowed to play
- d. Teams may have up to 2 female players
- e. Teams may have a maximum roster size of 18
- f. Players must play at least 3 regular season games to be eligible for playoffs

VI. SUBSTITUTIONS

- a. Substitutions may be done on an unlimited basis, FROM THE MIDDLE OF THE FIELD!
- b. Substitutions may enter the field during a dead ball play and once granted by the referee

VII. UNIFORMS

- a. Each player must have matching uniforms (or similar colors) that differ from the opposing team with unique numbers.
- b. Goal keepers must have a different color jersey than the rest of the team or can use a penny to distinguish themselves as the keeper. Utilizing a similar color as the opposing team in an effort to deceive the opposing team is not allowed.
- c. Matching shorts, and socks are desired but not required.
- d. Age and/or size appropriate shin guards are required. This will be determined by the referee or league administrator.
- e. Appropriate soccer footwear and tennis shoes are required. No metal studded shoes allowed.
- f. Casts, splints or body braces made of hard materials are not allowed, unless they are padded to the satisfaction of the referee or league administrator.
- g. Hats and headgear with any hard surface are not allowed.

VIII. SUBSTITUTION VIOLATIONS

- a. A team fielding too many players during play will be warned and the extra players will be returned to the bench
- b. Any subsequent illegal substitutions will result in a yellow card penalty to all offending players

IX. FOULS AND MISCONDUCT

- a. All players and spectators in the program must abide by the City of Burbank Athletic Federation Code of Conduct.
- b. No player shall argue with or disrespect any staff, official, player or spectator.
- c. Any unsportsmanlike conduct before/during/after game time while on site will result in a yellow card, red card or suspension depending on the severity of the act.
- d. Slide tackling is not permitted unless the sliding player is attempting to save a ball from going out of bounds. If a player slide tackles and makes contact with another player from the opposite team, play will be ruled dead, and a free direct kick will be awarded.

Additional penalty may also result in a yellow card or red card penalty depending on the severity of the act.

- e. Players are allowed to use their bodies for contact natural to the game but are NOT allowed to use their bodies with excessive force. Any bodychecks or excessive contact will result in a free kick, yellow card or red card depending on the severity of the act.
- f. We want to reduce the potential for injuries to players. We want to discourage players from slide tackling and enforce the following penalties.
- g. All judgement will be at the discretion of the referee. Any player who argues with a judgement call will be ejected and liable to further penalties.
- h. **Yellow Cards:** Yellow cards will be administered by any official to a player that commits an excessive foul such as excessive contact, contact that greatly hinders another player or unsportsmanlike conduct. Any player that receives a yellow card must go to the bench (if currently on the field) or remain on the bench for 3 minutes of game time before being allowed to enter the game. If a player receives a yellow card with less than 3 minutes in the half, they will sit for the rest of the half and will remain on the bench to start the next half/overtime period for the remaining time of their penalty. If a player receives two yellow cards in the same game, they will be disqualified from further participation in the game.
- i. **Red Cards:** Red cards will be administered by any official to a player that commits a dangerous or flagrant foul. Additionally, a red card maybe given to a player that acts in an extremely inappropriate or violent manner where in the official's judgement is enough to warrant a red card. When a player receives a red card, they are ejected from the game and must leave the vicinity of the field. Additionally, the red carded player's spot on the field is also removed from the game meaning that team will play one man short (7 vs 6) for the rest of the game. If a 2nd red card is administered, the offending team will play two men short (7 vs 5). If a 3rd red card is administered, the game will be forfeited by the offending team.
- j. ***Exception: If in the judgement of the official or sports staff, the offending team is playing overly violent/dangerous or are acting as a group in an extremely inappropriate manner, the official may declare the game a forfeit prior to 5 red cards being administered.**

X. **PENALTY SHOOT OUT:**

- a. A shoot out will take place during a playoff game where there can be no DRAW. After the 5-minute overtime period in which neither team scored, the officials will begin a shootout. Each team has five shots which must be taken by different kickers; the team that makes more successful kicks is declared the victor. Shoot-outs finish as soon as one team has an insurmountable lead. If scores are equal after five pairs of shots, each team will send one additional kicker for an extra round which must be a player who wasn't one of the original 5 kickers. This process will continue until a winner is declared. A team can only send a kicker a 2nd time only if every other player on the team has already kicked at least once. Neither the kicker nor any player other than the goalkeeper may play the ball again once it has been kicked.

- b. A team winning in a shootout will receive 1 goal to their score which will be ruled as the final score.

XI. DEAD BALLS

- a. **Throw In:** When the ball leaves either of the side boundaries completely, the team who last touched the ball will surrender possession to the other team who will then have a player throw the ball in from the spot where the ball went out of bounds. The throw in player must keep both feet on the ground, stay behind the boundary line (out of bounds) until they throw the ball in. Ball must be held and thrown with both hands while being above the throw in player's head
- b. **Corner Kick:** When the ball leaves the boundary behind a team's own goal completely by the defending team. The defending team will surrender possession to the attacking team who will then have a player perform a corner kick. The corner kick will be taken from the corner that corresponds with the side of the goal from where the ball went out of bounds.
- c. **Goalie Kick:** When the ball leaves the boundary behind a team's opposite goal completely by the attacking team The offensive team will surrender possession to the defensive team's goalie. The goalie will kick the ball from the ground while it is stationary within the 6-foot goal area.
- d. **Offsides:** There are no offsides
- e. **Direct Kick:** A free kick taken typically because of a contact foul of some kind. Direct kicks maybe kicked into the goal for a score. All players aside from the one taking the free kick must be at least 8 yards away
- f. **Indirect Kick:** A free kick is typically awarded from a non-contact violation of some kind. Indirect kicks cannot be kicked into the goal for a score. A different player must touch the ball after the kick is taken before it can be legally kicked in for a goal.
- g. **Penalty Kick:** A penalty kick will be administered when a foul occurs in the penalty area and would ordinarily result in a free direct kick. The penalty kick will be taken from 12 yards away from the goal line and only the goalkeeper may stand in between the ball and the goal. All other players aside from the kicker must be outside the penalty area and cannot enter it until the ball is kicked.

XII. STANDINGS

- a. League games will have the following point system applied to game results:
 - i. WIN = 3 POINTS
 - ii. TIE = 1 POINT
 - iii. LOSS = 0 POINTS
- b. Tiebreakers between 2 teams:
 - i. Head-to-Head record
 - ii. Less goals allowed in head-to-head games
 - iii. Less goals allowed overall
 - iv. Coin toss
- c. Tiebreakers between 3 or more teams will be applied:
 - i. Best Head-to-Head record in common games
 - ii. Less goals allowed in common games
 - iii. Less goals allowed overall
 - iv. Coin Toss