

Rules and Regulations

Waiver

I, the undersigned (signature on Registration Form), in consideration for my voluntary participation in organized soccer, do hereby willfully acknowledge that my signature below attests to my understanding and agreement that:

My player status will be kept in good standing. I will not compromise myself in such a way as to do harm to the league or tournament, knowing that players may be dismissed from participation, with loss of payment or dues, for violent conduct or unsportsmanlike behavior on or off the field of play. I agree to pay for any and all damages to any property or indemnities caused by me willfully, negligently, or otherwise.

Soccer is a physical, contact, sport that involves the risk of injury. I assume all risks and hazards associated with my participation in the sport. I am in proper physical condition to participate in soccer practices and games and have no illness, disease or existing injury or physical defect that would be aggravated by my participation. I will inform my coach if this status changes. I further acknowledge that this risk may involve loss or damage to me or my property, including the risk of death, or other unforeseen consequences, including those which may be due to the unavailability of immediate emergency medical care. I have a current medical consent form in force. I will wear shin guards, properly-fitted and appropriate shoes, and other protective equipment (e.g., mouth-pieces), as provided by soccer rules, to all events.

The league or tournament does not have personal injury insurance that covers my participation. Therefore, I should have a current, active, personal injury insurance policy in force, which covers my participation. Under any condition, I am responsible for any and all medical expenses arising from my participation, both in practices and games and while travelling to and from these events. I have the right and responsibility to inspect the equipment and facilities prior to events and, if I believe that anything may be unsafe, I will advise the coach or supervisor of the condition and may refuse to participate. Participation assumes consent.

I authorize my photograph, picture or likeness, and voice to appear in any documentary, promotion (including advertising), television, video, or radio coverage of the league or tournament, without compensation.

I hereby release, waive liability, discharge, hold harmless, indemnify, and covenant not to sue, the league and tournament, their associated directors, administrators, officers, managers, employees, coaches, trainers, volunteers, sponsors and advertisers, and other agents, estates or executors, from any and all liability incurred in the conduct of, and my participation in, their soccer programs. This includes owners, lessors, and lessees of premises, municipalities, government agencies, successors, heirs, and assigns.

I have completely read this document and fully understand its contents. I acknowledge that I have given up substantial rights by accepting this document and that I do so voluntarily. My signature attests to this on behalf of myself and my executors, personal representatives, administrators, heirs, next-of-kin, successors, and assigns.

For those individuals under the age of eighteen (18) years (minor):

As the parent and natural guardian or legal guardian of the participant, I hereby agree to the foregoing Waiver of Liability and Release for, and on behalf of, the participant (player/minor) named below. I hereby bind myself, the minor, and all other assigns to the terms of the Waiver of Liability and Release. I represent and certify that I have the legal capacity and the authority to act for, and on behalf of, the minor in the execution of this Waiver of Liability and Release.

Please note, your signature on the Registration Form binds this waiver along with the following Laws of the Game, therefore you do **NOT** need to print and sign this form as well.

Laws of the Game

Law 1: The Number of Players

Matches are generally played by two teams of 11 to a side. The goalkeeper is included in the 11-player total. If a team cannot field at least seven players at match time, the game is a forfeit and counted as a 3-0 loss. Teams of fewer than 11 a side can often be seen in youth leagues where smaller teams are used as a developmental tool. The league will allow an unlimited number of substitutions, provided those players are eligible to play for their side. Substitutions may only enter at the halfway line, upon the referee's approval, and after the player being subbed out has left the pitch. The goalkeeper may be substituted with anyone on the pitch or any eligible substitute on the bench during a game stoppage.

Law 2: The Players' Equipment

All players are required to wear a jersey, shorts, shin guards, socks and cleats. The socks must cover the shin guards entirely. If the referee deems a player's equipment unsatisfactory, the player can be sent off until the issue is remedied.

Law 3: The Referee

The referee is the authority on the field, and his word is law. If you question a referee's decision, you can be disciplined further simply for dissent. Only the captain of the team and the player(s) involved may speak to the referee regarding decisions made, all other players may be disciplined as per the referee's discretion.

Law 4: The Assistant Referees

The assistant referees are primarily responsible for assisting the referee in performing his duties – this includes signaling with a flag when a ball goes out of play, when a player is fouled, or when a player is in an offside position. Arguing with the assistant referees will not be tolerated, and disciplinary action may be taken.

Law 5: The Duration of the Match

A soccer match is comprised of two 45-minute halves, with extra time added for each at the referee's discretion. Depending on the time available to us, our matches may only be comprised of 30-minute halves. The halves are separated by a half-time period not to exceed 15 minutes but must be at least 5 minutes. The extra time generally corresponds with the referee's determination of how much time was taken up due to substitutions and injuries. Although soccer does have an allotted time limit, it is ultimately up to the referee as to when to end a match. A team that is 15 minutes late to their game time will automatically receive a 3-0 forfeit.

Law 6: The Start and Restart of Play

Kick-off is generally determined by a coin toss, whereby the winning team can either choose to start with the ball or choose which goal they would like to attack. The losing team is then afforded whatever choice the winner does not elect to take. Kick-off occurs at the start of each half, and after each goal scored, and is taken at the center of the halfway line. If a team scores a goal, the opposing team is given the kick-off to restart the match.

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Law 7: The Ball In and Out of Play

The ball is out of play when it fully crosses either the goal line or the touch line. It is also out of play if the referee stops play for any reason. If, for any reason, the ball strikes the referee, the referee may choose to stop play and allow the possessing team to take the first touch upon restart.

Law 8: The Method of Scoring

A goal is scored when the entire ball has crossed the goal line within the frame of the goal. At the end of the match, the team with the most goals is the winner, barring the circumstantial necessity for extra time and that team is awarded three (3) points. Draws (ties) at the end of the match award one (1) point to each team. Goal difference will be calculated by subtracting the losing team's goals scored from the winning team's goals score.

Law 9: Offside

When an attacking player receives the ball while on his opponent's half, he must be level or behind the second to last defender (the last typically being the goalkeeper). However, this rule only applies if he is involved with the play. To get a better understanding of the offside rule, please see the FIFA guide section for a more detailed explanation.

Law 10: Fouls and Misconduct

A direct free kick is awarded when a player:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately

If any of these fouls are committed by a player in their team's penalty area, the opposing team is awarded a penalty kick. Indirect free kicks are awarded if a player:

- Goal keeper handles the ball from a back pass from his teammate.

Yellow cards are awarded as a caution or warning to a player and can be issued for the following offenses:

- Unsporting behavior
- Dissent by word or action
- Persistent infringement of the Laws of the Game
- Delaying the restart of play
- Failure to respect the required distance when play is restarted with a corner kick, free kick, or throw-in
- Entering or re-entering the field of play without the referee's permission
- deliberately leaving the field of play without the referee's permission

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Red cards are used to send a player off the field, and can be issued for the following offenses:

- Serious foul play
- Violent conduct
- Spitting at an opponent or any other person
- Denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (the goalkeeper being an exception)
- Denying an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick
- Using offensive or abusive language and/or gestures
- Receiving a second caution (yellow card) in the same match

Law 11: Free Kicks

Free Kick is broken into two categories, direct and indirect. A direct kick can be shot directly into the opponent's goal without touching another player. An indirect free kick is indicated by the referee raising his hand during the kick. An indirect kick can only go into the goal if it has subsequently been touched by another player before it enters the goal. The ball must be stationary for both types of kicks.

Law 12: The Penalty Kick

A penalty kick is awarded either when a defensive player fouls an attacking player or commits a handball in his/her team's penalty area. The penalty kick is placed at the penalty spot, and all players on both teams must remain outside the penalty box during the shot. They may enter the box immediately after the shot is taken. The goalkeeper may move horizontally along the goal line before the shot is taken, but he may not come off the line until the ball is struck.

Law 13: The Throw-In

A throw-in is awarded when the possessing team plays the ball out of bounds over the touchline. While taking a throw-in, a player must release the ball with both hands simultaneously and keep both feet firmly planted on the ground. If these conditions are not met, play is stopped and the throw-in is given to the opposing team. Players are not allowed to score directly off a throw-in.

Law 14: The Goal Kick

A goal kick is awarded when the offensive team plays the ball out of bounds over the defensive team's goal line. After the ball is out of play, the defender or goalkeeper may place the ball anywhere within the six-yard goal box and kick the ball back into play.

Law 15: The Corner Kick

A corner kick is awarded to the offensive team when the defensive team plays the ball out of bounds over its goal line. The ball is placed within the corner area and is kicked back into play by the offensive team. Players can score directly off a corner kick.

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In-House Tournament Tie Breaker Rules

During tournaments, teams are ranked according to points (3 points for a win, 1 point for a draw, 0 points for a loss). If two or more teams are tied on points, the following tiebreaking criteria will apply, in the order given, to determine the rankings:

1. Points in head-to-head matches among the tied teams;
2. Goal difference in head-to-head matches among the tied teams;
3. Goals scored in head-to-head matches among the tied teams;
4. If more than two teams were tied, and after applying all head-to-head criteria above, a subset of teams were still tied, all head-to-head criteria above were reapplied exclusively to this subset of teams;
5. Goal difference in all group matches;
6. Goals scored in all group matches;
7. Away goals scored in all group matches;
8. Wins in all group matches;
9. Away wins in all group matches;
10. Disciplinary points (direct red card = 3 points; double yellow card = 3 points; single yellow card = 1 point).