

RECS8920 Soccer League - Adult Coed Teams

Pos	Team Name	Primary Contact	Phone	W-L-T	Percent	PF	PA	Diff	HTH
1	(4) Just Married	Justin Cartwright	(231) 329-3709	6-1-0	0.857	77	41	36	1
2	(1) Bridge FC	Eric Strattan	(231) 750-2696	6-1-0	0.857	70	25	45	2
3	(7) The Big Green			5-2-0	0.714	45	37	8	0
4	(8) Past Our Prime	Jentry Karpin	(616) 502-1253	4-3-0	0.571	57	47	10	0
5	(3) The Winfrey Soccer Club	Angela Hannah	(989) 859-0305	3-3-1	0.500	45	46	-1	0
6	(2) The Oprah Soccer Club	Angela Hannah	(989) 859-0305	2-4-1	0.357	21	44	-23	0
7	(5) Threat Level Midnight	Chris Belasco	(231) 343-6113	1-6-0	0.143	29	52	-23	0
8	(6) The Avengers	Kevin Smith	(231) 457-3089	0-7-0	0.000	14	66	-52	0

NORA Adult Coed Soccer Rules Summer 2019

No jewelry

No foul language

Shin guards highly recommended, not required

Jersey's or colors should be established to distinguish teams

Players

A team will consist of 8 players.

A team may start the game with as few as 6 players. (5 guys max and 1 girl minimum)

Coed teams must have a minimum of 3 women on their team.

Male	Female
5	3
5	2
5	1
4	3
4	2
3	3

ROSTER AND ROSTER ADDITIONS:

Team Sports: A team's roster is formed throughout the regular season. All players participating in a game must be listed on that roster prior to start of the game. The players who are listed will be entered onto that team's roster and will appear on all future rosters under that team's name.

The manager is responsible for ensuring that each roster, including the printed roster, is complete and accurate

(i.e. all team members who participated in that game are listed on the roster). Names of individuals can be added to the original roster, prior to the new team member playing, by listing that player's name as well as his/her residency on the scorecard. A player must play in at least one regular season game to be eligible to participate in the playoffs. If a player is staying to help a team out (not to forfeit) it must be agreed upon by both managers and both must signed on the score sheet agreeing to play.

RECS8920 Soccer League - Adult Coed Teams

FORFEITS:

A team not ready to play (or failing to appear) at the designated day, date, time, and location of the scheduled contest will forfeit that contest. In order to be credited for the forfeit "win," the team receiving the forfeit "win" for the contest must have the minimum number of required players to start a game.

NOTE: Both teams are recommended to list the players present at the game site in order to have those players considered as having "participated" in that game. A team may waive the right to forfeit and wait for the opposing team to arrive. If a team decides to wait the 10 minutes for the opposing team to show they **must wait the entire 10 minutes**.

If 10 minutes after the scheduled game time passes, and the minimum number of players required to play for the opposing team has not arrived, the team present **must accept** the forfeit. Should the opposing team arrive before the 10-minute time limit, the contest shall be played. The time lost shall not be made up. If a team waives their right to a win by forfeit, and the match begins, that team cannot rescind their decision and take the forfeit. If at game time neither teams have the minimum number required to play the officials will wait 10 minutes to see if either or both teams acquire enough participants to play or accept the forfeit.

Substitutions can be made on the fly. Except for goalies, they must have the attention of the referee. To substitute, the player must be completely off the playing field before the substitute may enter the field.

The Game

Consists of two 25-minute halves with a continuous running clock. Officials can account for stoppage time 5-minute half time.

Tie Breaker- Playoffs Only

If at the end of a match the score is tied there will be **one** 5-minute sudden death overtime. If at the end of sudden death overtime the score is tied there will be a penalty style shoot out. 5 shots will be taken on the goalie that was in the goal the last 5 minutes of the game players will be chosen before the shootout begins by the manager, males and females will alternate kicks, players on the field will be taking the kicks first after the 5 players and shots have been taken, and a tie remains 5 new players will be chosen by the manager, going through the entire roster before another player may shoot a penalty shot twice after the first 5 players shoot, the next continue until there is a lead, and that team then wins. All other players must move beyond midfield. Males and females will each receive one point for each shootout goal. Shots will be taken from 11 yards out.

Goal

A goal is scored when the ENTIRE ball has crossed the goal line between the goal posts and under the cross bar; provided it has not been thrown, directly propelled by hand, arm, or carried by a player of the attacking team. A female goal will count as **TWO (2)** goals.

A goal may be scored from a:

- kick off
- goal kick
- direct free kick
- penalty kick
- corner kick

RECS8920 Soccer League - Adult Coed Teams

Goalie Play

Goalies may use their hands anywhere inside their goal box.

Goalies have 5 seconds until they are required to release a controlled held ball.

A goalie punt must be touched by a player or the ground before crossing mid field.

A goal kick must be touched by a player or the ground before crossing mid field.

A goalie's throw must be touched by a player or the ground before crossing mid field.

Once a goalie has controlled and then released the ball he/she may not touch the ball again using their hands until an opposing player has touched the ball. Goalies may play the ball from being on the ground within their goal box. The entire ball or any part of the goalie's body must be completely in the goalie box. To change goalies, the relief goalie must enter the field and previous goalie must exit the field immediately. Once off the field this person may sub in for teammates, but they must leave the field first. Prior to the last five (5) minutes of the game, if a team wants to exchange goalies they must do so because after the five (5) minute mark the goalie will not be allowed to change positions. Therefore, the goalie that is in the last five (5) minutes of the game will be the goalie that defends against penalty shots.

Fouls

Slide tackling: There will be **NO slide tackling in 8 v 8 play.**

Handball: A ball intentionally touched with a hand or arm by any player other than the goalie.

Any Roughness: tripping, pushing, holding

Illegal Substitution: Substitute entering the field before the player he/she is replacing is off.

Off sides

There will be **NO OFF SIDES** in 8-on-8 soccer

Penalties

Goalies must keep their heels on the goal line. Once the kicker has begun his/her attempt the goalie may move laterally, but not until then.

Once a kicker has kicked a penalty shot then a goalie may move forward/backward, but not until the ball has been kicked.

The kicker has only one attempt to score. The attempt must be in one motion. If the kicker stops the penalty shot it is considered a missed shot.

The goalie may not move from the end line until a ball is kicked.

Goalies may not be exchanged during penalty shots

Direct Free Kick

A direct free kick is awarded to the opposing team if a player commits 1 of these 6 offences:

Kick 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

A direct kick is also awarded if a player commits any of the following four offences

Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball

Holds the opponent

Spits at an opponent

RECS8920 Soccer League - Adult Coed Teams

Handles the ball deliberately

A direct free kick is taken from where the offence occurred

A goal may be scored from a direct free kick

Penalty Kicks

A penalty kick is awarded if any of the above offences is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

Indirect Free Kick

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offences

Takes more than 5 seconds while controlling the ball with his hands before releasing it.

Touches the ball again with his hands after it has been released from his possession and has not touched any other player. (Exception if a goalie is bouncing the ball)

Touched the ball with his hands after it has been deliberately kicked to him by a teammate.

Touches the ball with his hands after he has received it directly from a throw-in taken by a teammate.

An indirect free kick is also awarded to the opposing team if a player in the opinion of the referee...

Plays in a dangerous manner

Impedes the progress of an opponent

Prevents the goalkeeper from releasing the ball from his/her hands

Commits any other offence, not previously mentioned

The referee signals when the shot is taken and can only be a goal if the ball touches another player before it enters the goal.

The indirect free kick is taken from where the offence occurred.

An indirect free-kick, from which a goal cannot be scored unless the ball has been played or touched by any player other than the kicker before passing through the goal.

Advantage

When an official refrains from whistling a violation or foul, he/she will clearly indicate by voice and gesture that it is an advantage so the players know that the penalty has not gone unnoticed. An advantage will be called if, in the judgment of the official, the attacking player has a legitimate shot to make a play.

Throw-In

When the ball passes completely over a touchline, either on the ground or in the air, it shall be thrown in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it.

Both feet must remain on the ground

A Goal cannot be scored from being throw in.

Ball must pass over the player head

It is ILLEGAL to throw the ball to your own goalkeeper's hands.

Corner Kick

A goal may be scored off a corner kick

RECS8920 Soccer League - Adult Coed Teams

A corner kick is awarded when the whole ball, having last touched a player of the defending team, passes over the goal line either on the ground or in the air, and a goal is not scored.

The ball is placed inside the corner arc at the nearest corner flag

The ball is kicked by the player of the attacking team

Player and coach conduct

Captains are responsible for the conduct of their players and fans

Only the captain is allowed to address an official during play

Acts of unsportsmanlike conduct including unnecessary roughness, arguing with officials, fighting, abusive language directed towards officials/opponents will result in player(s) involved being ejected from the game. Any player ejected from the game will automatically be suspended for one contest.

Any player being ejected twice in a single season must meet with the league director before he/she may return to play. Team captains from other teams will be consulted on their opinion if that player should be allowed to return.

YELLOW AND RED CARD VIOLATIONS

A player shall be issued a **yellow card** (cautioned) if she or he:

- demonstrates unsportsmanlike behavior,
- dissents by word or action,
- persistently infringes the law of the game,
- illegally enters the game,
- illegally exits the game,
- delays the restart of the game (throw in, corner kick, free kick),
- does not assume the 10 yards on a corner kick or free kick,
- any other violation or foul the officials deem as a yellow card violation.

If the same player is given two yellow cards, that player will receive a red card.

A player shall be issued a **red card** (ejected from game) if she or he:

- demonstrates violent conduct,
- demonstrates serious foul play,
- uses foul and abusive language,
- spits at another player, referee, or spectator,
- receives a second yellow card in the same game,
- intentionally physically impedes a player with an obvious opportunity to score a goal,
- denies his opponent a goal by intentionally handling the ball,
- any other violation or foul the officials deem as a red card violation.

Players receiving a red card will be suspended from their next scheduled game

*When any ruling is in question FIFA rules apply

Revised 6/19/19

Game Schedule

						Score			
Date	Time	Location	Home Team	Away Team	H	A	Type	Status	

RECS8920 Soccer League - Adult Coed Teams

Game Schedule

Date	Time	Location	Home Team	Away Team	Score		Type	Status
					H	A		
Sun 06/23/2019	5:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(1) Bridge FC	(8) Past Our Prime	11	7	RS	
	6:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(2) The Oprah Soccer Club	(7) The Big Green	2	3	RS	
	7:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(3) The Winfrey Soccer Club	(6) The Avengers	11	5	RS	
	8:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(4) Just Married	(5) Threat Level Midnight	15	3	RS	
Sun 06/30/2019	5:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(1) Bridge FC	(2) The Oprah Soccer Club	12	0	RS	
	6:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(8) Past Our Prime	(5) Threat Level Midnight	6	4	RS	
	7:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(6) The Avengers	(4) Just Married	0	8	RS	
	8:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(7) The Big Green	(3) The Winfrey Soccer Club	8	3	RS	
Sun 07/14/2019	5:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(3) The Winfrey Soccer Club	(1) Bridge FC	1	10	RS	
	6:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(4) Just Married	(7) The Big Green	13	7	RS	
	7:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(5) Threat Level Midnight	(6) The Avengers	8	1	RS	
	8:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(2) The Oprah Soccer Club	(8) Past Our Prime	1	6	RS	
Sun 07/21/2019	5:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(7) The Big Green	(5) Threat Level Midnight	5	3	RS	
	6:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(1) Bridge FC	(4) Just Married	4	10	RS	
	7:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(2) The Oprah Soccer Club	(3) The Winfrey Soccer Club	4	4	RS	
	8:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(8) Past Our Prime	(6) The Avengers	11	2	RS	
Sun 07/28/2019	5:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(3) The Winfrey Soccer Club	(8) Past Our Prime	3	13	RS	
	6:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(4) Just Married	(2) The Oprah Soccer Club	14	4	RS	
	7:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(6) The Avengers	(7) The Big Green	3	9	RS	
	8:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(5) Threat Level Midnight	(1) Bridge FC	2	10	RS	
Sun 08/11/2019	5:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(3) The Winfrey Soccer Club	(4) Just Married	15	2	RS	
	6:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(8) Past Our Prime	(7) The Big Green	6	11	RS	

RECS8920 Soccer League - Adult Coed Teams

Game Schedule

						Score			
Date	Time	Location	Home Team	Away Team	H	A	Type	Status	
	7:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(1) Bridge FC	(6) The Avengers	16	3	RS		
	8:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(2) The Oprah Soccer Club	(5) Threat Level Midnight	7	5	RS		
Sun 08/18/2019	5:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(5) Threat Level Midnight	(3) The Winfrey Soccer Club	4	8	RS		
	6:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(7) The Big Green	(1) Bridge FC	2	7	RS		
	7:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(6) The Avengers	(2) The Oprah Soccer Club	0	3	RS		
	8:00 PM	Football/LAX-Boys/Turf/StdM @ Grand Haven High School	(4) Just Married	(8) Past Our Prime	15	8	RS		

Type: RS - Regular Season Game PS - Pre Season Game PL - Playoff Game PR - Practice

Status: C - Canceled P - Postponed R - Rescheduled