



## **Santa Barbara Soccer Club- Adult League Rules**

### **HAVE FUN & PLAY SAFE!**

FIFA rules (2024-2025), except as otherwise noted  
For new Law changes, see 2024-2025 IFAB Updates

1. 40 min halves
  - Game clock starts at scheduled time.
  - 5 min Half Time Break
  - Game must end 5 min before scheduled start of next game
2. Home Team starts with kick off.
  - Attacking directions determined by first team as they arrive.
3. Minimum 8 players from each team required.
  - If team does not have 8 players by 10 mins after scheduled kickoff, opposing team takes 1-0 forfeit, and still play a "friendly"
  - Any team with under 12 players, may borrow to get up to 13 (11 +2 Sub), with approval from opposing Team Captain.
  - No restriction on borrowing a Goal Keeper, except unrestricted borrowed Goal Keeper may only play that position.
  - Borrowed Players may not take Penalty Kicks
4. Rolling substitution
  - Play is not stopped. Substitute as needed during play.
  - All players should play at least half of the game.
  - Dedicated stoppage about 1/2 way through each half for substitution
  - On hot days, 1 min cooling break, given approx. 1/2 way through each half
5. No slide tackling when challenging. Exceptions below:
  - Allowed by GK, in Penalty area only.
  - To save or clear ball, when no other opponents are in immediate playable vicinity of ball.
  - A slide tackle is defined as entire body moving across playing surface to the ball, not just a poke or sweep of an extended leg/foot



6. No charging the Goal Keeper in Penalty Area (automatic yellow).
  - 50/50 Ball in Penalty Area with GK, is automatically GK's ball.
  - Attacker with possession of ball, within playing distance of ball is not 50/50.
7. No forceful charging of players.
8. Watches and hard braces must be covered as to lessen impact upon other players.
9. Number of Female players versus Male players on the field is not restricted.
10. No Male to Female charges.
  - Applies outside Female player's attacking penalty area only.
  - May challenge for ball with feet only.
11. No arguing with Referee (automatic yellow)
  - Team Captain may respectfully talk with Referee(s) only
12. No profane or vulgar language.
13. Length of Season: 17 games each team.
  - 14 weeks of Regular Play, followed by 3 weeks of Playoffs.
  - All teams play every week, including Playoffs.
  - Playoff seeding determined by #1 Points. Tie breakers. #2 Goal Differential, #3 Head to head play.
  - Tie breaker #4 for Legends Division only, after 2nd playoff round, initial seeding is #4
14. Rostered athletes must participate in at least one regular season game to be eligible to participate in playoffs.
15. Playoff Games, Weeks 15-17



- Borrowed players only allowed at the discretion of opposing team Manager/Captain, and Referee notified. Borrowed players may not then be revoked, except by arrival of regular team players.
- No restriction on borrowing a Goal Keeper, except unrestricted borrowed Goal Keeper may only play that position.
- Coin toss decides kickoff and directions
- On games requiring a winner, If game is tied or becomes tied within 10 minutes of end of game, game is stopped and we proceed directly and immediately to Penalty Kicks.
- No Borrowed players may participate in PK's
- Only team players on field when games goes to PK's, may participate in the taking of PK's.
- Determination in PK's is standard FIFA procedure until there is a winner: 5v5, then 1v1 if necessary
- Semifinals (Champions Division only) and Championship Game in both divisions, full time is played, and then PKs if still tied after Full-time.

16. Yellow card offender automatically becomes a Substitute, and must leave the field for 5 minutes. If a second yellow is given, that person receives a Red Card.

- If that person was a player at the time of the 2nd yellow, the team is now down to 10 players on the field.
- If that person was a Substitute at the moment of the infraction, the team does not play short. Such as when a foul gets a yellow, then the now "substitute" lets go with an immediate dissent issue, resulting from that carded foul. Since that person was automatically a Substitute because of the first yellow, team does not play short.
- 1 red card = out for remainder of game and next game

17. Red Cards

- Result of 2 Yellow cards, not suspended for following game
- Result of non Violent or non Dangerous play, no 1 game suspension (such as 2 yellows, most DOGSO's).
- Result of Serious Foul Play (very hard and/or very dangerous play), gets on game suspension



- Result of Violent Conduct. Including fighting, demeaning, abusive, or threatening language directed at anyone. ***Expulsion from the league.***
18. Repeated violation of rules may lead to expulsion from League
- The intent of the League is to provide Safe, Fun, Respectful & Competitive environment, for adults who wish to continue the enjoyment of the game.
  - Refer to the league's fair play pledge.
  - HAVE FUN!
19. Misconduct by league membership and/or spectators pre, during, and post game will be reviewed by the Disciplinary Committee and can lead to being barred from the league. ANY assault or attacks made towards another player, referee, or spectator will result in an immediate expulsion from the league.
- This type of behavior will not be tolerated by Santa Barbara Soccer Club and directly goes against our contract with SBCC, threatening our ability to use these facilities.
20. The Adult League is administered by the Santa Barbara Soccer Club and adheres to its policies, procedures, and player safety rules.
- Steering Committee: The Adult League's Governing Body which consists of the Referee Coordinator, Executive Director, Program Director, and all team managers. This group is responsible for establishing league rules, creating league structure, reviewing policy, upholding the culture, cultivating growth, and making decisions as a whole to maintain the league's quality, character, and spirit.
  - Disciplinary Committee: The Adult League's Player Conduct Review Board which consists of approximately 4-6 At-Large Members (team managers and/or team representatives), the Referee Coordinator, Executive Director, and Program Director. This group is responsible for reviewing all delinquent acts that occur on field resulting in a yellow or red card, as well as off field incidents which go directly against the league's code of conduct. This group receives detailed incident reports and makes collaborative decisions on whether or not further disciplinary action is required.



## Significant Law changes 2023-24 (IFAB)

- "Kicks from the Mark" to determine winner of a game now called "Penalties", "Penalty Kicks", or "PK's"

## Point System for Games

3 points for win

1 point for tie

0 points for loss