



**CITY OF ALEXANDRIA**  
**DEPARTMENT OF RECREATION, PARKS, AND CULTURAL ACTIVITIES**  
**SPORTS SECTION**  
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## **COED SOCCER RULES & REGULATIONS**

(Approved March 2014)

Official Soccer Rules as adopted by the Federation of International Football Association (FIFA) will apply unless amended herein.

### **1. GENERAL:**

- A. Dogs are not permitted at city of Alexandria playing fields.
- B. The city of Alexandria will not tolerate the use of alcohol or drugs on city property. violations will be reported to the proper authority.
- C. Metal spikes are not permitted.
- D. *(New) Goalie can slide tackle within the box leading with hands only.*
- E. Children are not to be left unattended near the field.
- F. Fighting, acts of aggression, verbal abuse toward players and umpires, or other disturbances to department of recreation, parks and cultural activities programs will not be tolerated. Violations will result in a player(s) and/or team(s) being suspended and/or terminated from league play, losing all rights and monies associated with the program.
- G. Teams will be dropped from further league play after three (3) individual games are forfeited and will lose all rights and moneys associated with the program. Final determination of removal from league play will be made by the program supervisor after evaluation of forfeits.
- H. Scores must be emailed or called in within 24 hours of game time. The adult sports office voice mail system is available 24 hours a day to report game scores.
  - 1. Players and managers are encouraged to call the Coed Sports Hotline at 703.746.5595 before each scheduled game.

### **2. ROSTERS**

- A. Rosters are limited to a maximum of 13 men and 13 women, and a minimum of seven each.
- B. Players must be at least 18 years of age to participate by the first scheduled game of the season.
- C. Roster changes may be made through May 31 for the spring season, and September

30 for the fall season. **Roster additions must be made in writing (and be accompanied by the nonresident fee, if applicable), before a player will be eligible to participate.**

D. A player **cannot** be on more than one team's roster in Alexandria sponsored coed soccer league. Violation of this rule shall result in forfeiture of all games in which the player participated, and the penalty for managers and players are as follows:

**Player: First Offense:** Warning

**Second Offense:** Three (3) game suspension, including playoffs.

**Third Offense:** Suspension for the remainder of the season.

**Note:** Players knowingly violating this rule will receive the three (3) game suspension on the first occurrence, followed by suspension for the remainder of the season on the second offense.

**Manager: First Offense:** One (1) game suspension from playing and managing.

**Second Offense:** Three (3) game suspension from playing and managing, including playoffs.

**Third Offense:** Suspension for the remainder of the season from playing and managing.

**Note:** Managers knowingly violating this rule will receive the three (3) game suspension on the first occurrence, followed by suspension for the remainder of the season on the second offense.

E. Team managers must submit a final roster with full name, address, telephone number and jersey number to the adult sports' supervisor prior to the first regularly scheduled game.

F. Team managers must have a copy of the final roster with full name, address, telephone number and jersey number available at each game. If requested, managers must present an official final roster to the soccer referee or recreation staff. Failure to provide the official roster as requested will result in automatic forfeiture of the game.

G. **(New)** Teams that do not cooperate with league officials (i.e., withholding information such as rosters, names of players, managers, or captains, etc.) Will automatically terminate/forfeit games in progress, the manager and/or team captain will receive:

1. First Offense one game suspension and the team will be placed on probation for the remainder of the season.
2. Second Offense will result in team expulsion from the league.

### **3. PLAYING TIME**

A. Game will consist of two halves of forty minutes each.

B. If a game in progress is called off because of weather or field conditions, such game will be an official game if it has reached the halfway point or beyond.

C. There will be a 15-minute grace period for only the first game of the night. Teams that are not ready to play after the 15-minute grace period will automatically forfeit the game.

D. **There is no grace period for any games following the first game.**

### **4. Participation**

A. *(new) a team will play with 6 men and 4 women plus a goalkeeper either male or female.*

- B. A team must have at least 8 players present at game time, otherwise the game will be forfeited. A team must always have at least 2 men and 2 women participating; otherwise, the game will be forfeited.
- C. It will be at the discretion of the opposing team's captain to furnish a player(s) to a team needing a player(s). When the player(s) missing from the lacking team arrives, the borrowed player may return to his own team and play. **Players may only be borrowed from the opposing team.**
- D. Any player receiving a **red card** will be suspended from the next game played. If the player plays in the next game, the game will be automatically forfeited and the player will be suspended from the next game. **Any player receiving a second red card will be suspended from further league play for the remainder of the season including playoffs.**
- E. A team whose player(s) receive a red card will play a player(s) down from the same gender for which the red card was issued for the remainder of the game. At any time during the game a team is unable to meet the minimum number of players described in section 4. Of the official league rules, the game will be automatically forfeited.

## 5. Equipment

- A. All teams must wear matching colored shirts with numbers printed on the back. numbers **may not** be drawn on with permanent markers, pens, chalk or tape. players not wearing matching jerseys with numbers will not be eligible to participate. in the event of color conflicts, the home team is responsible for wearing mesh vests, provided by the department of recreation, parks and cultural activities.
- B. Home team supplies the game ball.
- C. Only soccer or athletic shoes may be worn. No "street shoes" or metal cleated shoes will be allowed. The referee's decision will be final.
- D. Shin guards must be worn and must be covered entirely by the stockings, and will be made of a suitable material (rubber, plastic, polyurethane or similar substance) and afford a reasonable degree of protection. The referee's decision will be final.
- E. Nets and corner markings will be available at the game. Both teams for the first game will be responsible for putting the nets up, and both teams for the last game will be responsible for taking them down.

## 6. Rain-outs/rescheduling:

- A. A game called off by the umpire because of rain, lightning, or field conditions will be an official game if it has reached the halfway point or beyond. Otherwise, the game will be replayed from the start.
- B. Weather cancellations or other information can be received 24 hours a day on the coed sports hotline at 703.746.5595.
- C. Team managers are to call the sports hotline number to receive game rescheduling information. Rescheduled information not available the evening of the canceled games will be available by calling the sports office after 10:00 a.m. The next business day.

D. In the event play-off games are canceled due to inclement weather, all play-off games will be rescheduled for the next available business day.

### **7. Playoffs**

- A. A minimum of the top four (4) teams in each division per night will advance to single elimination playoff tournament. The total number of teams advancing to the league playoff tournament will be determined by the program supervisor.
- B. In the event there are tied teams in the final standings, the tie breaker is as follows:
  - 1. Head to head record.
  - 2. Record versus common opponents.
  - 3. A coin toss or lottery drawing will be used to determine final seeding.
- C. In the event a play-off game is tied at the end of regulation time, a 10-minute sudden death overtime period will be played. The first team to score will be awarded the win. a coin toss at the beginning of the overtime period will determine team's defensive side.
- D. In the event a play-off game is tied after the 10-minute sudden death overtime period, a five-player shoot-out from the penalty spot will decide the winner. The five-player shoot-out will proceed as follows:
  - 1. Each team is to pick five (5) players to participate in the shoot-out. The initial five players Participating in the shoot-out must be chosen from the 11 players on the field at the end of the overtime period. The team scoring the most amounts of goals will be determined the winner.
  - 2. The players participating in the shootout will alternate between male and female players.
  - 3. If the game is still tied at the end of the five-player shoot-out, the shoot-out will continue one kicker at a time until a winner is determined. The alternating of male to female players is to continue throughout the shoot-out.
  - 4. No player will shoot a second time until all players have been used.

### **8. Awards**

- A. A team trophy will be awarded to the season champion and runner-up for each division.
- B. A team trophy and individual awards will be awarded to the playoff champion and a team trophy will be awarded to the play-off runner-up. Individual awards will be limited to 18.

### **9. Miscellaneous**

Any situation not covered by these rules, or by the general rules will be brought to the Attention of the adult sports supervisor. These rules may be revised by the department of Recreation, parks and cultural activities as deemed necessary.

