



2016 CAN Soccer Rules

Forward:

First and foremost we are playing to have fun! We do have officials; however, we expect a recreational and friendly atmosphere. Harsh language, in any language, and rough play will not be tolerated at any time. Anyone who cannot adhere to our standards of fair play and sportsmanship will be disciplined per the general CAN Rules governing all sports.

Rules:

1. **Game Requirements:** All games will be played in accordance with "FIFA Laws of the Game" as clarified here in the Capital Alumni Network (CAN) rules of play.
 - a. **Alumni and Varsity Rule:** All players must abide by the CAN Alumni and Varsity Rules defined by the CAN League Wide Rules.
 - b. **Player Pass and Picture ID:** A picture ID may be required to verify team rosters before and after game play. Player passes are not used. Picture IDs are required during the playoff games.
 - c. **Game ball:** Each team shall supply a #5-size ball for use as the game ball. The coaches and referee will agree on the game ball.
 - d. **Equipment:**
 - i. **Shin Guards** -Shin guards (must be totally covered by stockings to reduce risk of injury) are mandatory and are an absolute requirement for all players.
 - ii. **Footwear** -Only soccer/athletic shoes are acceptable. No street shoes or metal cleats. Referees decisions on footwear suitability are final.
 - iii. **Uniforms** -Teams shall have matching colored shirts. If a color clash between two teams exists, it is the responsibility of the visiting team to change colors by using an alternate colored jersey.
 - iv. **Jewelry** – Jewelry (necklaces, rings, earrings, bracelets, etc.) may not be worn during play.
 - v. **Medical devices** – Hard casts and leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped, and any other hard substance unless covered with at least 1/2" of closed cell, slow recovery rubber or other material of similar thickness and physical properties may not be worn during play.
 - e. **Game Time:**
 - i. **11vs11** -Two 35-minute halves with a 5 minute half time or as required due to adjusted game times per weather conditions and other delays.
 - ii. **7vs7** -Two 25-minute halves with a 5 minute half time or as required due to adjusted game times per weather conditions and other delays.
 - f. **Substitutions:** Unlimited substitutions may be made with the consent of the referee, at the following times:

- i. **Throw In** – Your possession or when opposing team substitutes.
 - ii. **Goal Kick** – Either team may substitute
 - iii. **Goal** – Either team may substitute
 - iv. **Injury** - When the referee stops play, that team is allowed to substitute for the injured player. The opposing team is then allowed to substitute a single player.
 - v. **Yellow Card** - Referee will allow for an immediate substitution of carded player.
 - vi. **Weather related** – Under extreme heat conditions, substitutions may be made at the referee's discretion.
- g. **Co-Ed / Co-Rec Rule**
- i. **11vs11** -Teams may have no more than eight (8) players of either gender on the field at any one time. And the totals must not exceed 11 players on the field at one time.
 - ii. **7vs7** -Teams may have no more than five (5) players of either gender on the field at any one time. And the totals must not exceed 7 players on the field at one time.
 - iii. Teams must have at least one of the minority sexes on the field at all times to avoid a forfeit. For each minority sex player under the minimum limit for either league (3 for the 11vs11 league, and 2 for the 7vs7), that team must play with one less player on the field. For example a team in the 11-player league that only has 2 minority players, must only play with 10 players on the field until the third minority player shows up
- h. **Slide Tackling:** Slide tackling is NOT permitted. Performance of a slide tackle, as judged by the center referee, may be grounds for a yellow card and a direct free kick at the discretion of the referee. Players may slide when not creating a dangerous play, i.e. sliding to keep a ball in bounds provided that there is no risk of injury to another player. Goalkeepers may slide/dive in an effort to make a save, but violent tackles will also be at the discretion of the referee for further punishment. A slide tackle in the penalty box results in a penalty kick.
- i. **Offsides Rule:**
- i. **11vs11** – The standard offsides rule will apply (See FIFA Law 11).
 - ii. **7vs7** – There will be no offsides rule in effect.
 - iii.
- j. **Forfeits:** Teams must be ready to play the game within 10 minutes of the scheduled game time. If a team is not ready to play with 7 players (11vs11) and 5 players (7vs7), with 75%+ alumni, then they are considered to have forfeited. Team captains shall work together to trade players for a scrimmage conducted by the referee. Referees shall shorten playing time to accommodate the delay in game start. Any registered player may participate in the scrimmage. All participants must be registered players.

2. Team Conduct:

- a. **Discipline** -The Team Captain assumes the responsibility regarding team leadership and maintenance of order and discipline. CAN expects each captain to set a positive example for their players in promoting good sportsmanship and self-control.
- b. **Sideline Control** -The Captain is responsible for the behavior of his/her sidelines. After being verbally warned or cautioned (Yellow Card) by the referee for un-sportsmanlike behavior from his/her sidelines, the Captain will be Red Carded if the situation persists.
- c. The referee also has the authority to eject any spectator at any time at the referee's discretion.

3. Misconduct:

- a. **Yellow Card:** Team Captains should STRONGLY enforce the mandatory substitution of players when they receive a Yellow Card. (The referees will allow for an immediate substitution.)
- b. **Red Card:** A player receiving a Red Card, or two Yellow Cards in the same match, must leave the field premises, out of sight and sound, within one minute without substitution. The suspension rules for a Red Carded player, Team Captain, or spectator will be as follows:
 - i. **First Card:** one (1) game suspension
 - ii. **Second Card:** four (4) game or season suspension, whichever is greater
 - iii. Suspensions will carry into the playoffs, or next year as necessary. Red Cards in the playoffs will carry over to the following season.

4. Weather-related Cancellations:

a. Field closings:

- i. **11vs11** – Because the 11s league is playing on turf, games will be played in most inclement weather with the exception of lightning. Referees/CAN Management makes all decisions regarding game cancellations.
- ii. **7vs7** – Because the 7s league is playing on turf, games will be played in most inclement weather with the exception of lightning. Referees/CAN Management makes all decisions regarding game cancellations.
- iii. **Reschedules** -If a game is cancelled for any reason, the league will reschedule if possible. Full day reschedules may involve adjustments to other teams and days to accommodate softball schedule conflicts and other previously identified blackouts.

5. Regular Season Schedule:

The regular season play will be scheduled for 8 games with a single elimination tournament. Occasionally, because of inclement weather conditions, a few games are lost. The league makes no guarantee of any certain number of games if conditions beyond the control of the league are present (excessive inclement weather conditions, DPR or School events, Park Closures, etc).

- a. **Schedule Adjustments** - Adjustments to the schedule require the agreement of BOTH teams, and are not final until approved by CAN league director. However, it should be understood that adjustments are not guaranteed. Teams cannot reschedule games, only CAN league director will have the authority to reschedule a game.
- b. All schedule adjustments are pending coaches' agreement, ref availability, and assistant referees' agreement. Commissioners will not approve until all parties agree on the new date/time.

6. League Standings:

- a. **Tie-Breakers:** Ties will be allowed during the regular season matches. Ties in the playoffs will be broken in the following manner:
 - i. **11vs11** -One five (5) minute overtime (OT) period – first goal wins.
 - ii. **7vs7** -One three (3) minute overtime (OT) period – first goal wins.
 - iii. **If teams are still tied after "Golden Goal" OT:**
 1. Best of five (5) shootout alternating M-F-M-F-M.
 2. If teams remain tied, best of 1 shot continues with remaining players on the field at the end of OT (11vs11 – 6 remaining players; 7vs7 – 2 remaining players) and then the bench until one side is exhausted. Then start over. The goaltender on the field at the end of OT faces the shots. All players not on the field at the end of OT must remain on the sideline until the game is decided...unless they are called on to shoot. Players on the field at the end of OT may not leave the field for any reason.

- b. Regular Season Standings:** League standings will be based on a Points System:
- i. Win** (including win by Forfeit) –three (3) points
 - ii. Tie** –one (1) point
 - iii. Loss** –zero (0) points
 - iv.** In the event of a tie in the standings, the higher ranked team will be the team that”
 - 1.** Won the head-to-head match-up (if applicable).
 - 2.** Has the highest overall Goal Differential in league play
 - 3.** Has the lowest number of Goals Against in league play
- c. Skunk Rule:** Games will be limited by a maximum goal differential of ± 3 for each team. A team winning by more than 3 goals will have a maximum +3 applied to its season goal differential; a team losing by more than 3 goals will have a maximum of -3 applied to its season goal differential. The maximum obtainable goal differential at the end of the season will be $(8 \text{ games}) \times (\pm 3/\text{game}) = \pm 24$