



Futbol Club of Santa Rosa  
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## Adult Soccer League Rules

### I. LEAGUE ADMINISTRATION:

- A. The league shall be administered by Futbol Club Santa Rosa, and sanctioned by USClub Soccer
- B. Futbol Club Santa Rosa reserves the right to make any changes deemed necessary for the betterment of the league and its play.

### II. ELIGIBILITY

- A. All players must be at least 16 Years Old.
- B. All players must have signed the waiver/registration form and paid all fees before starting play.
- C. All players must be listed on the Official Team Roster.

### III. TEAM CONTACTS

- A. Each team shall have an official contact person (Coach or Team Manager). The contact must make certain that all team members receive all information distributed by FCSR and are aware of the league rules. The Coach/Team Manager must complete the USClub Soccer risk management application.
- B. The team contact is the spokesman for the team during the matches.

### IV. PLAYING RULES

All rules will be governed by U.S. Soccer Federation rules except for the local rules stated here.

#### **A. Team/Roster:**

- 1. All players must have signed the wavier/registration form and paid all fees before starting play.
- 2. Team rosters may not exceed 12 players

#### **B. Game Rules:**

- 1. Teams must field 6 players (5 & a goalie). A minimum of 4 players are allowed to start the match.
- 2. A team that cannot field at least 4 players by game time will forfeit the game.
- 3. Games will consist of two 25 minute halves with a 5 minute half.
- 4. Free substitutions, with the permission of the referee, can be made throughout the game.

#### **C. Ties:**

- 1. Any regular season game that ends in a tie will remain a tie.
- 2. Any regular season game that ends in a tie shall be counted as one-half a game win in the league standings.

#### **D. Slide Tackling:**

1. Slide tackling is NOT allowed.
2. Every slide tackle shall result in a direct kick
3. Note: a slide tackle is generally an intentional slide within your horizontal body length of an opposing player.
4. Please remember that this rule is put into place for safety.

#### **E. Punts-Goalkeeper distribution:**

The goal keeper may not punt or throw ball over half line without the ball bouncing first. Goalkeeper bouncing ball before distribution or kicking off of ground does not constitute ball touching ground first. Ball must touch ground after goalkeeper plays ball.

#### **F. No offsides in 6-aside**

#### **G. All direct and indirect free kicks per USSF**

#### **H. Penalty shots are awarded at half line. Kicker is allowed to dribble but must shoot before 10seconds**

#### **I. Yellow carded players must leave field and team must play down for 2 minutes.**

#### **J. Guest Players:**

1. A guest player is defined as a FCSR Adult League registered player assigned to another team.
2. A person not registered for the FCSR Adult League CANNOT be a guest player. A non-registered person playing in a FCSR and USClub Soccer sanctioned league game creates a huge insurance liability, and will not be tolerated.  
First offense – Team forfeits game  
Second offense – Team dropped from league
3. A team may use guest players if they have less than 6 players to begin the match.
4. Guest player goals shall not count in the official game score.

### **V. OFFICIALS**

All referees shall be USSF. The referee will have authority over the game and his/her decisions over goals scored, rules, etc shall be final. Please respect their rights and work with them and the field supervisor to ensure a well-played game.

1. There will be no less than one official for any game.
2. Officials shall:
  - A. Make all decisions for infringement of the rules committed within or outside the boundary lines from the beginning of the game to the end.
  - B. See that all kickoffs, free kicks and penalty kicks are taken properly.
  - C. Act as timekeeper and allow the full or agreed time, adding any time lost through injury or other causes at their discretion.

### **VI. SIDELINE AREA:**

1. The only personnel permitted on the sidelines are: players; head coach; 2 assistant coaches
2. All sidelines should be cleaned by the team that occupied them at the end of the game. This is the responsibility of the team captain/head coach.

### **VII. CONDUCT/SPORTSMANSHIP:**

1. No coach or player shall belittle or berate the players or coaches of another team. This type of action will NOT be tolerated.

First offense: Warning

Second offense: Ejection from game of offending person.

PENALTY: Any coach or player ejected from a game will be suspended for a minimum of 1 game up to a maximum of the remainder of the season. When a player is ejected for unsportsmanlike conduct that team will play a player short for the rest of the game. Any coach ejected from a game will be required to meet in person with FCSR before coaching another game. The coach is responsible to set up this meeting himself.

2. Harassment of officials and field supervisors will not be tolerated. Questions should be asked by the COACH/TEAM MANAGER ONLY and done in a respectful fashion about rule interpretations only. Judgment calls are not to be argued.

Failure to comply with this rule will result in immediate ejection of the guilty party and possibly forfeiture of the game. NO WARNINGS WILL BE GIVEN!!

3. Coaches/Team Managers are accountable for the behavior of their assistant coaches, players and related supporters. Game officials may penalize the coach per above for any unsportsmanlike conduct.

REMINDER: The purpose of this program is to have fun. We're all human, and as such we ALL make mistakes.

#### **VIII. UNIFORM:**

1. Each team must wear matching jerseys. Matching is defined by same color shirt and same color ink for lettering and numbers.

2. Each team must have matching jerseys by the first game.

3. Players must wear and provide themselves, shinguards, shorts, and shoes. No player will be allowed to participate in a practice or game without shinguards.

#### **IX. JEWELRY / EQUIPMENT:**

1. No jewelry allowed once play has begun. Officials may ask that a player take off all jewelry. Also by rule they may ask a player with glasses to wear a protective strap while they are playing. Players with earrings will have to either take the earrings out or wear tape over them to be able to play.

2. The referee shall not permit any player to wear equipment that, in his/her judgment, is dangerous or confusing to other players. This includes, but not limited to, items such as:

A. A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance - even though covered with soft padding - when worn on the elbow, hand, finger, wrist or forearm.

B. Head decorations, head wear and jewelry: EXCEPTION: Head bands no wider than 2 inches and made of nonabrasive unadorned single-colored cloth, fiber, soft leather or rubber may be worn. Rubber (elastic) bands may be used to control hair.

C. Equipment which is unnatural and designed to increase a player's height or reach or to gain an advantage.