

2018 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/OR** 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. ****if a team forfeits 3 games due to a lack of players, that team will be removed from the schedule and no refunds will be issued.****

Kick Offs: Kickoffs are indirect and 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!
- Intentionally 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 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.

Yellow Card: 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. Failure to give your name to the referee, or staff members, when asked to do so, will result in immediate and indefinite suspension. No refunds will be issued due to suspension.

Red Card: 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.**

Failure to give your name to the referee, or staff members, when asked to do so, will result in immediate and indefinite suspension. No refunds will be issued due to suspension.

Other Rules: **NO Slide Tackles!** Fist fighting, swearing, and racial remarks will NOT be tolerated (see 2018 Womens Outdoor League Welcome Letter Rules for additional details on Fighting/Altercation Suspensions). **The referees and Afrim’s Sports staff have the right to suspend anyone from the league at any time behavior that is deemed inappropriate.**