

2023 Summer Soccer League Rules



Function of the Laramie Soccer Club

The Laramie Soccer Club shall be responsible for securing a center referee, field supervisor, balls, and playing facility; general organization of the league, registrations, scheduling, make up games, etc. Each team will receive a Season Schedule, League Rules, and Announcements via TeamSnap.

Registration

Each player must register online via the Laramie Soccer Club's website and sign a liability waiver prior to participating. Players must register and pay prior to the first game.

Players must be 16 years older on the date of the first game in order to participate. Players under the age of 18 must have a legal guardian sign the liability waiver.

Uniforms

All players of the same team will have matching, or close to matching colors of shirts. All teams must bring both a colored and a white shirt to each scheduled game. Referees may ask players to change shirts if they feel shirts are too similar. When opposing teams are wearing the same color shirts the team listed first in the schedule will be designated the "Home team" and will be required to wear white. No hats with hard bills **Shin guards with sock coverings must be worn.**

Rules

Players and team captains will not dissent from the decision of the referee.

Referees can expel any person, including those on the sidelines, from the game for inappropriate conduct.

Players must be prepared to show identification prior to each game or when asked by referee or field supervisor. If unable, player will not be allowed to play.

Any player lying on the field shall be presumed injured, and game play must stop immediately.

Time of play is continuous and cannot be stopped by a player or a play. No overtime is played; tied games remain a tie.

Must be at least two women on the field at all times.

All kicks other than corner kicks and penalty kicks are indirect.

Goal kicks must bounce or touch a player before crossing the half line. Goal kicks kicked over the half line will result in an indirect kick on the half line for the opposing team.

Substitutions must be made on the referee's whistle.

Fouls and Misconduct

A free kick is awarded if a player commits any of the following offences against an opponent in a manner considered by the referee to be careless, reckless, or using excessive force:

- Charges
- Jumps at
- Kicks or attempts to kick
- Pushes
- Strikes or attempts to strike (including head-butt)
- Trips or attempts to trip

Other offences resulting in a free kick:

- A handball offence
- Holding an opponent
- Playing in a dangerous manner
- Impeding an opponent with or without contact
- Biting or spitting at an opponent or referee
- Being guilty of dissent, using offensive, insulting, or abusive language and/or actions or other verbal offences.
- Throws an object at the ball, an opponent, a referee, or makes contact with the ball with a held object.
- Prevents the goalkeeper from releasing the ball from the hands or kicks or attempts to kick the ball when the goalkeeper is in the process of releasing it.
- Goalkeeper touches the ball with the hand/arm after it has been deliberately kicked to the goalkeeper by a teammate.

Slide tackles are not permitted apart from the goalkeeper when he/she is in the box. Slide tackling will result in an immediate yellow card.

In recreational leagues, understand your competition and play to their level. The experience should be enjoyable for everyone and playing at a level far beyond and above what your competition is able to play demonstrates poor sportsmanship. This does not mean you cannot play hard or try to win, but it is important to act accordingly if there is a vast difference in ability level.

Do not play overly aggressive. Do not run people over, especially if there is a large size difference or skill difference. While injuries may occur, we all should take every effort to prevent them.

Discipline

Cards can be issued. Yellow cards represent a warning – if a player receives a second yellow card during the same game it is equivalent to a red card.

Red card means ejection from the remainder of the game, and area if necessary. The referee's decision regarding red cards is final. Players receiving a red card will be fined \$50.00 and serve a two (2) game suspension. Subsequent red cards will result in a fine of \$75.00. Red cards may be reviewed by the Adult League Committee at the request of the fined player or captain, solely for the purpose of determining whether the suspension and/or fine should be waived. All requests for review should be submitted in writing within five (5) days of the issuance of the red card. The request should be sent admin@laramiesoccer.org. Respect the game and your opponent's so that red cards will be

unnecessary. All decisions by the Recreation Coordinator concerning red cards will be final. **If a player receives a red card for fighting, they will be suspended from the league indefinitely. No replacement will be allowed to the team's roster for any player that is suspended indefinitely.**

Field size

The field will be approximately 70 x 50 yards with all appropriate field markings and equipment adjusted accordingly with the exception of the penalty mark. The penalty mark will remain at 12 yards from the goal line.

Time of play

Two 30 minutes halves will be played with a five-minute half-time period.

There shall be no stoppages of play, including for injuries.

Game time starts when scheduled (5:45 PM/7:00 PM) and shall not extend beyond sixty-five minutes from the scheduled start time (6:50 PM/8:05 PM).

Number of players

There will be a maximum of seven players on the field from each team.

Minimum players

A minimum of two field players must be female. If two females are not available for play, then teams must play short player(s). In the event any team is unable to field at least one player of the opposite gender, that team forfeits the game. No more than 5 males may be on the field at one time.

Forfeit(s)

Any team not ready to play within ten minutes after the scheduled game time shall forfeit the game.

Any team fielding a player who is not on their official team roster shall forfeit the game.

In the case of a forfeit, the winning team, or non-forfeiting team, will be awarded a 1-0 win.

System to Determine Standings

A three-point system will be used to track a team's wins/losses/ties.

- 3 points for a win;
- 0 point for a loss;
- 1 points for a tie.

Tournament

After the last week of scheduled games, there will be a tournament. Schedules for that will come out after the last scheduled games.

Any tournament players must play at least 3 regular session games before playing in the tournament.

Remaining Rules

With the exception of those rule changes noted herein, all league games will be conducted under the current FIFA Laws of the Game (equipment, rules, etc.).

Zero Tolerance Policy

The purpose of this policy is to help coaches, managers, and players make appropriate choices without punitive actions. The zero-tolerance policy affords all participants direction in developing self-discipline, leadership, integrity, character, commitment, teamwork, a healthy attitude, and respect for rules and regulations.

The Laramie Soccer Club supports the zero tolerance rules. Abusive or excessive behavior by any coach, manager, or player will not be tolerated. All persons associated with any the Laramie Soccer Club's recreational activity must understand that situations will arise during the course of the season, which may upset them. However, we must work through these occasions to set an example for the entire organization and the community through appropriate conduct.

Any violation of this policy constitutes conduct detrimental to the spirit of sportsmanship and makes the player, coach, manager, team or official subject to disciplinary action, with possible suspension from recreational activities. A minimum suspension of one (1) game will be imposed if a violation is found to be justified. A second finding of a violation constitutes a minimum of a two (2) game suspension. A third violation will receive a minimum four (4) game suspension from all associated Club activities. All violations are subject to probation.

Any person charged with a zero-tolerance violation has the option of accepting the punishment; or has five (5) days in which to notify the Adult League Committee to request a hearing. Adult League Committee will make their best effort to conduct a hearing within ten (10) days. Upon receiving the results of the hearing, you have the further right to appeal to the Laramie Soccer Club Board of Directors. Players, coaches, and officials need rules and regulations by which their actions are guided. When they violate these rules, there must be consequences.

Types of Abuse:

1. Verbal Abuse (serious, repetitious dissent to provoke an argument, criticism or demeaning language but which does not include offensive, insulting, or foul language) – first offense one (1) game suspension.
2. Serious Verbal Abuse (e.g. using offensive, insulting, or foul language or repeated incident of less serious abuse) – two (2) game suspension – Disciplinary Committee hearing to consider additional sanctions and/or remedial actions.
3. Stepping onto the Field or Other Threat (by word or action) – four (4) game suspension – Disciplinary Committee hearing to consider additional sanctions and/or remedial actions and, if required, by a letter of apology to the players, employees, managers, and/or coaches of the teams affected by the conduct.

Alcohol Policy

According to City Ordinance 5.08.210 Open Containers, no person shall consume or carry in open containers alcoholic liquor or malt beverage on any street or highway, in any vehicle, in any restaurant, hotel dining room or any other public place or public area whatsoever within the city, except places where

the sale or service of alcoholic liquor or malt beverages is authorized by Wyoming State Law or city ordinance.

Smoking Policy

According to City Ordinance 8.56.030, smoking shall be prohibited in all enclosed areas of public places with the City including sports arenas. A sports arena is defined as stadiums, swimming pools, roller and ice rinks, and other similar places where members of the general public assemble to engage in physical exercise, participate in athletic competition or witness sports or other events. Further, all enclosed areas, including buildings and vehicles leased or operated by the City are subject to the smoking ordinance. Therefore, it is illegal for individuals to smoke within the Aragon Softball Complex. The parking lot is not applicable to this ordinance.

Weather Policy

The Field Supervisor will alert all field users when the fields need to be cleared for lightning. If after 30 minutes the lightning has not moved to a safe distance, all games will be cancelled / postponed for the remainder of the evening. If the lightning has moved to a safe distance, the field scorekeeper will notify users that games may resume. If fields are wet from the storm, games may be called for unsafe conditions or to save the condition of the fields. Referees will make the call on field conditions.