**City of Albany Co-Ed Soccer (ACSL)**

**League Rules**

**Rules subject to change at any time and may be updated during an active season.**

**ACSL follows FIFA Laws of the Game with the following exceptions:**

1. Minimum Number of players:

• 7 players per team (of which at least 3 must be women) are required.

• A team that cannot field 7 player’s forfeits.

• There is a 15 minute grace period before the scheduled start of a game before forfeit is applied.

2. Co-Ed requirements:

• No more than 6 men may be on the field at any time with the exception of up to 1 male over 50 years old taking the place of a woman.

• No fewer than 3 women (or 2 women and 1 male who is over 50 years old) are required on the field at any time.

• Example of allowed formations:

• 6 men, 5 women

• 5 men, 6 women

• 7 men if one is over 50 yrs. old, 4 women

• 6 men, 4 women

• 6 men, 3 women

• 6 men under 50, 2 women, 1 man over 50

• 4 men, 3 women

## **Note: Please note 50+ players on roster submitted to ref, and make sure refs and other team are aware of the player prior to kick-off to avoid confusion during the game**

3. Women must take free kicks on the offensive half of the field (corner kicks excluded).

• No 10-yard rule for teammates of the free-kick taker

• 50+ males are not allowed to take free kicks on the offensive half.

4. Women must take all penalty kicks in regulation.

• 50+ males are not allowed to take penalty kicks in regulation.

• In penalty kick shootouts during tournaments/playoffs, penalty kick takers shall alternate between women and men. In this scenario a 50+ male may kick

5. Unlimited substitutions: With the referee’s permission, substitutions may take place:

• at any kick-off

• to replace a cautioned player (only the cautioned player may be substituted)

• to replace an injured player

• goal kicks and throw-ins: the team in possession (only) may substitute

• if the team in possession is substituting, the other team may also sub at that time

• if Team A is playing with 11 or fewer players, Team B (fielding more than 11 players) may substitute players even when the stoppage (throw in or goal kick) is awarded to Team A.

6. No slide-tackling: Slide tackling shall be considered unsporting behavior and will result in a direct free kick being given. Intentional slide tackling is subject to caution. This rule does not apply to goalkeepers within the penalty box area.

• It is not illegal to slide for a ball that is not in possession (for example, sliding near the back line to prevent a goal).

7. Shin guards are mandatory.

8. Managers should encourage players to all play with the same color shorts and socks (per the ref’s requests).

9. Jewelry and Glasses: Earrings and flat wedding bands are allowed if covered with tape. Cloth/hemp bracelets are allowed. Necklaces and rings with stones are not allowed. Glasses are not allowed with the exception of sports goggles.

10. Normal game length is 90 minutes with two 45 minute halves with a 5-10-minute halftime. If a game is started late the referee may shorten game length and/or halftime as necessary. Tournament/Playoff games may be shortened to 80 minutes with two 40 minute halves to accommodate possible penalty kick shootouts.

11. If there is a jersey color conflict, **HOME** team is responsible for changing colors. Using pennies is acceptable for color change.

12. Captain(s) need to wear armbands to identify them.

**II.** **Roster / Age Restrictions**

1. The maximum game day roster size for a team is 24 players.
2. A player is considered 50 years old if he is turning 50 during the year in which the game is being played.
3. Minn age for men is 25 years old by the game they will play in, not by end of year.
4. Min age for women is 18 years old by the game they will play in, not by end of year.
5. Roster changes are allowed until the 11th game of the season. At this point, the 24 player roster cannot be changed.
6. An official league website generated roster including full name, and jersey number for each player must be submitted to the referee before each game. The roster (on game card) may not have more than 24 players listed.
7. All players (except GK) must have a # jersey when they are on the field.
8. All players must be on the printed roster unless an exemption from a league co-president is given.
9. **Playing on two teams:**
   * **Women may play on any team in any division as long as they are on that team’s printed roster.**
   * 50+ year old men can play on any team.
   * Goalkeepers can play on any team.
   * There not a limit for how many players may play on another.

**III.** **League Code of Conduct**

1. Teams and spectators are expected to show good sportsmanship and act in a positive, friendly and sporting manner, showing respect for league officials, other players, and referees. This includes communication amongst team managers and league officials.

2. Flagrant acts or violent conduct such as fighting with other players, league officials, or the referees (including threatening words or gestures) will not be tolerated and is subject to Disciplinary Committee review, extended suspension, and banishment from the league. This applies to all league functions including meetings and pickup games on league-reserved fields.

3. Team managers are expected to follow the League Code of Conduct and administer their teams in a manner that ensures the overall health of the league. Failure to do so may result in mandatory change of management or the team losing its spot in the league.

4. Smoking and alcohol are prohibited. Players under the influence of alcohol will be ejected from the park facility and face disciplinary committee review.

5. The league officials have the full power and discretion of imposing penalties on all violations of the League Code of Conduct. For violations not listed, penalty shall be decided at the discretion of the league officials. A Disciplinary Committee comprised of players and/or Managers shall convene and make recommendations to the League Officers.

6. If a player plays for a team without proper authorization, the team will forfeit the match. In addition, the team will suffer a minimum 1 point standings penalty.

7. Players on existing teams must follow the existing procedures to transfer teams:

• Prior to one month before the season starts, communication (email) including the affected player, BOTH teams’ managers, and a league president must be sent so the original team has time to prepare for losing a player.

• After the deadline for transfer without approval, a player may only change teams with approval of the team they are intending to leave. Approval may be waived by the league if there are special circumstances which warrant allowing the transfer.

• A player that has been dropped off the roster of a team is a free agent

• No transfers are allowed once rosters are locked (11th game of the season).

# **IV.** **Disciplinary procedures**

1. Disciplinary Points:

• 1 point for Yellow Card

• 3 points for straight Red Card

• 0 additional points for Red Card resulting from 2 Yellow Cards (although the 2 Yellows amount to 2 points accrued)

1. Cards:

* A player receiving a Red Card is ejected from the game and his/her place may not be substituted.
* **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 team may choose to sub in an eligible player so that they do not have to play down. In the case where the team has no subs available, they must play down until the “cooling off” period is over. Once the period is over, the player who received the caution may sub or enter back into the game after requesting permission from the referee prior to re-entering the field of play. The team may sub other eligible players during the “cooling off” period if desired. Goalkeepers are exempt from this rule.**

3. Means by Which a Player May Be Suspended:

* A red card (either straight or two yellows in a game) results in a one game suspension following the game the player is ejected from
* When a total of 3 or more disciplinary points are accumulated, a player is suspended for one game (either 3 total yellow cards or a straight red card).
* When a total of 6 disciplinary points has been accumulated, a player will be subject to Disciplinary Committee review. The Disciplinary Committee and league administration will determine the proper length of suspension.
* Failure to abide by League Code of Conduct may result in suspension or banishment from the league.

4. Flagrant acts or violent conduct such as fighting with other players, league officials, or the referees (including threatening words or gestures) will not be tolerated and is subject to disciplinary committee review, possible extended suspension, and possible banishment from the league. This applies to all league functions including meetings and pickup games on league-reserved fields.

5. Players that accrue enough disciplinary points or receive a red card during the last game of the season to be subject for suspension will be suspended for the first game of the following season.

6. Team Disciplinary Points: If **14** disciplinary points are accumulated by a single team, that team shall lose one point in the standings. For each subsequent **6** disciplinary points accumulated, the team shall lose another point in the standings. Team disciplinary points do not carry over to the next season.

7. Teams are responsible for sideline fans. If fans are causing trouble and refuse to leave at the request of the referee, the team is subject to forfeit.

8. Ejected players must leave the park facility before play continues. Failure to leave will result in their team’s forfeit.

9. Players attending a game but not playing (due to injury or suspension) are subject to the same disciplinary rules as if they were playing (further disciplinary points may be accrued).

# **V.** **Team Status**

1. A team’s right to be in the league is at the discretion of league officials. A team may be removed from the league for the following reasons:

• Multiple violations of the League Code of Conduct

• Failure to pay league fees on time

• Failure to maintain proper registration of players

• Forfeiting multiple games in a season

• Any other reason deemed by league officials to ensure the league health

# **VI.** **The Competition**

Regular Season Standings shall be determined as follows:

• 3 points for win

• 1 point for draw

• 0 points for loss

3. Standings points may be subtracted due to penalties such as disciplinary point accrual.

4. **The score for forfeit games will be counted as 3-0**.

5. The team that accumulates the most points in a division will be considered the division champions.

6. Promotion/Relegation for following season: The last place division one team will be relegated to division two. The 1st place division two team will be promoted to division one. Relegation/Promotion of these teams is mandatory unless the league officials determine that other options are better for the overall health of the league.

7. Tie-breaking procedures:

* Goal Differential, Capped (GDC)
* Goals For (GF)
* Goals Against (GA)
* Head-to-head results