



Welcome to Afrim's Sports' 2018 Womens 7v7 Outdoor league. This is the eighth year Afrim's Sports will be running this league at Nott Road in Guilderland, with games beginning on Tuesday, June 5th, 2018. Our main goal is to provide opportunities for people to stay healthy and fit and, most importantly, to play as much soccer as possible!

The league fee is \$90/player + valid Afrim's Sports' Membership (\$15/annual fee) + current waiver on file (must be renewed every year). The registration fee is a flat fee for all players, no matter how many games each player is playing and/or missing. There is NO "splitting" the cost with another player. Each team must have **10 players minimum** on their roster (no max roster size) prior to the start of the season. Games will be played on Tuesdays **and/or** Thursdays, at either 6:00pm or 7:00pm. This means teams may play **up to 2 times per week**, unless your team is scheduled for a BYE. Each player will receive automatic game reminder e-mails 2 days before each game (if subscribed to our emails).

No persons may be added to any roster after Tuesday, June 26<sup>th</sup>, 2018 (3 weeks after the league start date). Official roster additions must be submitted via email to [afrimsports@gmail.com](mailto:afrimsports@gmail.com). Players can only play on **ONE** team in any given division. **Example:** Jane can play on 1 team in the A division **and** 1 team in the B division, but **NOT** on 2 teams in the A division **or** 2 teams in the B division.

The minimum number of players allowed to start a game is 5. If a team has less than 5 players at the start of the game, it will be recorded as a 0-3 forfeit loss. If a team wants to forfeit, players from other teams can be asked to jump on the field so that there are enough players (forfeits and the use of non-rostered players must be decided before the game begins). In the event of a forfeit, the teams may scrimmage among themselves. Forfeits will NOT be rescheduled. **\*\*If your team forfeits 3 games due to a lack of players, then your team will be removed from the schedule. No refunds will be issued.\*\***

Please have your team bring 2 colors to each game (ex: white t-shirt and black t-shirt). Most teams wear matching jerseys or uniforms. If your team is looking to buy jerseys or uniforms, we have a large selection at our Soccer Shop located at Afrim's Colonie! Give us a call at (518) 438-3131 x3 and we can help find your team a jersey/uniform at an affordable price.

**RAIN OUTS:** If Nott Road is closed due to inclement weather; games may be moved indoors to Afrim's Sports Colonie, Latham or Bethlehem, depending on field availability. If games are moved indoors, times may be adjusted slightly and the format will change from 7v7 to 6v6 to accommodate the smaller playing field. If any game is rescheduled to an alternate day/time, teams are required to play make-ups as scheduled or accept a forfeit loss of 0-3. Team captains will be notified by phone and we will e-mail each team of any changes. It is important that all players give us their most recent contact information when registering so that they receive our calls/emails in the event of any game changes. If your team captain is unavailable or out of town, we will still be able to contact other players on your team.

Each player must sign the Afrim's Sports waiver, have a valid membership and have an up-to-date photo in our system in order to play in this league – *this includes any substitutes/guest players you may be using*. **Referees will be checking rosters and player cards before each game. Any person who is unpaid, has not signed**

**a waiver, does not have an up-to-date membership, or does not have a player card on file will NOT BE PERMITTED TO PLAY. Any substitute/guest player who shows up to Nott Road without properly acquiring a guest player pass will NOT BE PERMITTED TO PLAY.** Substitute/guest player passes cost \$10 and must be paid **no later than 4:30pm on game day** at Afrim's Sports Colonie at 636 Albany Shaker Rd. Albany, NY 12211. Each guest player pass is only good for 1 game and will be added to the team's player cards for that date only. ***If any un-rostered player shows up to play and gives the referee a fake name, they will be removed from Afrim's Sports' league play indefinitely. If a player tries to reuse their guest player pass, they will be removed from the league for the remainder of the year.***

Please keep in mind that there are no water fountains at Nott Road. We recommend that teams bring their own drinks and ice (if needed for injuries), as this will not always be provided by Afrim's Sports. If there is an Afrim's Sports' representative present at the fields, water and/or ice may be available (look for the truck, typically in between Fields 1 and 3).

All players must wear shin guards and will **NOT** be allowed to play without them. Cleats are allowed, but no metal cleats or spikes will be permitted.

We thank you for your cooperation and look forward to another fun and successful outdoor season!

Questions? Please do not hesitate to contact us at [afrimsports@gmail.com](mailto:afrimsports@gmail.com) or by calling (518) 438-3131 x2.

# Afrim's Sports' Womens Outdoor Soccer League Rules

## Section I: General

- A player must be at least eighteen (18) years of age in-order to be eligible to play. Any exceptions must be approved by Afrim's Sports staff and the parent/guardian of the player.
- Each player must have a signed waiver on file to play (this can be done online through your [DASH account](#)). If a player is under eighteen, their waiver must be signed by their parent/guardian.
- Players can submit registration/intent to register by e-mail; however, the addition will not be official until a member of Afrim's Sports' staff has added the player to the appropriate roster and payment of \$90 has been received.
- Guest players – All guest players must register with Afrim's Sports, sign the waiver, pay the membership and physically stop into Afrim's Sports Colonie (636 Albany Shaker Rd.) to get their picture taken. This must only be done ONCE. Once you have registered with the waiver, updated membership and have your picture on file, a player card will be printed and kept on file. Once you meet those 3 requirements, you do not need to stop in to Afrim's Sports Colonie before the game; just call in, make a payment and we will bring the card out to the field for you. Your Guest Player card will be added in to the appropriate team's player cards and these will be given directly to the referee. The fee is \$10 per game and each Guest Player Pass may only be used once.
- If your team forfeits 3 games due to a lack of players, your team will be removed from the schedule. No refunds will be issued.

## Section II: The Game

- Game times are 6:00pm or 7:00pm at Nott Road fields in Guilderland.
- Games will be played on Tuesday and/or Thursday evenings.
- A team shall consist of a minimum of ten (10) players. The minimum number of players to start and continue a game is as follows: A minimum of 5 players must be present to start and/or continue game. If a team has less than 5 players at the start of game, it will be recorded as a 0-3 forfeit loss. If a team wants to forfeit, players from other teams can be asked to jump on the field so that there are enough players (forfeits and the use of non-rostered players must be decided before the game begins).
  - In the event of a forfeit, the teams may scrimmage among themselves. Forfeits will NOT be rescheduled.
  - **If a team forfeits 3 games due to a lack of players, then your team will be removed from the schedule. NO REFUNDS WILL BE GIVEN.**
- Substitutions shall be unlimited and unrestricted and may be made on any "out of bounds" ball. On the fly substitutions may be done while the ball is in play, but the player entering the field must wait until the player exiting has stepped off the field.
  - Violation of this rule could result in a 2-minute penalty (playing a person down).
  - Fouls are not guaranteed substitution since the opposing team may play the ball as soon as they wish.
- The game shall consist of two (2) twenty-five-minute (25 min.) halves with a brief rest period in between halves. The rest period will be shortened if the game failed to start on-time.
- Games ending in a tie will remain a tie (for regular season games) – NO overtime.
- Afrim's Sports and Nott Road staff will determine if the games will be postponed or moved inside due to inclement weather. Updates will be posted on the Afrim's Sports' website and Facebook, and in some instances, emailed to the players.
  - **Nott Road typically waits until approx. 4:00pm to determine any field closures. This means we will be contacting you as soon as we know; however, it will be AFTER 4:00pm!**
- Once games begin, if the weather is threatening, a league official will determine if the game is to be postponed. If lightning is observed in the vicinity, teams will be asked to leave playing area for thirty (30) minutes. If the lightning disappears after thirty minutes, the game will continue. If the lightning continues after thirty minutes, the postponement will continue until the area is lightning-free for thirty (30) minutes.

- If a game is terminated before reaching halftime because of the weather, the teams must come to an agreement on whether they would like to reschedule to a later date ***before leaving the field***. If the two teams cannot come to an agreement, the game will NOT be rescheduled, and the existing score will stand. ***If a game reaches halftime the game will be considered complete.***
- SLIDE TACKLES are NOT permitted.
  - Sliding may cause injuries and increase on-field conflict.

### **Section III: The Uniform**

- All players must wear shin guards.
- All cleats/shoes must conform to the laws of the game.
  - **No metal cleats or spikes are permitted.**
- The laws of the game forbid players from wearing anything that is dangerous to another player. The use of hard and dangerous protective equipment is not permitted.
- No hats are allowed, except for goalkeepers. The referee must approve other non-dangerous headwear.
- 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 must be inspected and approved by the referee prior to the start of the game.
- The referee or league official(s) can order a player to remove any unauthorized or dangerous equipment (including jewelry).

### **Section IV: The Equipment**

- Afrim's Sports will provide game balls and corner flags.
- Balls and flags remain the property of Afrim's Sports and must be returned after each game.
- We recommend that teams bring their own ball(s) to warm up with as there will be none available to borrow.

### **Section V: Protests**

- Complaints or protests can be made to Afrim's Sports. The complaint/protest should be as specific as possible and include: First and last names of everyone involved, a complete description of the **FACTS**, why you feel a protest is necessary, etc. Written complaints/protests must be e-mailed to [afirmsports@gmail.com](mailto:afirmsports@gmail.com) and will be reviewed by Afrim's Sports' Disciplinary Committee.
- **Judgment calls by the officials can NOT be protested.**

### **Section VI: Sportsmanship/Player Behavior**

The following actions, and any other actions which detract from the recreational nature of the game, will result in **suspension** or **expulsion** from all league play at Afrim's Sports (including indoor play):

- Displaying irate behavior in protesting a referee's or Afrim's Sport's official's decision by any team member or a team's fans.
- Resorting to behavior that threatens or assaults any player, referee or official (i.e. verbally threatening another player, coach, referee, or officials, taunting other players, etc.).
- Obscene and abusive language will not be tolerated on or off the field, regardless of whether it is directed at someone else.

### **Section VII: Ejections/Suspensions**

To enforce player behavior that is consistent with the established purpose of recreational soccer, the following action may be taken:

- An official may eject any player in violation of any of the above rules. Upon ejection of a player for unsportsmanlike conduct, the official will inform the player, team and field official that the player has been ejected. **The player is responsible for leaving the park within two (2) minutes.** A player remaining in the vicinity of Nott Road fields (including the parking lot) after being ejected from the game will be subject to a long term or life-time suspension.
- Any player ejected from a game for unsportsmanlike conduct could face an **automatic one-game (1)** suspension. A suspended player may not attend nor participate in the game(s) affected by the suspension.
- Any player who, after being ejected, acts in such a way as to offend or endanger anyone, including spectators or families of players, will be automatically suspended for a **minimum of four (4) weeks.** Examples of such behavior include, but are not limited to, physical assault and/or verbal assault. The maximum penalty is permanent expulsion from Afrim's Sports.
- Any player ejected twice during the season will automatically be suspended for the remainder of the outdoor season.
- In flagrant cases of unsportsmanlike conduct that are reviewed by Afrim's Sports' Disciplinary Committee, an entire team can be held responsible for the actions of an individual on the team.
- In any case of suspension or expulsion, **NO REFUNDS WILL BE ISSUED.**

## Section VIII: Cards

### Yellow

- All yellow cards will result in a man down situation for 2 minutes or until the opposition scores, whichever comes first.
- Two (2) yellow cards in the same game is equivalent to an immediate red card.
- Any player with two (2) yellow cards in consecutive games cannot play the next game.
- Any player with four (4) non-consecutive cards in one season cannot play the next game.
- No refunds will be issued due to suspension.

### Red

- On a red card, the team will play a man down for the remainder of the game, even if goals are scored.
- All red cards will result in immediate ejection from the current game. The player **MUST** leave the premises. This will result in a minimum one-week suspension. If a player plays on multiple rosters (indoor included), they will be subject to miss all games for a period of one (1) week. If the ejected player attempts to play during their suspension, then she will be suspended indefinitely. In all cases, Management has the discretion to issue a MORE or LESS severe suspension than listed below:
  - Red card product of two (2) yellow cards: **must sit 1 game.**
  - Red card for violent conduct, fighting or trying to physically attack another player or official: **lifetime ban.**
- No refunds will be issued due to suspension.

***\*\*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.\*\****

### Fighting/Altercation Suspensions

- All players involved in an altercation on the field will be reviewed.
- Any person who strikes (i.e. open or closed fist) or blatantly attacks (i.e. kicking, elbowing, headbutting, etc.) another person will be suspended for a minimum of 8 weeks from all teams (indoor included).
- Any player defending him or herself, without striking an opponent, will be reviewed.
- Those players who instigate an altercation on the field will be suspended for a minimum of 2 weeks from all teams (indoor included).
- No refunds will be issued due to suspension.

## Section IX: Rainout Rescheduling

- Teams are required to play make-up games as scheduled or accept a forfeit loss of 0-3.
- If the games are moved indoors, the format will change from 7v7 to 6v6 to accommodate smaller playing field.

## **Section X: Standings**

If there are any ties for the top three finishers in league play, the following tie breaking procedures will be used in the order that they appear:

- Points
- Goal Differential
- Wins
- Goals For

League standings will be kept on the Afrim's Sports' online portal. Players can log into their [DASH account](#) to access these standings.