



Adult Co-Rec 35 & Older Adult Soccer League Format and Rules

ROSEVILLE PARKS AND RECREATION

2660 Civic Center Drive

Roseville, MN 55113

(PH) 651-792-7006 Fax 651-792-7100

Weather Line: (651) 792-7416

This will be updated by 4:00pm if there are any cancelations due to inclement weather

League Director

David Peters

(651) 792-7105

david.peters@cityofroseville.com

Purpose: The 35 and older Adult Co-Rec Soccer League is offered to provide an active leisure pursuit for those interested in soccer. It is purely recreational and intended to offer competition on a low level. When selecting players, please make sure that they fit into this league model. Managers are discouraged from selecting “ringers” or players who play at a level not fitting of a recreational league.

Alcohol, Tobacco, Vaping, and Marijuana Usage

The usage of any alcohol, tobacco, vaping device, or marijuana products are strictly prohibited in/on any City of Roseville park, gymnasium, court, field, outdoor space, and affiliated group field or gym space. This ordinance is enforced by the Roseville Police Department and citations may be given for violations. Teams cited for this policy may also face suspension from the league (without refund) and may be prohibited from participating in other City of Roseville Parks and Recreation Department programs or activities.

Referee: The official has complete charge of enforcing the rules. They act as timekeeper and have complete authority to begin, delay, or terminate any game requiring such action. The referee has the power to excuse any player that he/she deems as being unsportsmanlike in his or her behavior. If, in their opinion, a player has been seriously injured, they can stop play immediately.

Length of Game: Games will consist of two (2) 30 minute halves with a 2 minute half time.

updated 11/5/24

Substitution: Substitutions may be done on dead ball situations or on the fly (without gaining advantage offensively or defensively; or otherwise affecting the play) or at any whistled stoppage of play. Players must touch-off at the bench and verbally identify “sub”. ***updated 11/5/24***

Player Limits: A minimum of 7 players and a maximum of 10 players which includes a goalie is permitted. A team must field at least 4 female players.

Age Limit: Our 35 and older league is for those players who wish to keep playing with teams of the same ability. For this reason as the team manager please make sure that your players are at least 35 years of age. Women players may be under the age of 35 but must be 30 years of age ***and not have played college soccer***. This is a recreational league - please select only players who fit that description.

Substitution Players and Rosters: All teams must turn in a roster prior to their first game. Players may be added until the third game. Players are not allowed to play for more than one team (for both regular season and playoffs). ***updated 11/5/24***

Offside: Given the recreational nature of this league, offside will not be enforced. We ask that teams demonstrate good sportsmanship and not “cherry pick”.

Uniforms: Teams should wear like colored shirts and bring a spare white shirt to wear in the event that their opponent has the same color. Players are required to remove jewelry, necklaces, earrings, etc. Players are allowed to wear fitness watches only if they are properly covered. No metal cleats are allowed.

Manager's Duties

- **Be Knowledgeable:** Read all league procedures and rules and inform members of your team.
- **Handling Disputes:** The “designated manager” must handle any disputes and should be the only person discussing calls with the opposing team’s designated manager and referee.
- **Communicate with Team:** Relay schedule information, changes or other league information sent via email or posted on league website.
- **Addressing Disagreements:** If there are issues with an opposing team, team managers should address them on-site with the opposing manager in a respectful manner. If disagreements continue, situations can be brought to the league director for assistance.
- **Score Reporting:** Team Managers are asked to report the scores each week for their games. Managers will receive a notification through Teamsideline that scores are to be submitted. If the two scores do not match, the game will post as pending; so it’s important to get these scores sent in as soon as possible. We appreciate your help there!
- **Promote a Fun Atmosphere:** This is a recreational league - be safe, be respectful, and HAVE FUN!!!

Sportsmanship and Player Conduct:

The Roseville Adult Co-Ed Soccer League is a recreational league and sportsmanship will be emphasized in the league. As a team manager, please take a lead role in calming tense situations with the other team. Team managers should be the only person discussing calls with the opposing team manager and must do so in a respectful manner.

The Roseville Adult Co-Ed Soccer League is a recreational league and sportsmanship will be

emphasized in the league. As a team manager, please take a lead role in calming tense situations with the other team or the officials. Team managers should be the only person discussing calls with an official and must do so in a respectful manner.

The following offenses will result in a yellow card or warning:

- Profanity (not directed at another player or official)
- Persistent/frequent infringement
- Reckless play
- Arguing with an official

The following offenses will result in a yellow or red card (depending on the severity):

- Continuing any of the above actions after being warned by an official
- Profanity directed at another player or official
- Any attempt to insight, bait or initiate an altercation with another player
- Aggressively arguing with an official (*example – shouting at an official*)

The following offenses will result in a straight red card:

- Fighting
- Intent to injure
- Any player making contact with an official
- Any act of physical aggression or intimidation toward an official

The officials have the authority to issue cards for any act not listed based upon the laws of the game (for example last man back). Any player who receives a red card must leave the facility and will be suspended for a minimum of one game. His/her team must play short-handed for 5 minutes and can then fill that spot. Additional games will be added to the suspension based on the severity of the incident and player's history (up to and including league expulsion). Any player who is ejected twice in the same season will be suspended for the remainder of the season. Any team which has 3 players suspended in the same season will be suspended for the remainder of the season and with a forfeiture of all leagues.

Code of Conduct

- By enrolling in our leagues managers, players, fans, spectators, and staff are agreeing to abide by our Roseville Parks and Recreation Code of Conduct policy. That policy is as follows: Roseville Parks and Recreation strives to create a welcoming and enjoyable environment of respect and courtesy for all parks and recreation participants. Appropriate behavior and treatment of others is expected by all city employees, volunteers, contractors, patrons, and participants. Physical, mental, sexual, verbal or emotional abuse will not be accepted or tolerated by anyone visiting a park or facility, or participating in an activity sponsored by the department. Any person acting inappropriately or disrespectfully may be subject to revocation of the privilege in using department facilities or participating in programs for a period of time, including a permanent ban, as determined by staff based on specific incidents.

Inclement Weather & the Weather Line

Weather conditions can change dramatically in a short period of time. If there is a safety concern, a team is never required to play a game, even if the weather line does not state soccer is cancelled. The determination on make-ups, forfeits, etc. can be made at a future time.

1. **Weather Line:** Call (651) 792-7416, which will be updated by 4:00pm the day of your match if matches are cancelled. This is the official way games are cancelled and will be updated immediately when a decision is made.
2. **Poor Weather During Games:** Team managers will be responsible to discuss with the opposing team manager if weather becomes severe during matches. If matches are cancelled after games have begun, notify the League Director by email and they will communicate to teams who have not begun their matches yet, by email. This only occurs if matches are not cancelled at 4:00pm and the fields end up being unplayable after matches begin. We will try to get all matches in, unless the fields are unplayable and/or the weather is severe, which includes any lightening.
3. **Rescheduled Games:** Will be made up as time allows. Managers should check the online schedule and if games would be made up, the rescheduled games would move to the end of the season. Up to two (2) rainout games will be rescheduled. If more than two weeks of games are rained out, those games may be cancelled. Prorated refunds for any additionally missed games will not be issued unless otherwise noted.

Regular Season: There will be 8 regular season games and at least 1 playoff game (Summer) and 7 regular season games and at least 1 playoff game (Fall) *updated 11/5/24*

Method of Scoring: A goal is scored when the whole of the ball has passed over the goal line between the goal post and under the crossbar, provided that it has not been thrown, carried or propelled by hand or arm by a player of the attacking side except in the case of a goalkeeper who is within his own penalty area. The team scoring the greater number of goals during the game shall be the winner.

Start of Play: At the beginning of the game, choice of ends and kickoff shall be determined by a coin toss or rock/paper/scissors. Every player shall be in their own half of the field and the defending team shall remain no less than ten (10) yards from the ball until it has been kicked off. The kicker shall not play the ball a second time until it has been touched by another player. After a goal has been scored, the game shall be restarted with a kick off by a player of the team not scoring the goal. A goal cannot be scored directly from a kickoff.

Ball Out of Play: The ball is out of play when: It has fully crossed the goal or touch line, whether on the ground or in the air. It should be noted that the ball must go completely over the line before it is out of play. The team last touching the ball loses possession to the opposing team where upon that team will throw in bounds at the point of infraction.

Fouls and Misconduct:

Handball - Only the goalkeeper can touch the ball with their hands inside their goal area. If the ball touches any part of the arms or hands from the shoulder downward, whether intentionally or unintentionally, it constitutes a handball.

Slide Tackling - Slide tackling or sliding is not allowed anywhere on the field. Goal keepers may slide as long as it is not feet first. The only tackling allowed is when the arm and elbow are kept in contact with one's body and must be parallel or within the vision of the player being

tackled. (The player must have possession of the ball.)

Kicking - **No kicking of the other players allowed.** This includes an over aggressive charging of the player having control of the ball.

High-Kick - The feet cannot be swung to the chest or shoulders height of the other player having control of the ball. This applies only when there are other players within striking distance. However it is the responsibility of the player to see that no one is near before a high kick.

Pushing - Any act of pushing or maintaining one's balance by hanging on to other players is not allowed.

Obstruction - Any attempt to deliberately stand in the way or impede the progress of any player is prohibited.

Direct Free Kick - There are additional fouls that will result in the award of a direct free kick to the opposing team from where the infraction occurred. These are; tripping, jumping at an opponent, charging an opponent from behind unless the player is obstructing the ball, and striking or attempting to strike an opponent. If any of these fouls are committed by the defending side within the penalty area, a penalty kick will be awarded.

Indirect Free Kick - Other offenses that will result in an indirect free kick include; playing in a manner that is deemed dangerous (high kick, obstruction, charging the goalkeeper when he is holding the ball) and as goalkeeper, throwing the ball in the air and catching it again without releasing it so that it can be played by another player or indulging in tactics which, in the opinion of the referee, are designed merely to hold up the game and waste time.

Penalty Kick - Any fouls which would result in a direct free kick that occur inside the penalty box will result in a penalty kick. All players except the goalkeeper and the player taking the kick must line up outside the box (at least ten (10) yards from the ball). The goalkeeper must stand on his own goal line between his own goal posts until the ball is kicked. The player taking the kick must kick the ball forward. He cannot play the ball a second time until it has been touched or played by another player. The penalty spot is 12 yards from the goal line. All penalty kicks shall be in play as soon as it has traveled the distance of its circumference as in all other free kicks.

Throw-in - When the entire ball passes over the touch line either on the ground or in the air, it shall be thrown in from the point where it crossed the line by a player of the team opposite to that of the player who last touched it. The thrower, at the moment of delivering the ball, must face the field of play and part of each foot shall either be on the touch line or on the ground outside the touch line with the front foot being flat. The thrower shall deliver the ball from behind and over his head. The ball shall be in play immediately once it enters the field of play, but the thrower cannot play the ball again until it has been touched by another player. A goal cannot be scored directly from a throw-in. If the ball is improperly thrown in, a throw-in shall be awarded to a player from the opposing team.

Goal Kick - When the whole of the ball passes over the goal line outside of the goal either in the air or on the ground, having last been by the attacking team, it will be kicked directly into play by a player of the defending team from the point within that half of the goal area nearest to where it crossed the line. Players on the opposing team shall remain outside the penalty area while the kick is being taken. If the ball does not go fully out of penalty area the kick shall be retaken. A goal cannot be scored from a goal kick.

Corner Kick - When the whole of the ball passes over the goal line outside of the goal either in the air or on the ground, having last been by the defending team, a member of the attacking team shall take a corner kick. At each corner of the field is a quarter circle. The ball must be in the circle. A corner flag post may not be removed and the kick must be taken from the corner. A goal may be scored directly from a corner kick. Players of the opposing team must stay ten (10) yards away from the ball until it is kicked. The ball is in play once it has traveled its own circumference. As in other free kicks, the kicker may not be play the ball a second time until it has been touched by another player.

Rosters - Rosters must be turned in by each team captain by the 1st game. Rosters will freeze and additional changes may not be made after each team's 3rd game.

The City of Roseville's Adult Sports Department appreciates and thanks you for your continued support and participation in our Adult Soccer league. We look forward to having a safe, fun, and enjoyable season! If you have any questions, comments, or feedback please do not hesitate to contact David Peters - Adult Sports Supervisor at david.peters@cityofroseville.com or 651-792-7105