

# Adult Co-Ed League (18+) Information

## Ascension Flight Soccer Club

### League Rules



## Flight 8v8 Co-Ed Adult League (18+) – Rules

### 1 - Female Players

- 1.1 - There must always be 1 female player on the field.
- 1.2 - If no female player is available, that team must play down 1-player
- 1.3 - A female goal counts as 2 goals, a male goal counts only as 1 goal.

### 2 - Referees

- 2.1 - Any discontent shown towards any of the refereeing staff throughout any game of the season will be reported to a member of the Ascension Flight Soccer Club Executive Committee and dealt with internally. Please show our referees the utmost respect.
- 2.2 - Any foul language expressed towards the referee will result in a straight red card to the player or players who made such remarks.
- 2.3 - All FIFA rulings apply in this instance - <http://www.theifab.com/#!/laws/fouls-and-misconduct/chapters/disciplinary-action>

### 4 - Head Collisions

- 4.1 - If there is a head collision on the soccer field, the player who received a collision to the head must leave the field of play to have another member of their team assess the player after receiving the head collision. The referee is not allowed to restart the game until the said player leaves the field.
- 4.2 - All players in the Flight Adult 8v8 Co-Ed League are strongly encouraged to take the free, Heads Up Concussion course (<https://www.cdc.gov/headsup/youthsports/training/>)

### 5 – Flight Adult 8v8 Co-Ed Basic Rules

- 5.1 - Teams have a maximum of 8 players on the field, 7 men & 1 women. If a woman is not present on the field, then that team will play down with 7 men.
- 5.2 - Teams can have more than 2 women on the field at any time.
- 5.3 - There will be 2 x 30-minute halves with a 5-minute interval for Half Time.
- 5.4 - Shin Guards are strongly recommended, but not mandatory.
- 5.5 - Any player, male or female, can only score a total of 2 goals at any given time throughout the duration of one game.
- 5.6 - Once a player has scored 2 goals, any goals scored after will be disallowed and an indirect kick given to the opposing team
- 5.7 - The game clock will begin at the allocated game time (i.e. 5:30pm, 6:45pm, 8pm)

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#### **6 - The starting of a game without the full number of players (8)**

**6.1** - The referee will dictate the start of the game time. If your team does not have enough players by the start of game time, the referee will give you an additional 10 minutes, but the game clock will begin. After this, the game will start with your team down in players.

**6.2** - If that player is a female player, your team must play down 1-player. See 1.2 for reference.

#### **7 - Slide Tackling**

**7.1** - There is to be no slide tackling from any player, including the goalkeeper sliding out to make a save.

**7.1.1** - Violation of 7.1, outside of the penalty area will result in a direct free kick.

**7.1.2** - Violation of 7.1 inside of the penalty area will result in a penalty kick.

**7.1.2.1** - Even if the slide tackle does not incur a foul and it is a slide tackle to deprive a player from getting a shot on target, there has still been a violation of 7.1 and a yellow card will be awarded. **7.2** - If any player commits a slide tackle, they will receive caution via a yellow card. If any player then commits a further slide tackle, they will receive their 2nd yellow card resulting in that player not being able to participate in the next game.

**7.2.1** - If the next game is following the current game being played, the player may serve their 1 match suspension during that game.

#### **8 -Corner Kicks**

**8.1** - No goal can be scored directly from a corner kick.

#### **9 - Penalties**

**9.1** - Penalties are awarded for: All FIFA rulings apply in this instance - <http://www.theifab.com/#!/laws>

#### **10 - Substitutions**

**10.1** - Teams can sub on the fly at any time.

#### **11 Guest Playing**

**11.1** - In the situation of a team being low on male & female players, the male & female players from any team can be asked to play in their game.

**11.2** - This can only be done if you do not have enough players. If you have 10 players, you are not allowed to ask for further players.

**11.2.1** - If you have 7 players only, you are allowed 2 guest players. If you have 6 players, you are allowed 3 guest players. There are no more than 3 guest players permitted

**11.2.2** - If your team only has 5 players, you will automatically forfeit the game unless a maximum of 3 guest players are found.

**11.3** - The result of a forfeit will be a 3-0 loss to whichever team has caused the forfeit.

**11.4** - This rule is nullified when the Post-Season Playoffs begin, meaning that guest playing is forbidden during the post-season playoffs regardless of the amount of players in attendance for your team.

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#### 12 - Post-Season Playoff Rules

**12.1** - If by the end of a playoff game the score remains a tie, both teams will enter over time. **12.1.2** - Overtime will consist of two (2), five (5) minute halves. Teams must swap sides during the half time period of over time.

**12.1.3** - There is to be no silver goal or golden goal ruling.

**12.1.4** - If the score remains a tie after two (2), five (5) minute halves of overtime, the game will be decided by penalties.

**12.1.5** - Penalty ruling will follow in accordance of;

**12.1.5.1** - Both teams will declare 5 penalty takers. If the result after 5 penalties from each team is still a tie, they will move into sudden death penalties.

**12.1.5.2** - All penalty rules are in accordance with <http://www.theifab.com/#!/laws>

#### 13 - Free Kicks

**13.1** - All free kicks are indirect with a wall set at 8yds away (See 8.0 Slide Tackling for exceptions)

#### 14 - 5 or more goals scored rules

When the game reaches the below score in the left-hand column, the team format will change as follows....

Score	Winning team	VS	Losing team
1-4 goal difference	8	VS	8
5 goal difference (5-0, 6-1, 7-2, etc)	7	VS	9
6 goal difference (6-0, 7-1, 8-2, etc)	6	VS	10
7 goal difference (7-0, 8-1, 9-2, etc)	5	VS	11
8 goal difference (8-0, 9-1, 10-2, etc)	4	VS	12
9 goal difference (9-0, 10-1, 11-2, etc)	3	VS	13
<b>*1 woman must remain on the field at all times for the team who is winning the game Players per team highlight above</b>			