



**South Suburban
PARKS AND RECREATION**

SPORTS DOME

ADULT SOCCER RULES & REGULATIONS

All games will be governed according to FIFA laws with the following modifications for the South Suburban Sports Dome. League administrators and Sports Dome staff reserve the right to establish guidelines for any and all rules or infractions not covered in the league rules. Staff reserves the right to refuse participation to any individual or coach if they do not obey the rules and regulations and keep within the spirit of sportsmanship.

By participating in a South Suburban Sports Dome League, all players and spectators agree to abide by the South Suburban Parks & Recreation District Code of Conduct and will be held responsible for their actions.

1. TEAM FEES

- a. Team must have 50% of their registration fees paid prior to the first week of the season. The remaining balance is **due in full before the third week of the season**. Any balance remaining after the third week will automatically be charged to the team manager's credit card.

2. ROSTERS & ELIGIBILITY

- a. Each team must have a minimum of nine (9) players.
- b. All players must sign the roster/release form prior to participation.
- c. All players must have a copy of a PHOTO ID on file prior to participation.
- d. Players must be at least 17 years old, have graduated high school and have a current parent consent registration form completed to participate.
- e. Players may play for only **ONE TEAM PER LEAGUE PER NIGHT**. Players may play in separate leagues that occur on the same night. (Ex. Player Z may play in both the "A" and "B" league on Thursday nights.)
- f. All players must check-in on their roster each week with the front desk before their game. Rosters will be kept at the front desk.
- g. Injured players may be replaced with approval of league administrators.
- h. Roster additions can be made until the end of the season. **No roster additions for the playoffs.**
- i. Teams may borrow up to two (2) players if they cannot field a team. The opposing manager must approve of any substitute players.
- j. Team managers are responsible for:
 - i. Having their team present and ready to play at their scheduled time.
 - ii. Informing all players of by-laws and promoting good sportsmanship among team members.
- k. Staff will conduct random roster checks throughout the season. Any player on the field that has not signed the roster will not be allowed to play that night.
- l. Use of an ineligible player will result in the forfeit of all games in which the player participated.
- m. **FORFEIT POLICY:** After a team acquires two (2) forfeits during a single season, they will not be eligible for the playoffs! Additional changes are being evaluated and are ongoing; these changes may include monetary penalties.

3. TIMING & SCORING

- a. Game time is forfeit time.
- b. It is recommended that your team arrive at least 10-minutes prior to game time to check-in.
- c. Games will consist of two 23-minutes halves, running clock, with a 2-minute half-time.

- d. **OVERTIME:**
- i. No overtime will be played during regular season games.
 - ii. Playoff games that are tied at the end of regulation will proceed to a five (5) penalty kick tie-breaker.
 - iii. If teams are still tied after five (5) penalty kicks; teams will then proceed to take one penalty kick each until one team has gained advantage.
 - iv. Those players (including goalie) on the field at the end of regulation must shoot before any “bench” players may shoot.
 - v. Everyone on the team must shoot before rotating through the roster again, if needed.
 - vi. Any player on the field at the end of regulation may play goalie.
- e. Any stoppage of clock will be at the discretion of the referee and/or Sports Dome staff for unusual situations. (i.e. serious injuries)

4. **THE GAME**

- a. Games will be played between two teams of nine (9) players each.
 - i. **CO-REC:** Must play with the following combinations - three (3) females, six (6) males OR two (2) females, five (5) males. Teams are not allowed to play with less than two (2) females.
- b. Teams may start/end a game with a minimum of seven (7) players. If a team has six (6) or less players, the opposing manager may allow up to 10-minutes (running game clock) for additional players to arrive. If a team cannot be fielded after 10-minutes, the game will be forfeited. Forfeits will be scored 3-0. Referees will not work any forfeited games.
- c. The field of play is 86 yards x 44 yards.
- d. The ball will be considered in-bounds if it hits the dome or lighting, unless it has completely crossed the vertical plane of the sideline or end line as determined by the officials.
 - i. Any ball that hits the dome or lighting and lands inside the penalty area (18-yard box) will be awarded as a corner-kick or goal-kick.
- e. **SUBSTITUTIONS:** Substitutions may be made “on the fly” (without a dead ball) within 8-yards of midfield. Any players entering the game may not play the ball until the exiting player has left the field – Penalty is an indirect free kick for any violations.
- f. After a goal is scored, the kick-off will be delayed until any substitutions are completed.

5. **FOULS & MISCONDUCT**

- a. All fouls are considered judgment calls and will be determined at the sole discretion of the referee. Judgment calls made by the official may not be challenged or protested.
- b. Referees determine incidental contact, which may occur during normal play.
- c. The team manager or captain is the ONLY player allowed to approach the referee with questions or concerns. Team captains are responsible for the behavior of them self, their players and team spectators. Any team managers who do not comply will be removed from their role.
- d. **FREE KICKS:** Opponents must be at least 10-yards from the ball on all free kicks. Players standing in front of the ball and not making an attempt to move back may be given a yellow card for delay of restart at the discretion of the official.
- e. **NO SLIDING:** Sliding is NOT ALLOWED. Sliding is defined as intentionally leaving your feet and going to the playing surface at any time during play.
 - i. Players leaving their feet to slide and it is not deemed dangerous by the official:
 1. **1st Offense** - Verbal team warning
 2. **2nd Offense** - Yellow card
 3. **Penalty** - In-direct free kick
 - ii. At the discrepancy of the official, any player leaving their feet may be given a yellow or red card without verbal warning if it is deemed a caution able offense or dangerous play.
 - iii. Players leaving their feet to slide tackle another player will be given a **RED CARD** for dangerous play.
 - iv. **Exception** – Goalkeepers may slide within the penalty area. They may leave their feet in the act of sliding, but must play the ball. If the ball is not played, a foul will be awarded.
- f. **NO SPITTING:** Spitting on the turf is NOT ALLOWED. Players doing so may receive a yellow card.

- g. **FIGHTING:** Any form of fighting, including physical/verbal altercations, will result in a red card and immediate ejection from the facility.
 - i. **Fighting is defined as:**
 1. Striking, punching or kicking an opponent with the fist, hands, arms, legs, feet or head.
 2. Attempting to strike, punch or kick an opponent regardless of whether contact is made.
 3. Instigating a fight by committing an unsportsmanlike act toward an opponent that causes the opponent to retaliate by fighting.
- h. **YELLOW/RED CARDS:**
 - i. Any player who receives two (2) yellow cards during a single game will then receive a red card and be ejected from the game in-progress and suspended for a minimum of one (1) additional game.
 - ii. Any player who receives a red card for violent conduct/serious foul play/foul or abusive language will be ejected from the game in-progress and suspended for a minimum of one (1) additional game.
 - iii. Any player/coach/spectator that is ejected for any reason must leave the facility immediately and serve a minimum one (1) game suspension. The Team Manger and Player/Spectator will be contacted regarding the length of suspension. Anyone who does not leave the facility after being ejected will be considered trespassing and the police may be called to remove them.
 - iv. Teams are not allowed to substitute for an ejected player. Teams must play one player down.
 - v. Any player who accumulates three (3) yellow cards during a season will be suspended for a minimum of one (1) game.
 - vi. Any player who accumulates two (2) red cards during a season will be suspended for the remainder of the season.
 - vii. Any cards accumulated during the regular season will be carried over to the playoffs.
 - viii. All cards/ejections/suspensions are subject to additional sanctions at the discretions of League Administrations. Sanctions may include multiple game suspensions, seasonal suspensions, lifetime bans, etc.
 - ix. Any player on suspension is not allowed in the facility during league play.
- i. **ELASTIC POWER:** The Sports Dome staff reserve the right to establish guidelines for any and all rules or infractions not covered in the league rules and regulations. Sports Dome staff reserve the right to refuse participation to any individual/coach/spectator if they do not obey the rules and regulations and keep within the spirit of good sportsmanship

6. EQUIPMENT

- a. Teams must provide their own regulation (size 5) game ball.
- b. Required Equipment:
 - i. Same colored jersey – numbers preferred
 - ii. Shin guards
 - iii. Shoes (molded cleats, turf or tennis shoes)
- c. Prohibited Equipment:
 - i. Jewelry, headgear/billed hats, any unyielding or dangerous equipment, and metal cleats

7. BLOOD POLICY

- a. Any participant who is bleeding, has an open wound, or has an excessive amount of blood on his/her uniform **must leave the game**. The participant **may not return** until the bleeding has stopped, the wound has been covered and bandaged, or the uniform has been changed.

LEAGUE CONTACT INFORMATION

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CODE OF CONDUCT

The following “Participant Code of Conduct” has been adopted for the South Suburban Parks & Recreation Programs and Facilities. These rules of conduct will be strictly enforced during the playing season/activity/contest. It is the Coach/Managers Responsibility to ensure all players know and adhere to the rules.

Appropriate social behavior is requested for all programs, facility and outdoor use. Individuals are encouraged to act in a way that will not hurt another person physically, mentally, or emotionally. A participant may be asked to withdraw from a class or program, or to leave a facility if behavior does not comply with program and or facility standards.

DEFINITIONS:

Coach / Manager- A person designated as team spokesperson. One who is either a player or non-player.

Players / Participant- A person, who actively participates in the game, sits on the bench or who is on the roster.

Contest or Playing Area - That area, which is designated by the League Director, may include spectator area. Can include parking lots and open space.

Spectator- A person who comes out to watch the games for entertainment with no physical involvement.

Official - Person or persons on the field who administer the official rules.

Participation- Any involvement in South Suburban activities such as being a spectator, officiating, playing, coaching or attending non-sporting events. Anyone present at the time of an incident.

League Director - Part time or full time employee of South Suburban.

SPORTSMANSHIP POLICY

Each team or individual is responsible for the actions of its members and spectators during competition and all other times while on South Suburban District property. Unsportsmanlike conduct, including intimidation and infliction or threat of bodily harm, will not be tolerated and will result in ejection from competition and/or facilities. This sportsmanship code will be extended to drop in participants of a sporting activity. Additional sanctions may be added at the discretion of the District’s staff.

No contest is important enough to warrant physical or verbal abuse of officials, participants or spectators. Please remember that these contests are not professional sporting events. Please make the utmost effort to win with class, lose with dignity, and treat the contest officials with respect.

The following behavior is unacceptable for any players, participants, coaches or spectators:

- Use of alcoholic beverages, illegal drugs or tobacco while in a South Suburban facility or at a South Suburban sponsored event except in authorized areas.
- Pushing, striking, threatening (verbally or physically) another player
- Pushing, striking, and threatening (verbally or physically) an official/umpire or South Suburban staff member.
- Refusal to abide by officials’ decisions, including dissent and verbal abuse directed toward officials.
- Failure to follow South Suburban and/or school district regulations.
- Any inappropriate sexual conduct or lewd behavior on the premises or during an event.
- Foul language

CODE:

1. NO PLAYER/COACH SHALL; consume alcoholic beverages without a permit while on South Suburban property.

Minimum Penalty: Ejection from the playing area.

Maximum Penalty: Citation issued by law enforcement.

2. NO PLAYER/COACH SHALL; have three (3) or more team members (players or coaches) ejected from the game.

Minimum Penalty: Shall be penalized with a forfeit.

Maximum Penalty: Suspended from the league for one year. Forfeiture of fees/ no refunds given.

3. NO PLAYER/COACH SHALL; refuse to abide by officials' decisions. Officials are required to immediately suspend the player from further play and report such player to the League Director.

Minimum Penalty: Ejected from that game. Game may be declared a forfeit.

Maximum Penalty: Suspension from the league for two games.

4. NO PLAYER/COACH SHALL; be involved in a physical altercation with another player, coach, or spectator.

Minimum Penalty: Ejection from that game, receive at least a two game suspension (possible suspension for remainder of the year or longer) and be placed on probation.

Maximum Penalty: Placed on suspension for life and/or assault charges filed. Forfeiture of fees/no refunds given.

5. NO PLAYER/COACH SHALL; at anytime lay a hand upon, push, shove, strike, threaten to strike, verbally threaten an official/umpire or staff member. Officials are required to immediately suspend the player from further play and report such player to the League Director.

Minimum Penalty: Suspension from one (1) league game and placed on probation for the remainder of the season.

Maximum Penalty: Placed on suspension for life and/or assault charges filed. Forfeiture of fees/no refunds given.

6. NO PLAYER/COACH; who is ejected from a game may remain in the facility or field. He or she must leave playing area within two (2) minutes.

Minimum Penalty: They must leave facility (official's judgment).

Maximum Penalty: Failure to leave immediately can result in a forfeit. If a forfeit is declared the offending player is suspended for two games and depending on the severity of the offending players of the offending players actions may result in a suspension for life from South Suburban programs.

7. Teams are responsible for their players and spectators conduct before, during, and after the game. All spectators, as well as participants must conform to all school district regulations and South Suburban Park and Recreation District regulations. Improper behavior will not be tolerated in South Suburban programs.

Minimum Penalty: Verbal warning to the coach, technical fouls/penalties assessed.

Maximum Penalty: Forfeit of the game, possible arrest and prosecution, forfeiture of remaining games, and no refund of fees.

ENFORCEMENTS:

1. All suspensions carry an automatic probation period. Once a player(s), coach, and/or team have been placed on probation, their conduct will be evaluated throughout the remainder of the season. Further conduct violations will result in a minimum suspension extending through the remainder of the season, as well as forfeiting all fees paid to date.
2. Warning methods: verbal and written notices
3. Suspended coach or player: Suspension from the playing area will result in the League Director investigating the suspension.
4. If a suspended coach, player or spectator does not leave the contest area, the authorities will be called.
5. The official, supervisor, league director, or other South Suburban staff shall be responsible for suspending the offending parties from the playing area.

6. The League Director has “elastic power” in determining suspensions, penalties, or rule interpretations. Officials will have the authority to penalize for unsportsmanlike behavior. This is a judgment call by the official and cannot be protested. There will be no tolerance for those that deviate from the league code of conduct.
7. Ejected or suspended, participant(s) in question may not come to contests as a spectator during their suspension or ejection period. This includes parking lots.
8. Correct name and phone number of ejected individual(s) must be given to proper authorities before leaving facility.

DUE PROCESS:

All ejections are subject to review by the League Director or his/her designee.

1. All ejections will be considered final.
2. A Suspension Review Board will be set up to hear any review of a suspension as deemed necessary for due process. The Suspension Review Board will consist of the following:
 - a. South Suburban Sport Coordinator (League Director)
 - b. South Suburban Department Supervisor
3. Notice of suspension must be made immediately by the official or authorized staff issuing an ejection. In the event of an extended suspension, the suspended person will be notified in writing of any disciplinary action taken.
4. A suspended player has three (3) business days from the receipt of the disciplinary notice to make an appeal in writing. Appeal must be submitted in writing to the League Director who in turn has an obligation to submit to the Department Supervisor for review.