



City of Burbank  
Parks and Recreation Department

## ADULT SPORTS SOCCER RULES AND REGULATIONS

The rules of FIFA Laws of the Game will apply unless amended below. Situations not specifically covered in these league rules will be left to the discretion of the Sports Office Staff. This league is governed under the Burbank Athletic Federation Code of Conduct.

I. **LEAGUE FEES** League fee will cover league costs and all officials' fees for the season.

II. **THE FIELD AND EQUIPMENT**

- 1) **Field Type:** Synthetic Turf
- 2) **Length:** 53.3 yards (Football field is 120 x 53.3 yards)
- 3) **Width:** 40 yards
- 4) **Goals:** The recommended distance between the posts is twelve (12) feet and the distance from the lower edge of the crossbar to the ground is six (6) feet. Goals may be smaller in dimension.
- 5) **Ball:** Size five (5) ball

III. **THE REFEREE**

- 1) Enforce the "Laws of the Game" and all league rules.
- 2) One-man systems will be always used.

IV. **RULES OVERVIEW**

- 1) **Players:** 7 players on the field per team (including the goalkeeper as the 7th).
- 2) **Duration:** Two 25-minute halves, running clock with 3-minute Half Time and NO STOPPAGE TIME. The period will drop dead once the clock hits zero. Any ball in flight prior to the clock reaching zero will be allowed to be completed.
- 3) A coin toss will determine who starts with the ball at midfield. The winner of the coin toss will get to choose between possession or direction.
  - i. **Possession:** Who starts with the ball to start the game (the opposite team will start with the ball in the 2<sup>nd</sup> half)
  - ii. **Direction:** Choose which goal they would like to defend in the first half (teams will switch sides in the 2<sup>nd</sup> half)
- 4) **Ending score and over time:**
  - i. **League games:** Games will result in a tie if the score is even when regulation is over during the regular season.
  - ii. **Playoff games:** During playoffs, a tied game after regulation will begin a 5-minute overtime period where sudden death rules will be in effect (first team to score wins)
  - iii. If the game remains tied after the overtime period, the game will go to a shootout (See shoot-out rules below)

- 5) **Mercy Rule:** In the event that a team is trailing by 10 goals or more, the trailing team will gain possession of all balls that go out of bounds regardless of who last touched the ball until the spread is reduced to 9 goals or less.

#### **V. THE PLAYERS**

- 1) Each team will field 7 players at any one time.
- 2) The minimum number of players allowed is 6 players.
- 3) Players must be registered and on the official team roster before being allowed to play.
- 4) Teams may have up to 2 female players. (Men's League)
- 5) Teams may have a maximum roster size of 12.
- 6) Players must play in a minimum of 3 regular season games to be eligible for playoffs.

#### **VI. SUBSTITUTIONS**

- 1) Substitutions may be done on an unlimited basis, FROM THE MIDDLE OF THE FIELD!
- 2) Substitutions may enter the field during a dead ball play once granted by the referee.

#### **VII. UNIFORMS**

- 1) All players must be in matching Jerseys. Jerseys must have a 6-inch number on the back.
- 2) Teams must carry backup jerseys which are a different color than the primary jersey. Pinnies will be allowed but must have a 6-inch number on the back or the number must clearly be seen through the pinnies.
- 3) Taped, written or duplicate numbers are NOT allowed on the team jerseys.
  - i. Penalty: the player is ineligible.
- 4) If a player plays with an ineligible uniform, the team will forfeit the game.
- 5) The Home Team has primary jersey color preference for game day.
- 6) If both teams have the same color uniforms, the visiting team shall wear their backup jerseys. Also, Pinnies/Vest will be permitted, granted they all are the same color.
- 7) The goalkeeper's shirt color must be different from the referees' and both teams' shirt colors.
- 8) Jewelry is not allowed.
- 9) Age and/or size-appropriate shin guards are required.
- 10) Appropriate soccer footwear or tennis shoes are required. No metal studded shoes allowed.
- 11) Casts, splints, or body braces made of hard materials are not allowed unless they are padded to the satisfaction of the referee or league administrator.
- 12) Hats and headgear with any hard surface are not allowed.

#### **VIII. SUBSTITUTION VIOLATIONS**

- 1) A team fielding too many players during play will be warned and the extra players will be returned to the bench.
- 2) Any subsequent illegal substitutions will result in a yellow card penalty to all offending players.

#### **IX. FOULS AND MISCONDUCT**

- 1) All players and spectators in the program must abide by the City of Burbank Athletic Federation Code of Conduct.
- 2) No player shall argue with or disrespect any staff, official, player or spectator.
- 3) Any unsportsmanlike conduct before/during/after game time while on site will result in a yellow card, red card, or suspension depending on the severity of the act.
- 4) Slide tackling is not permitted at any time.

- i. Penalty: If a player slide tackles and contacts another player from the opposite team, that player will be given an immediate red card, the play will be ruled dead, and a free direct kick will be awarded.
- 5) Players that use their bodies with excessive force including bodychecks or excessive contact will result in a free kick to the opposing team, and a yellow card or red card will be assessed depending on the severity of the act.
- 6) All judgment will be at the discretion of the referee. Any player who argues with a judgment call will be ejected and liable to further penalties.
- 7) The referee, City staff, or league administrators may end a game at any time due to misconduct and unsportsmanlike behavior.
- 8) **YELLOW CARDS:** Yellow cards will be administered by any official to a player that commits an excessive foul such as excessive contact, contact that greatly hinders another player or unsportsmanlike conduct.
  - i. **Any player that receives a yellow card must go to the bench (if currently on the field) or remain on the bench for 5 minutes of game time before being allowed to enter the game.**
  - ii. If a player receives a yellow card with less than 5 minutes in the half, they will sit for the rest of the half and will remain on the bench to start the next half/overtime period for the remaining time of their penalty.
  - iii. **If a player receives two yellow cards in the same game, they will be disqualified from further participation in the game and suspended for the next game.**
  - iv. If a single player/coach/spectator receives three yellow cards during the same season, they will receive a one (1) game suspension and will be placed on probation for the remainder of the season.
  - v. If they receive a yellow card after their game suspension, they will receive another game suspension.
  - vi. Once a player/coach receives five (5) yellow cards they will be suspended for the remainder of the season.
  - vii. Any team receiving five yellow cards within the season may forfeit the right to appear in playoff games and may be subject to league suspension as assessed by Sports Office Staff.
- 9) **RED CARDS:** Red cards will be administered by any official to a player that commits a dangerous or flagrant foul. Additionally, a red card may be given to a player that acts in an extremely inappropriate or violent manner where in the official's judgement is enough to warrant a red card.
  - i. **When a player receives a red card, they are ejected from the game and must leave the vicinity of the field. Additionally, the red carded player's spot on the field is also removed from the game meaning that team will play one man short (7 vs 6) for the rest of the game.**
  - ii. If a 2<sup>nd</sup> red card is administered, the offending team will play two men short (7 vs 5).
  - iii. If a 3<sup>rd</sup> red card is administered, the game will be forfeited by the offending team.
  - iv. **\*Exception:** In the judgment of the official or sports staff, if the offending team is playing in a manner not considered part of the natural game of soccer or are acting as a group in an inappropriate manner, the official may declare the game a forfeit prior to 5 red cards being administered.
- 10) **Game Ejection Guidelines for non-physical ejections**
  - i. 1 game ejection = 1 game suspension minimum
  - ii. 2 game ejection = 2 game suspension and will be placed on probation for the remainder of the season
  - iii. 3 game ejection = not allowed to play the remainder of the season

## X. PENALTY SHOOT OUT

- 1) A shoot out will take place during a playoff game where there can be no DRAW. After the 5-minute overtime period in which neither team scored, the officials will begin a shootout. Each team has five shots which must be taken by different kickers; the team that makes more successful kicks is declared the victor. Shoot-outs finish as soon as one team has an insurmountable lead. If scores are equal after five pairs of shots, each team will send one additional kicker for an extra round which must be a player who wasn't one of the original 5 kickers. This process will continue until a winner is declared. A team can only send a kicker a 2<sup>nd</sup> time only if every other player on the team has already kicked at least once. Neither the kicker nor any player other than the goalkeeper may play the ball again once it has been kicked.
- 2) A team winning in a shootout will receive 1 goal to their score which will be ruled as the final score.

## XI. DEAD BALLS

- 1) **Throw In:** When the ball leaves either of the side boundaries completely, the team who last touched the ball will surrender possession to the other team who will then have a player throw the ball in from the spot where the ball went out of bounds. The throw in player must keep both feet on the ground, stay behind the boundary line (out of bounds) until they throw the ball in. Ball must be held and thrown with both hands while being above the throw in player's head.
- 2) **Corner Kick:** When the ball leaves the boundary behind a team's own goal completely by the defending team. The defending team will surrender possession to the attacking team who will then have a player perform a corner kick. The corner kick will be taken from the corner that corresponds with the side of the goal from where the ball went out of bounds.
- 3) **Goalie Kick:** When the ball leaves the boundary behind a team's opposite goal completely by the attacking team. The offensive team will surrender possession to the defensive team's goalie. The goalie will kick the ball from the ground while it is stationary within the 6-foot goal area.
- 4) **Offsides:** There are no offsides.
- 5) **Direct Kick:** A free kick taken typically because of a contact foul of some kind. Direct kicks maybe kicked into the goal for a score. All players aside from the one taking the free kick must be at least 8 yards away.
- 6) **Indirect Kick:** A free kick is typically awarded from a non-contact violation of some kind. Indirect kicks cannot be kicked into the goal for a score. A different player must touch the ball after the kick is taken before it can be legally kicked in for a goal.
- 7) **Penalty Kick:** A penalty kick will be administered when a foul occurs in the penalty area and would ordinarily result in a free direct kick. The penalty kick will be taken from 12 yards away from the goal line and only the goalkeeper may stand in between the ball and the goal. All other players aside from the kicker must be outside the penalty area and cannot enter it until the ball is kicked.

## XII. STANDINGS

- 1) League games will have the following point system applied to game results:
  - i. WIN = 3 POINTS
  - ii. TIE = 1 POINT
  - iii. LOSS = 0 POINTS
- 2) Tiebreakers between 2 teams:
  - i. Head-to-Head record
  - ii. Less goals allowed in head-to-head games.
  - iii. Less goals allowed overall.
  - iv. Coin toss

- 3) Tiebreakers between 3 or more teams will be applied:
- i. Best Head-to-Head record in common games
  - ii. Less goals allowed in common games
  - iii. Less goals allowed overall
  - iv. Coin Toss