

2016 Rules for Womens Outdoor League Play



****NO METAL CLEATS/SPIKES ALLOWED AND SHINGUARDS ARE MANDATORY****

Uniform: -all players must wear soccer shin guards

-no metal cleats or spikes are permitted

-no hats except for goalkeepers

-knee braces must be inspected and approved by the referee prior to the start of the game

-only hand and arm casts are allowed. Casts must be padded and inspected and approved by the referee prior to the start of the game

-the referee can order a player to remove any unauthorized or dangerous equipment (including jewelry)

The Game: Game times are 6:00pm and 7:00pm at Nott Road in Guilderland on FIELD 1 (closest to the entrance) and FIELD 3 (across from the dog park). Games will be played on Tuesday **AND** Thursday evenings. The game shall consist of two (2) twenty-five minute (25 min.) halves with a rest period of five (5) minutes in between halves. The rest period will be shortened if the game fails to start on time. Games ending in a tie remain tied –**NO OVERTIME!** Any game terminated because of the weather will be completed at a later date from the exact point at which the original game stopped. If a game reaches halftime the game will be considered complete. Teams are required to play make-up games as scheduled or accept a forfeit.

Number of Players on the Field: 7 (6 + keeper). The minimum number of players to start a game is 5 players or else it is considered a forfeit (3-0). We recommend in the interest of the league that the teams divide equally and play a “friendly” game. If a team wants to forfeit, they can pick up players from other teams in order to have enough to play (this must be decided before the game begins). If games are moved indoors, the format will change from 7v7 to 6v6 to accommodate the smaller playing field.

Kick Offs: Kickoffs are indirect and the ball must be played forward. If games are moved indoors, the ball may be played forward or backwards.

Goalkeepers: -Cannot pick up the ball if intentionally played back by own team with their foot or by a throw in

-Allowed to punt, dropkick and kick over half!

-Wasting time will not be allowed. If a referee feels that she is doing so intentionally, this will result in an indirect kick at the top of the box.

-A ball may not remain in the goalkeepers hands for longer than 7 seconds during active play.

Offsides: Offsides will be called starting at the top of the goal box. If games are moved indoors, there will be no offsides.

Free Kicks: All free kicks are **now direct, with the exception of dangerous plays, handling by a keeper inside the box, time wasting by the goal keeper**, and defending team must be a minimum of **7 yards** away (5 yards away if indoors).

Substitutions: Substitutions shall be unlimited and unrestricted. Substitutions may be made with the consent of the referee at the following times:

-prior to a throw-in (either team in possession)

-after a goal or before a goal kick by either team

-after an injury, by either team, when the referee stops play

-at half time

Yellow Card: Any player with two (2) yellow cards in consecutive games cannot play the next game. Any player with four (4) non-consecutive yellow cards cannot play the next game. Two (2) yellow cards in the same game means an immediate red card.

Red Card: All red cards will result in immediate ejection; **ATA MINIMUM, the player will sit out for the rest of the game AND the following game.** All red cards will be subject to review to determine the length of the suspension. If the ejected player attempts to play during their suspension, then he/she will be suspended indefinitely. On a red card the team will play a man down for the remainder of the game, even if goals are scored.

If a player on your team receives a card and refuses to give her name to the referee, your entire team will forfeit their remaining schedule. If a fake name is given, your entire team will forfeit their remaining schedule AND will be banned from the Womens Outdoor League permanently. In any case of suspension or expulsion, **NO refunds will be issued.**

Other Rules: **NO Slide Tackles!** Fist fighting, swearing, and racial remarks will NOT be tolerated. **The referees and Afrim’s Sports staff have the right to suspend anyone from the league at any time for this behavior.**