



ADULT CO-ED SOCCER LEAGUE RULES

Modified National Federation of High School Rules

Revised July 2024

LEAGUE AUTHORITY

1. Berthoud Recreation, its staff, and its agents will not be responsible for any injuries or accidents by players or spectators, nor will they be responsible for lost or stolen items.
2. Berthoud Recreation reserves the right to cancel and reschedule games as is necessary to accommodate gym space, field space, other programs, and for inclement weather. Team managers will be contacted with any cancellation and rescheduling information. It is the team manager's responsibility to notify all other team members.
3. The operation of this league will be fully governed by the policies and regulations set forth by Berthoud Recreation.
4. Berthoud Recreation reserves the right to forfeit any game or match in which an infraction of league rules has been committed.
5. Berthoud Recreation reserves the right to remove any player from competition for directing harmful and abusive language or other inappropriate action towards officials, facility supervisors, Berthoud Recreation staff, and/or individuals of the opposing teams. All Berthoud Recreation personnel have the authority to evict players from the game and/or bench.
6. Zero Tolerance Rule: Profanity, abusive language, taunting, obscene gestures, and physical violence will not be tolerated. Any player, coach, or spectator using any type of foul language or taunting of any kind will be ejected from the game and, if necessary, from the league. Please refer to Berthoud Recreation's "Code of Conduct" for further information.
7. Teams must have the registration form and fee turned in by the registration deadline in order to be placed in the league. Failure to comply will result in being removed from the schedule
8. Once the schedule is made, teams may ask to reschedule a game due to conflict. However, once the league games start, the schedule is final. The Recreation will TRY and accommodate your request however we might not be able to due to circumstances.
9. Records will be based on games won. League tiebreakers will be as follows:
 - a. Head-to-Head record
 - b. Points Allowed
 - c. Points Scored
 - d. Coin Flip

FACILITY RULES

1. No alcohol beverages, tobacco or drugs will be allowed at any of the Berthoud Recreation facilities.
2. Players and spectators are requested to refrain from bringing their dogs to the fields. No dogs shall be left unattended or without a leash. Dogs must not be left tied and unattended.
3. The supervision of children at the park will be the responsibility of the parents. If children are interfering with the game, the parents will be asked to remove the children from the area.
4. Any team or individual of a team misusing the park facilities will result in that team being dropped from the league with no refund of fees.



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ROSTERS

1. All players must be 16 years or older. Players under 18 must have parent signature on the roster form to play.
2. Teams need to have at least two women on the field at all times. A female goalie counts as one of the two females.
3. To become eligible for participation, each player must sign the official team roster provided by the Sports & Programs Coordinator(s). Additional players must be added to the roster before they play in a league game.
4. Players must have played in at least two (2) matches to play in the tournament at the end of the year.
5. Berthoud Recreation reserves the right to verify individual's identity to verify accuracy of rosters.
6. Players may only be signed up on one (1) team roster for the league. A player on the roster for more than one team will be declared as ineligible and could subject the team to forfeit games in which he or she has participated.
7. Any player, coach or manager who is ejected from a game is automatically ineligible for that team's next game. Any player, manager or coach who is ejected from two (2) games will be suspended from all league play.
8. Eligibility problems will be addressed from time of discovery.

THE FIELD

0. DIMENSIONS. The field shall be rectangular, its length being not more than 65 yards nor less than 55 yards and its width not more than 45 yards nor less than 30 yards. The length in all cases shall exceed the width.
1. MARKINGS:
 - Distinctive lines not more than five (5) inches wide.
 - A halfway line shall be marked out across the field.
 - A center circle with a five (5) yard radius.
 - Four corner arcs with a one (1) yard radius.
 - Goal Area – Ten (10) feet from each goal post and twelve (12) feet into the field of play joined by a line drawn parallel with the goal-line.
 - Penalty Area – Twenty-four (24) feet from each goal post and twenty-four (24) feet into the field of play joined by a line drawn parallel with the goal line.
2. GOALS: Maximum: seven (7) feet high and twenty-one (21) feet wide.

THE BALL: Size five (5).

NUMBER OF PLAYERS

0. Maximum number of players on the field at any one time: six (6) - one of whom shall be the goalkeeper.
1. Minimum number of players to start the game must be four (4).
2. Substitutions – an unlimited number of players may be substituted:
 - on any throw-in
 - on any goal kick
 - on any corner kick
 - after score
 - at half-time
 - for any injury
3. Once the goal differential reaches five, the losing team may add one player, if they wish, until the difference becomes less than five.

PLAYERS EQUIPMENT



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0. Berthoud Recreation will provide a game ball and facility for the games. However, teams may use their own ball if both teams agree.
1. Shin guards are MANDATORY. Cleats or turf shoes are strongly recommended.
2. Teams must have same-colored jerseys. Duplicate numbers are not allowed.
3. No jewelry allowed (watches, earrings, facial piercings, necklaces, etc.)
 - Exception: Medical alert tags are not considered jewelry and may be worn, provided all of the chain, necklace, band, etc., is taped to the body with the tag visible.
4. No pants or shorts with belt loops or pockets allowed.
5. Sweatbands and soft caps on the head are allowed. No hats with a hard bill, bandanas, or other headgear is allowed.
6. Players are allowed to wear braces, soft casts, and protective coverings provided they are covered with ½ inch high density padding or wrapped with similar material.

THE REFEREE

0. All rule infractions shall be briefly explained to the offending player.
1. The game is for the players and the primary function of the Official is to ensure:
 - **SAFETY** of the players-stop play for any dangerous situation and for any injury.
 - **EQUALITY** of play. Don't allow any player to gain an advantage from any of the infractions listed in Law XII.
 - **ENJOYMENT** of all players and spectators. Focus on the Positive aspects of individual skills and team play and above all, **ENCOURAGE GOOD SPORTSMANSHIP!**
2. Two referees shall be appointed (*if available, normally games will utilize 2 referees*), whose duty (subject to the decision of the referee) shall be to indicate:
 - when the ball is out of play;
 - which side is entitled to a corner kick, goal kick, or throw-in
 - when a player may be penalized for being in an offside position
 - when misconduct or other incident has occurred out of the view of the referee
 - when a substitution is desired

DURATION OF THE GAME

0. The game shall be divided into two (2) equal twenty-four (24) minute halves
1. There shall be a three (3) minute half-time interval
2. Referees will be responsible for keeping track of time

THE START OF PLAY

0. The team that wins the coin toss shall choose which goal it will attack in the first half of the match. The other team takes the kickoff to start the match.
1. Kickoff at the start of each period. The team that kicks off in the first quarter shall kickoff in the same direction in the third quarter. The teams will change ends at half and the team that defended the kickoff in the first and third quarters shall kickoff in the second and fourth quarters.
2. Kick off after each goal by the team giving up the goal.
3. All players must be in their half of the field when the ball is kicked, and the defending players must be at least five (5) yards from the ball (outside the center circle)
4. The player taking the kickoff may not touch the ball again until it has been touched by another player – violation results in a re-kick for the original kicking team
 - Each team will receive one re-kick per occurrence.



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- On the second penalty of this rule the ball will be turned over to the opposing team.
5. A goal **cannot** be scored directly from a kickoff.

BALL IN AND OUT OF PLAY

0. The ball **is out** of play when:
- it has completely crossed the goal-line or touchline, whether on the ground or in the air.
 - the referee has stopped play.
1. The ball **is in** play at all other times from the start of the match to the finish including:
- If it rebounds from a goalpost, crossbar or corner-flag into the field of play.
 - If it rebounds off the referee when they are in the field of play.

METHOD OF SCORING

The whole of the ball must completely cross the goal-line below the crossbar and between the goalposts, provided it has not been thrown, carried or intentionally propelled by hand or arm by a player of the attacking side. This does not apply to a goalkeeper who is within his/her own penalty area. The team that scores the greater number of goals is the winner.

OFF-SIDE

0. A player is in an off-side position if he/she is nearer to his/her opponents' goal line than the ball, unless:
- he/she is in his/her own half of the field of play or between the midfield line **and opposing teams build out line.**
 - he/she is not nearer to his opponents' goal-line than at least one of his/her opponents who is not the goalie.
1. It is not an offense to be in an off-side position. A player shall only be penalized for getting in an off-side position if, at the moment the ball touches, or is played by one of his/her team, the/she is, in the opinion of the referee, involved in active play by:
- interfering with play, or
 - interfering with an opponent, or
 - gaining an advantage by being in that position.
2. A player **shall not** be declared off-side by the referee;
- merely because of his/her being in an off-side position,
 - if he/she receives the ball direct from a goal-kick, a corner-kick or a throw-in,
3. If a player is declared off-side, the referee shall award an indirect free kick to the opposing team from the place where the infringement occurred.

FREE KICKS

0. Free kicks shall be classified as INDIRECT or DIRECT.
1. A goal may not be scored directly from an indirect free kick; it must be touched by another player. A goal may be scored directly from a direct free kick.
2. Any free kick awarded to the defending team, within its own goal area may be taken from any point within the goal area.
3. Any indirect free kick awarded to the attacking team within its opponent's goal area shall be taken on the goal area line which runs parallel to the goal line nearest to where the offense was committed.
4. The ball must be stationary when the free kick is taken.
5. If a player of the opposing side encroaches into the penalty area, or within five (5) yards of the ball, as the case may be, before a free kick is taken the referee shall delay the taking of the kick, until the Law is complied with.
6. The kicker shall not play the ball a second time until it has been touched by another player-the violation results in a re-kick for the original kicking team.



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7. All opposing players must be at least five (5) yards from the ball.
8. The ball is in play when it is kicked and moves-only minimal movement is required.

THROW-IN

0. Shall be taken when the ball has completely crossed the touch-line-either on the ground or in the air.
1. Taken by a player of the team opposing the team that last touched the ball before it went out of play.
2. The thrower shall not play the ball again until it has been touched by another player, any other player-the violation results in an indirect free kick for the opponents.
3. A goal cannot be scored directly from a throw-in.
4. A proper throw-in requires that:
 - the thrower faces the field, and
 - throw the ball with BOTH hands, from
 - directly over and behind his/her head, with
 - both feet on the ground, and
 - on or behind the touchline.
5. If there is an in proper throw in, the throw-in will be awarded to the other team.

GOAL KICK

0. Shall be taken when:
 - the ball has completely crossed the goal-line – either on the ground or in the air; and
 - not below the crossbar and between the goalposts; and
 - was last touched by a player of the attacking team.
0. The goal kick is taken by a player on the defending team from anywhere within the goal area.
1. Defending players may be anywhere on the field.
2. Attacking players must be outside the penalty area.
3. The ball must be kicked beyond the penalty area before it can be touched or played by any other player. If the ball does not clear the penalty area or if it is touched by any other play before it clears the penalty area the goal kick shall be retaken.
4. The player who kicks the ball may not touch or play the ball again until it has been touched by another player outside of the penalty area-violation results in an indirect free kick for the opponents.

CORNER KICK

0. Shall be taken when:
 - the ball has completely crossed the goal-line-either on the ground or in the air; and
 - not below the crossbar and between the goalposts; and
 - was last touched by a player of the defending team
1. The corner kick is taken by a player on the attacking team from the corner arc nearest the point where the ball went out.
2. Attacking players may be anywhere on the field
3. Defending players must be five (5) yards away from the ball.
4. The kicker cannot touch the ball again until it has been touched or played by another player -violation results in an indirect free kick for the opponents.
5. A goal may be scored directly from a corner kick.

HEADING, PUNTING & SLIDE TACKLES

1. Deliberate heading of the ball will be permitted.



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2. Punting the ball will NOT be permitted.
 - o The goalie is only permitted to throw or roll the ball from their hands.
 - o The penalized will be awarded a indirect free kick outside of the penalty box.
3. Slide tackles against an opponent will NOT be permitted.
 - o The penalized will be awarded a direct free kick.

FOULS AND MISCONDUCT

1. A foul may only occur on the field, during play and against an opponent. A player who commits any of the following six offenses in a manner considered by the referee to be careless, reckless or involving disproportionate force:
 - o kicks or attempts to kick an opponent; or
 - o trips an opponent; or
 - o jumps at an opponent; or
 - o charges an opponent; or
 - o strikes or attempts to strike an opponent; or
 - o pushes an opponent; or
 - o slide tackles against an opponent; or
2. who commits any of the following offenses:
 - o when tackling an opponent contacts the opponent before contact is made with the ball; or
 - o holds an opponent; or
 - o spits at an opponent; or
 - o handles the ball deliberately, i.e., carries, strikes or propels the ball with his/her hand or arm.
3. Shall be penalized by the award of **direct free kick** to the opposing team from the place where the offense is committed. If the offense is committed by the attacking team within the goal area, the free kick shall be taken on the goal area line nearest to the point at which the offense is committed. If the offense is committed by the defending team within the penalty area, place ball at top of Penalty Area for Direct Free Kick which will be awarded to the attacking team. (No penalty kicks will be taken). A player committing any of the five following offenses:
 - o Charging fairly, i.e. with the shoulder, when the ball is not within playing distance of the players concerned.
 - o When NOT playing the ball impeding the progress of an opponent, i.e. running between the opponent and the ball, or interposing the body to form an obstacle to an opponent.
 - o Charging the goalkeeper except when he/she:
 - is holding the ball
 - is obstructing an opponent
 - has passed outside his/her goal-area
 - o When playing as a goalkeeper and within his/her own penalty-area:
 - Takes more than six seconds while controlling the ball with his/her hands before releasing it from his/her possession.
 - Touches the ball again with his/her hands after it has been released from his/her possession and has not touched any other player.
 - Touches the ball with his/her hands after it has been deliberately kicked or thrown to him/her a teammate.
 - o Indulges in tactics, which in the opinion of the referee, are designed to waste time.



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4. Shall be penalized by the award of an **indirect free kick** to the opposing team from the place where the offense is committed. If the offense is committed within the goal areas, the free kick shall be taken on the goal area line nearest to the point at which the offense is committed.
5. Misconduct may occur at anytime, anyplace against anyone. A player shall be cautioned or given a yellow card, and may be asked by the referee to sit out of play for a time:
 - is guilty of unsporting behavior
 - shows dissent by word or action
 - uses offensive, insulting or abusive language
 - persistently infringes the Laws of the Game
 - delays the restart of play
 - fails to respect the required distance when play is restarted with a corner kick or free kick
 - enters or re-enters the field of play without the referee's permission
 - deliberately leaves the field of play without the referee's permission
 - spits at an opponent or any other person
 - is guilty of violent conduct
 - denies an opponent a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper in his own penalty area)
6. For offenses the opponents will be awarded an indirect free kick from the place where the offense occurred.
7. A red card can be given after two yellow cards or if a serious foul occurs, which is at the discretion of the referee. If a red card is given, the player, coach, or manager who is ejected from a game is automatically ineligible for that team's next game.
 - If a player is given a red card, they are required to provide their full name to the official.

BLOOD RULE:

Any player who has any visible blood flow must be removed from the game. Before reentering the game:

- the blood flow must be stopped
- the wound must be covered
- any portion of the uniform that has blood on it must be changed