



Adult League Rule Handbook

Adult League rules are subject to change at the discretion of the League Director at any time during the course of the season.

Player Rules

- ABSOLUTELY NO FIGHTING
- NO FOUL LANGUAGE
- NO CLEATS
- NO JEWELRY
- NO SLIDE TACKLING
- SHIN GUARDS MANDATORY AND WILL BE ENFORCED
- SHOW GOOD SPORTSMANSHIP AT ALL TIMES
- NO GUM IS PERMITTED IN THE FACILITY
- NO SPITTING OR SNOT BLOWING

Team Rules

- ALL TEAMS MUST HAVE APPROPRIATE UNIFORMS
- NO REMATCHES ALLOWED
- NO ADDING OF PLAYERS TO ROSTER AFTER 2nd WEEK OF SEASON
- NO FOUL LANGUAGE, OR VULGAR CHANTING FROM TEAM
- MINIMUM OF 6 PLAYERS REQUIRED TO START GAME
- FOR CO-ED, MINIMUM OF 4 FEMALES ON FIELD AT ONE TIME
- \$100 PENALTY FEE WILL BE INCURRED IF A TEAM FORFEITS A GAME

Spectator Rules

- NO OUTSIDE FOOD OR DRINK IS ALLOWED IN THE FACILITY
- NO FOUL LANGUAGE, OR VULGAR CHANTING FROM FANS
- NO SMOKING OR ALCOHOLIC BEVERAGES ON PREMISES
- CONTINUOUS VERBAL ABUSE TO REFEREE OR LEAGUE OFFICIAL WILL RESULT IN A 2 MINUTE PENALTY IN FAVOR OF OPPOSING TEAM
- SPECTATORS ARE RESPONSIBLE FOR SIBLINGS AT ALL TIMES

Scheduling

Games cannot be rescheduled or changed once the league schedule has been posted on the Long Island Rough Riders website. **No exceptions!**

Eligibility

- No player may be registered with more than one team or switch from one team to another in the same league

Field Play

- No offside play, unless indicted by referee prior to game
- Substitutions – FIFA rules apply
- Direct and Indirect – FIFA rules apply
- Penalty Kicks – FIFA rules apply
- Corner Kicks – FIFA rules apply
- Goal Kicks – FIFA rules apply – taken at goal box line

Running Time

All games are 50 minutes, two 25-minute halves. Half time is a brief intermission approximately 2-3 minutes (teams do not switch halves). Teams coming off must exit the field immediately. Teams coming on must be prepared to start the game immediately.

- Time kept on the field by referee (running time)
- No overtime play
- Failure to field a team will result in a team forfeit
- Games start promptly according to league schedule regardless if a team is not present

Point System

Teams are awarded: 3 points for a win, 1 point for a tie, 0 points for a loss.

The league standings are determined by the following:

- Total Team Points

- Head to Head Competition
- Least Goals Against
- Goal Differential

If a team forfeits a game, the opposing team will be awarded with a win; five goals scored, and zero goals against.

All scores, results and standings will be posted on www.liroughriders.com.

Kick-off

The soccer ball will be placed on the X mark, located in the center of the field, to start games and after goals are scored.

- The soccer ball will be placed on the X mark, located in the center of the field, to start games and after goals are scored
- Opposing team must stand 5 yards back from the kick off marker.

No Goal

- If the ball is kicked directly in on a kick-in, a kick-off or an indirect free kick
- If a team scores with 8 players on the field, NO goal will be awarded and the team will be awarded a 2 minute penalty.

Boundaries

No throw-ins. Balls that go out of bounds will be played in by a Kick-In -- ball must be completely stopped and placed on the line where the ball went out. Players must stand 5 yards away from all kick-ins. In-bounding team has 5 seconds to get the ball in play. Each team must provide a linesman

Other boundary rules:

- Goal kicks must be taken from the goal kick markers. Located 1 yard from the end line
- Corner kicks must be placed on designated line or between line and corner flag

Online Team Roster

- A completed online team roster is due prior to the first scheduled game

- Coaches may submit additional players to the roster, not exceeding 16, up until the second week of league play
- Rosters are not considered complete if players do not fill out an insurance waiver form
- Six field players and a goalkeeper consist of a team.
- Coaches may not add, cross out, or substitute players once the roster has been submitted
- Players cannot play for another team in the same league
- Player identification needs to be available prior to each game or participant(s) may not play

Player Identification

- Players must present a license or identification card proving who they are prior to each league game to the league administrator at the Rough Riders front desk.
- Players who fail to illustrate any identification will not be able to play.

Team Bench & Substitutions

Team Bench:

- Only two adults are permitted to coach from the team bench
- All other adults must watch the game from the spectator area
- Players who are not playing need to be seated on their team bench
- All team bags must be placed neatly behind team bench
- Coaches and players must leave their team bench immediately after their game
- Coaches and players may not cross over the designated team bench area
- Players are responsible to clean up any garbage from their team bench

Substitutions:

- Unlimited substitutions

- All players are substituted on the fly
- Substituted players must first come off the field before a new player may enter
- All substituting players and coaches must remain on team bench during the game
- Coaches may not enter the field at any time unless the referee permits - failure to comply will result in a two-minute penalty
- Goalkeepers who are substituted must be differentiated with a different colored team shirt

Playoffs

The top four teams in the league will advance to the playoffs. The 1st place team will play the 4th place team. The 2nd place team will play the 3rd place team.

There will be a 10-minute overtime period during playoffs if a game is tied after regulation time. The overtime period is sudden death; first team to score wins.

If a goal has not been scored during the 10-minute overtime period, penalty kicks will determine the winner. Three penalty kicks will be awarded to each team. A sudden death penalty kick round will take place if a team is not victorious after the first round.

Awards & Trophies

The first and second place teams are awarded a team trophy. The Champions of each league will be awarded a discount on their next season in the Rough Rider Indoor League.

Fouls & Penalties

The following card system applies for fouls and penalties at the Training Center:

- Yellow Card = Two Minute Penalty
- Two Yellow Cards = Player Ejection from Game
- Red Card = Player Ejection from Game & Following League Game

Two-minute penalties occur when:

- Physical confrontation between players on or off the ball

- A player blatantly fouls another player
- A player delays the game in any form
- A player or coach who consistently argues with the referee
- A player, coach or parent uses abusive language
- A parent from a respective team does not comply with the parent acknowledge form or argues with a referee and/or league administrator
- A player purposely obstructs the flow of the game by using their hands
- A Co-Ed team fails to have a minimum of 4 women on the field at one time.

Power Play

A power play occurs when the referee gives a two-minute penalty to a player, coach or parent. The player who receives a two-minute penalty will have to remain on their bench until the referee signals that the two-minute penalty has ended.

- If the opposing team scores a goal during a power play the two minute penalty is terminated – player may enter the game again
- If players on both teams are issued a two minute penalty, both players must sit out the full two minute duration regardless if a goal is scored and may not enter the field of play until the referee signals them on
- If a goalkeeper receives a two-minute penalty, one of the goalkeeper's teammates must sit-out a two-minute duration
- If a coach or parent receives a two-minute penalty, one of the players on the team must sit out for a duration of two minutes

Free Kicks

Outdoor FIFA rules apply for all free kicks. Opposing players must provide 5 yards from the ball at all times.

The following indoor rules will result in an indirect free kick:

- If goalkeeper throws the ball over the midfield line (goalkeeper must play the ball with their feet outside their goal box before they can play the ball over midfield). Ball is spotted at midfield
- If goal kick is kicked over the midfield line without making contact with a player

- If a player stands within a one-yard radius of the goalkeeper on any free kick
- If ball makes contact with lights or ceiling of the facility

Penalty Kicks

A penalty kick is awarded against a team that commits a direct kick foul inside the goal box. Penalty kicks are taken from the top center of the goal box – indicated by penalty kick marker. All players, except for the goalkeeper and the kicker, must stand behind midfield until the ball is kicked.

Forfeited Games

The coach of the forfeited team agrees to pay a \$100.00 penalty fee when his/her team forfeits a game. Failure to submit the \$100.00 penalty fee prior to the next scheduled game will result in the team's dismissal from the league. Additionally, the forfeited team will be penalized three (3) points from the league standings on top of the forfeited game.

- Teams who are 10 minutes late to their scheduled game will automatically forfeit their match
- Teams who have less than the minimum number of players required at the start of match will forfeit their game
- No rematches or makeups will be awarded
- If game is forfeited, the opposing team may utilize game time slot for team training or an inner squad game
- No refunds of any kind are given once the team has registered in the league

Sportsmanship

Players, coaches and spectators are expected to act in the nature of good sportsmanship at all times. There will be no abuse of referees or league officials tolerated, verbal or otherwise. Any indication of such behavior by a coach or parent will result in immediate removal from the Rough Riders Training Center. We are all here to play soccer and have fun!

Referees

- The referee's will have sole jurisdiction over the conduct of the game.
- If a referee terminates a game for any reason, the score at the time of the termination will stand

Protests

- No protests will be considered or permitted
- If the League Rules appear to be violated, the matter may be brought to the attention of the League Director for the final resolution
- All decisions made by the League Director will be final

Inclement Weather

Unfortunately we are unable to reschedule games due to inclement weather conditions.

If a team feels it is unsafe to attend a scheduled game due to inclement weather the coach must call the Rough Riders Training Center a minimum of three hours prior to game time. If a team forfeits a scheduled game we will notify the opposing team as early as possible. The opposing team has the option of using the facility for training during their scheduled game time. No fine will be levied to a team who does not attend a game due to inclement weather.

Dismissal from Adult League

The result of a coach, parent, or team fan involved in any type of physical confrontation with other spectators, referees and/or league officials will automatically disqualify **their entire team** from the league.

If not stated within this handbook, outdoor rules will apply to the indoor league. Any questions regarding the rules of the league should be directed to a Rough Riders Official wearing Rough Riders apparel before the game.

Adult League Director

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