

# Alexandria Masters Soccer Rules and Regulations

(Revised January 2013)

*The following rules of the Alexandria Masters Soccer League provide general guidelines for players and referees. The League, acting through its Commissioner and Board of Directors and subject to its bylaws, reserves the right to change these rules as necessary to preserve a safe and recreational soccer experience.*

## **1. TEAMS, ROSTERS, and ELIGIBLE PLAYERS**

- a. All players must register at the league website, pay their dues, and sign the required waiver of liability in order to be eligible to play in AMSL games.
- b. All men must be 40 years old, and all women must be 30 years old, by the end of the calendar year in which a given season begins. The League has the discretion to grant a waiver to the age limit in extraordinary circumstances.

## **2. THE GAME**

- a. The Laws of the Game as adopted by FIFA apply unless amended here. The Laws of the Game are available on the Internet at: <http://www.fifa.com/worldfootball/lawsofthegame/index.html>.
- b. Games shall consist of two 40-minute halves.
- c. Games shall begin within 5 minutes of the scheduled time. Teams not ready to play after the 5-minute grace period shall forfeit the game unless the opposing team's captain elects to allow a longer grace period. Where the grace period is extended, the referee shall reduce the total playing time, taking an equal amount of time from each half, to ensure that the game ends at the same time as was scheduled.
- d. If the referee calls off a game in progress because of weather, field conditions, or a similar situation, then such game will be an official game if the first half has ended. Otherwise, at the discretion of the League, it will be replayed or declared a tie or forfeit.

## **3. SPECIAL RULES FOR SAFETY AND SPORTSMANSHIP**

- a. Dangerous play will not be tolerated. Referees are instructed to take an expansive view of what constitutes dangerous play and to err on the side of caution. Examples of dangerous play include, but are not limited to, dangerously playing the ball while on the ground and "high kicking" close to other players.
- b. "Slide tackling" is prohibited and will be treated as "dangerous play," punishable by an Indirect Free Kick. "Slide tackling" is defined as diving for a ball feet-first in close proximity to an opposing player. In cases where player-contact results from a slide tackle, the tackle will be treated as tripping and/or kicking another player, punishable by a Direct Free Kick.
- c. Fighting, verbal abuse, or other conduct deemed detrimental to the League's mission, on or off the field, may result in disciplinary action, including but not limited to suspension, termination, and/or forfeiture of dues.

- d. Any team that has a four-goal lead is strongly encouraged to remove one player from the field so as to ensure a recreational environment.
- e. Yellow and Red Cards.
  - (1) Captains shall report all Yellow and Red Cards to the League, including the reason for the card.
  - (2) If a player receives three Yellow Cards in a season, he or she shall be suspended from the next scheduled game.
  - (3) Any player who receives a Red Card shall be suspended from the next scheduled game. Any player receiving a second Red Card in one season will be suspended from further league play for the remainder of the season, including playoffs.
  - (4) The League reserves the right to increase these penalties to address incidents where the circumstances warrant it.

## **5. PARTICIPATION**

- a. Under no circumstances shall a team play more than 7 men, even if fewer than 4 women are available. If, for example, only 3 women are available to play, then the team is limited to 10 total players on the field. If the team has only 2 women available, then it can field only 9 players.
- b. Under no circumstances shall a team play more than 6 men as field players, regardless of whether the goalkeeper is a man or woman.
- c. Team captains are encouraged to cooperate to ensure an adequate number of players per side, subject to Rule 5(a).
- d. Unlimited substitutions are permitted. Referees are encouraged to permit substitutions wherever doing so will not disadvantage the non-substituting team.

## **6. UNIFORMS AND EQUIPMENT**

- a. Players shall wear the uniforms provided by the league or numbered shirts of identical color.
- b. Shin guards covered by socks must be worn at all times.
- c. Metal spikes are not permitted.

## **7. SIDELINES**

- a. Alcohol, smoking, drugs, and dogs are not permitted on City of Alexandria playing fields.
- b. Please do not leave small children unattended near the field.