

Adult Women's Soccer League

Format/Setup

- ✓ 6v6
 - 5 field players + 1 goalkeeper
 - Must have at least 4 to start (3 + goalkeeper)
- ✓ Captains are only players who are allowed to discuss calls with referee
 - Cards are given at referee's discretion to other players who question calls
 - Captains are responsible for the actions of themselves and their teammates
 - **Call Paul Ebert (899-9622 extension 254) or email pebert@ymcaerie.org**
 - Questions, Comments, Concerns
 - The YMCA is closed on Sundays, so same-day calls/emails may not be seen
- ✓ Players may only be rostered on ONE TEAM and may not play for more than one team

Rules

Slide Tackling

- none

Offsides

- none

Foul Language

- Is not permitted
- If a player says something "under his/her breath", it will be referee's discretion.
- Any foul language directed at a player, captain, coach, referee, spectator, etc. will result in an immediate red card and suspension

Out-of-Bounds

- Walls: ball hits directly above top double white line
 - If ball bounces and hits about top double white line, ball is still in play
- Hits ceiling
- Hits above double white line above goals
 - White line is HIGHER than crossbar so some balls over the goal are still in play
- Gets stuck behind the goal
 - If ball goes behind and comes out, still in play
 - If ball gets stuck on side of goal, still in play

Kick-ins

- Sides: placed as close to wall as possible (a foot or so out will be allowed)
- Hits ceiling: placed on nearest "free kick line"
- Hits out of bounds anywhere behind goal off offense: goal kick
- Hits out of bounds anywhere behind goal off defense: corner kick

Free Kicks/Restarts

- All free kicks and restarts, including kickoff, will be indirect kicks
 - Cannot score unless it touches another person

Penalty Kicks (ball placed on top of circle; all players must be behind free kick line)

- Fouls that will result in PK
 - Handball in box by defensive player
 - Any intentional or violent foul by a defensive player, including goalkeeper, in the box
- Goalkeeper may move side-to-side on goal line, but cannot move off of goal line until ball is kicked
- Once the PK taker starts running, he/she must continue running at the ball without stopping
 - If player stops mid-run, PK will be forfeited and marked as no goal

Goalkeeper

- Goalkeeper may not use hands to play any ball that was kicked back by his/her own player
 - If goalkeeper uses hands on direct kick from own teammate, ball is placed at top of circle and opposing team is given an indirect kick. Defenders must be behind other half of circle
- Goalkeepers feet must remain inside goal box when handling the ball
 - If goalkeeper steps out of box when handling the ball, ball is placed at top of circle and opposing team is given an indirect kick. Defenders must be behind other half of circle
- Players may head the ball back to their own keeper and the keeper can then pick the ball up with hands
- All goal kicks placed inside goal box
- Goalkeeper CANNOT punt or dropkick ball
 - Goalkeeper CAN place ball on ground and kick it
 - As soon as ball touches ground it is “live” and opposing team can contest it
- Goalkeeper CANNOT throw it past “half” (2nd basketball touchline furthest away from goalkeeper)

Cards

- Blue Card – If a player is given a blue card, that player must sit out for two minutes or until goal is scored; the team can substitute for this player
- Yellow Card – If a player is given a yellow card, that player must sit out for two minutes without a substitute entering for him/her; team plays down for two minutes or until goal is scored
 - The accumulation of two yellow cards in one game will result in a red card
- Red Card – if a player is given a red card, that player must leave the facility in a timely and orderly manner and is suspended for the team’s next game (if team has a doubleheader, the 2nd game of the doubleheader will count as suspension served as long as player left facility without contest.) The team will play a player down for the next five minutes and will be permitted to play at “full strength” after the five minutes has expired (does not matter if goal is scored or not; full five minutes)
 - Red cards may result in further suspension depending on severity of foul. Some red card violations may warrant longer than a one-game suspension (pending referee/Program Director discretion)
- All cards are referee discretion and any physical or violent actions may result in suspension from league.

Forfeits/Cancellations/Postponements

- Clock will start running at posted start time (or 2 minutes after previous game ends)
 - 5-minute grace period if a team is shorthanded
 - Halves will be cut short when grace period has started
 - After 5 minutes, team forfeits
- Any forfeit will result in a 3-0 victory for opposing team
- No games will be rescheduled or postponed
 - If a team cannot play, they forfeit
 - If a team forfeits 2 or more games, they are not eligible for playoffs

Misc. Rules

Clock/Time

- Game will consist of two 20-minute halves
- There will be no “stoppage time” added on at end of halves
- Teams switch sides at halftime

Overtime (playoffs only)

- If tied after regulation game ends
 - One 5-minute “golden goal” period
 - First team to score wins
 - If still tied
 - Best of 3 Penalty Kicks
 - Team with most goals scored wins
 - If still tied
 - Golden Goal Penalty Kicks
 - If Team A makes first kick, Team B must make kick

(NOTE: No player may kick twice unless all other players have already kicked once)

Remember... This is the YMCA and our soccer programs are recreationally-based. Yes, teams/games may be competitive, but referees will still call “YMCA Rules” for teams. Some rules may not be regular soccer rules as they are adapted from FIFA Laws of the Game and mixed with YMCA Soccer Rules.