# Albany Co-ed Soccer League

Winter 2022-23 8v8 Season Guidelines and Rules

## Format

* 8v8 - 5 men, 3 women on the field including a goalie.
  + Female players must be over 18 whereas male players must be over 25.
  + No more than 5 men may be on the field at any time with the exception of up to 1 male player over 50 years old taking the place of a female player
    - With regard to this rule, in no way is this to be interpreted as equating the ability of female players with a 50 yr old. That is not the intent of the rule. This rule is for expediency's sake.....meaning that it's very hard to find female players and this is a way to field teams and also include older players.
* 25 minute halves, 5 min halftime
  + If a game starts late for any reason (i.e. players arrive late), then time will be deducted from the halves. All games must end on the hour. However, teams can discuss and agree to cancel or shorten halftime to get more playing time. Teams must agree and notify the referee before the game starts if they decide to do that.
* Half fields with medium sized goals
* 1 referee

## Guidelines

General Waiver and COVID Policies

* All players must sign the ACSL waiver, and the COVID waiver. The league will check that all of the above is completed before a player can participate in a league game.
* Team managers are responsible for making sure their players abide by all of the rules and policies.

Roster and Player Policies

* Rosters are limited to 24 total active players
* Rosters will be generated by the ACSL website. They will need to be provided to the referee each week. All players on the roster must have signed the waivers before playing in a game.
* For teams and players that played in the Fall 2022 Season, they do not need to sign the waivers again.
* **New Players**: All new players must have signed the ACSL. Team managers and/or new players can contact the league (at this time, Brian McCarthy) during the week to electronically meet these requirements. Or it can be done at the field on Sundays before your game starts. Again, please let Brian McCarthy know if you will be adding new players.
* All players in the league and on any team (men, women, goalies) can play on more than one team if another team is short players for a game. Teams are not allowed to invite friends, guests, or random people at the field, etc. to play for them unless they are added as an active new player on the roster before the game starts. See above for new player procedures.
* Teams and players that violate the above rules will forfeit their game, which can occur before, during, or after the game. A second violation can result in suspension or a league ban. A more serious first violation, such as providing a fake name, can result in an immediate ban.

## Game Play Rules

* No offsides
* Throw-ins (not kick-ins). Throw-ins are indirect, and a goal cannot be directly scored by throwing the ball into the goal
* Corner kicks are direct, and a goal can be directly scored from a corner kick. Any male or female player may take corner kicks.
* Subbing may be done at any time, but they must be done from the half line.
* Women must take all free kicks on the opposing team’s half and all penalty kicks.
* Handballs must be deliberate and intentional for it to be a violation. Players are allowed to cover their body parts, including their head and other sensitive areas, with their arms and hands on free kicks to protect themselves.
* Players receiving a yellow card caution shall immediately leave the field of play and remain out of the game for a five (5) minute “cooling off” period. The player cannot be replaced until 5 minutes have passed.
* A player receiving a Red Card is ejected from the game and his/her place may not be substituted. Further disciplinary action may follow.