



National
SPORTS CENTER

MNUFC Adult League – Fall/Winter Rules and Regulations

MNUFC Adult Leagues will be played under FIFA Laws and Regulations in effect January 1, 2025 with the following modifications:

LAW I - The Field

1. **Field Dimensions** - The field shall be 45-52 yards long by 35 - 45 yards wide. The field shall be marked with lines four inches in width.
2. **The Goal Area** - At the end of each field of play, an arc of 6 meters will be used to define the penalty area. The upper part of this arc shall be a line 3 meters in length, exactly parallel to the goal line.
3. **The Goals** - The goals shall be placed on the center of each goal line. Goal size will be 21 feet in width by 7 feet in height. Nets shall be attached to the posts and crossbars behind the goals. Curved bars or some other method of adequate support shall support the lower part of the goal.

LAW II - The Ball

A size 5 ball will be used for all adult leagues. Home team provides the ball.

LAW III - Number of Players

1. The game shall be played by two teams, each consisting of not more than seven players on the field, one of whom shall be the goalkeeper. For adult co-ed play, three of the six field players must be female. The goalkeeper may be male or female, but this does not affect the requirement of three female players on the field. For adult leagues, players must be 18 years of age or older when player plays. A male may not play on a female team, but a female may play on a male team.
2. A game can start with five players. A game cannot be played with less than four players. If a player is ejected in this situation, the game will be forfeited in favor of the opposition.
3. Coed teams MUST have THREE females playing field positions. If you do not have three females you must play down the number of females you are short to the limit of five. If you do not have enough players a forfeit may result in your referee being taken off your field to referee another game.
4. Men's 38+ division may include up to three players age 35-37 in the roster. The player must be within age by the beginning of the league.
5. In the event of multiple players being sent off, a team shall not play with less than five players. Subsequently, penalty time will be started upon the conclusion of the earliest penalty. Players DO NOT return when the goal is scored.

Rosters

All players must be listed on their team roster and have completed an NSC liability waiver to be eligible to play. Teams must have at least 6 players on their roster by the payment deadline. If a team does not have six plus players, the game will be a forfeit, and the opposing team can use that time for practice. Rosters are frozen two weeks after the first league game. All NSC liability waivers must be completed by the roster frozen date. Any player added past the frozen date must go through the league registrar. Random eligibility checks may be done at any time during the league. All decisions in regard to inability will be decided by the league director. It is incumbent upon all players to be able to produce a driver's license, passport, or state ID at each game in the event that a player is challenged for eligibility.

An ineligible player is: not listed on the roster, has not completed the NSC liability waiver, under the age of 18 and/or rostered on more than one team within the same division. Random eligibility checks may be done at any time during the league. If a team is found to have an ineligible player(s), it will result in an immediate forfeit.

It is incumbent upon all players to be able to produce proof of age at each game in the event that a player is challenged for eligibility. If you cannot provide proof of age when challenged, your team will forfeit the game.

Substitutions

Substitutions are limited to the size of the roster up to a maximum of 18 players. Only players on your roster who have completed all paperwork by the required forms deadline are allowed to participate in the leagues. Players may be rostered on two teams in different divisions.

Substitutions on the Fly

A "flying" substitution is one that is made when the ball is still in play. The number of "flying" substitutions made by "non-goalkeepers" during a match is unlimited. The goalkeeper may only be replaced when the ball is out of play and after the referee acknowledges that it is acceptable to do so. A player who has been replaced may return to the field as a substitute for another player.

For "flying" substitutions the following conditions shall be observed:

- a. The player leaving the field shall do so from the touchline crossing over at the sector called the substitution zone. The substitution zone is the area directly in front of the player's bench.
- b. The player entering the field shall also do so from the substitution zone, but not until the player leaving has passed completely over the touchline.
- c. The substitution is complete when the substitute enters the field at which moment he becomes a player and the player whom he is replacing ceases to be a player. A goalkeeper may change his place with any other player, provided that in each case the referee's authority is previously requested and provided that the change is made during a stoppage in the game.
- d. A substitute shall be subject to the authority and jurisdiction of the referee whether called upon to play or not.

Infringement

- a. If during a "flying" substitution, a substitute enters the field, or a replaced player leaves it from a place other than the substitution zone, the referee shall allow the game to continue, and when the ball goes out of play, he shall caution the offending player.
- b. If a player exits or enters the field in an illegal manner, i.e. from an area significantly away from the substitution zone, and the player's team gains an unfair advantage by doing so, the referee may immediately stop the game and award the offending player(s) a yellow card for unsporting behavior. He shall caution the replaced player, caution the substitute, and restart the game by a direct free kick to be taken by the team opposing the infringing player from the spot where the ball was situated when the game was stopped. However, if the ball was inside the goal area, the direct free kick shall be taken from outside the goal area at the spot nearest to the position of the ball when the game stopped.

LAW IV – Players' Equipment

1. A player shall not wear anything that is dangerous to other players and/or themselves including jewelry.
2. The usual equipment of a player shall consist of a shirt, shorts/sweatpants, shoes, and socks, which should be consistent in color throughout the team, except for the goalkeeper.
3. Numbered jerseys are recommended in all leagues.
4. Shin guards are recommended but not required.

Infringement

For any infringement of this law, the player shall be sent off the field to adjust his equipment and shall not return without first reporting to the referee. The player may only re-enter the game at a moment when the ball has ceased to be in play.

LAW V - Duration of the Game

The duration of the game shall be two periods of 25 minutes each with the understanding that:

- a. Games will be played during a **ONE** hour time block. Referees will shorten games to conclude within the hour.
- b. For each half, the referee may compensate for the time, which is lost due to time-wasting tactics and stoppage for injuries. The referee keeps the official time, but will make every effort to stay on time.
- c. The duration of either half shall be prolonged to enable a penalty kick to be taken.
- d. The half-time interval shall not exceed 3 minutes.
- e. During Playoffs, if a game is tied at the end of regulation, it will advance immediately shootout following the FIFA Laws of the Game procedure for kicks from the mark.

LAW VI - The Start of Play

The first team listed on the schedule is the home team. The home team shall kick off at the beginning of the game. The visiting team shall kick off at the beginning of the second half. You **CAN** score directly from a kick-off.

Each team will begin by defending the goal farthest from their players' bench.

When the referee has given a signal, the game shall be started by the player taking a place kick, i.e. a kick at the ball while it is stationary on the ground in the center of the field. On the kick-off to start the game or to begin play after a goal, the ball **DOES NOT** have to go forward. A player may play the ball any direction from the kick. All players shall be in their own half, and the players of the team opposing that of the player taking the kick shall remain at a distance of not less than 10 feet from the ball until it is kicked. The kicker shall not play the ball a second time until it has been touched or played by another player.

- a. After a goal has been scored, the game shall be restarted in the same manner as mentioned above with the kick-off being taken by a player of the opposite team to the one that scored.
- b. After the half-time interval, the teams shall change ends and the kick-off shall be taken as stated above.

- c. When restarting the game after a temporary suspension of play from any cause not mentioned elsewhere in these laws, and provided that immediately preceding the suspension the ball has not passed over the touch or goal lines, the referee shall drop the ball at the place where it was when the play was suspended. However, when the ball was in the goal area when play was stopped, ball shall be dropped at the point outside the goal area nearest the ball when the game was stopped. In one team is in clear possession of the ball when play is suspended, that team shall receive a direct free kick. If no one was in possession it shall be a dropped ball.

During a drop ball, the ball shall be deemed to be in play the moment it has touched the ground. If, however, it crosses over the touch or goal lines after the referee has dropped it, but before it is touched by a player, the referee shall drop it again. No player shall play the ball until it has touched the ground. If this last provision is not in compliance, the referee shall again drop the ball.

Infringement

For any infringements of points a, b and c of this law, the restart shall be retaken. However, if the player taking the kick-off plays the ball again before it has touched or is played by another player, a direct free kick shall be awarded to the opposing team from the place where the infringement occurred. But, if this offense is committed in the goal area, the direct free kick shall be taken at the point outside the goal area nearest to the spot where the infringement occurred.

LAW VII - Ball In and Out of Play

The ball is out of play:

- a. When it has wholly crossed the goal line or touchline, whether on the ground or in the air.
- b. When the referee has stopped the game.

The ball is in play at all other times from the start of the match to the finish, including:

- a. If it rebounds from a goal post or the crossbar into the field.
- b. If it rebounds off the referee when they are on the field.
- c. In the event of a supposed infringement of the laws until a decision is made.

The lines belong to the areas of which they are boundaries. Consequently, the touchlines and goal lines belong to the field of play.

LAW VIII - Methods of Putting the Ball in Play

Kick-in

When the whole ball passes over the touchline, either on the ground or in the air, it shall be kicked back into the game in any direction from the place where it crossed over the touchline by a player of the opposite team to that which touched it last. The ball must be stationary on the touchline or within 1 foot of the touchline "outside of the field of play." Even if the ball is placed outside of the field, the rules will perform as if the ball is placed "on the line." Therefore, a miss-kick that results in the ball not entering the field will result in a loss of possession of the kick-in, since the ball was started "in bounds" or on the line. It shall be deemed in play immediately once it has been touched. The kick-in shall be taken within 6 seconds of the time it is placed on the line. The player taking the kick-in shall not play the ball a second time until it has been touched or played by another player. The player of the opposing team shall be at least 10 feet away from the spot where the kick-in is being taken.

A goal **CANNOT** be scored directly from a kick-in.

Infringement

- a. If the ball is improperly kicked in, the opposing team shall take possession of the kick.
- b. If the kick-in is taken from any position other than the appropriate point where the ball passed over the touchline, a player of the opposing team shall retake the kick.
- c. If the kick-in is not carried out within approximately 6 seconds from the time the player taking the kick places the ball, the opposing team shall retake it.
- d. If the player taking the kick-in plays the ball a second time before it has been touched or played by another player, a direct free kick shall be taken by a player of the opposing team from the place where the infringement occurred, unless it was committed within the goal area, in which case the direct free kick shall be taken from outside the goal area at the point nearest to the spot where the infringement occurred.

If the referee feels the player taking the kick-in did not make an appropriate attempt to properly place the ball, both still and in the correct location, then he will consider the taking of the kick-in an "infringement of the rules" and award the kick-in to the opposing team.

Corner Kick

When the whole of the ball passes over the goal line, excluding that portion between the goal posts, either in the air or on the ground, having last been played by the defending team, a corner kick shall be awarded. On a corner kick, the ball shall be stationary and placed within 18 inches of the corner of the field.

The corner kick shall be taken from the side of the field closest to where the ball went out of bounds. The player taking the corner kick shall not play the ball a second time until it has been touched or played by another player. The player of the opposing team shall be at least 15 feet away from the spot where the corner kick is being taken. A goal **CAN** be scored directly from a corner kick.

Goal Clearance

When the whole of the ball passes over the goal line, excluding that portion between the goal posts, either in the air or on the ground, having last been played by the attacking team, the goalkeeper, standing within his own goal area, shall throw it back into play, beyond his own goal area. The ball shall be deemed in play as soon as it has passed outside the goal area. In case of a goal clearance, the ball must bounce before half. If the ball does not bounce before half, a direct free kick should be called for the opponent team from the half line. If the goalkeeper saves the ball, the goalkeeper may punt or throw the ball passed the half line.

The players of the opposing team shall remain outside the goal area until the ball is in play.

A goal **CAN** be scored directly off of a goal clearance provided it meets the above criteria.

Infringement

1. If the ball is touched or played by the player of the same team, as the goalkeeper who is making the goal clearance, or by a player of the opposing team inside the goalkeeper's goal area, the goal clearance shall be retaken.
2. If after having cleared the ball, the goalkeeper touches it again before it has been touched or played by another player, a direct free kick shall be awarded to the opposing team from the place where the infringement occurred.

Goalkeeper

In case of a goal clearance, the ball must bounce before half. If the ball does not bounce before half, a direct free kick should be called for the opponent team from the half line. If the goalkeeper saves the ball, the goalkeeper may punt or throw the ball passed the half line. The ball may be thrown or rolled into play or the goalkeeper may play the ball to their own feet. During a goal clearance (the ball left the field of play over the end line last touched by the attacking team), the goalkeeper may only throw or roll the ball back into play and it must clear the goal area prior to being touched by another player. Once the goalkeeper has put the ball back in play he/she may not touch it again with his/her hands until it has touched another player.

LAW IX - Method of Scoring

A goal is scored when the whole ball has passed over the goal line between the goal posts and under the crossbar, provided it has not been thrown, carried or intentionally propelled by hand or arms by a player of the attacking side.

The team scoring the greater number of goals during the game shall be the winner. If no goals or an equal number of goals are scored, the game shall be termed a draw. In the result of a tie during playoffs, a winner must be decided. There will be no overtime, but the game will advance directly to a shootout and the procedure for FIFA kicks from the mark should be used. Only the players on the field at the end of regulation time will be allowed to take part in the kicks from the mark. In coed leagues, there is no rule governing how many or in what order the females must shoot.

Team Ranking (Tie Breakers)

- a. Points: Teams will be awarded three points for a win, one point for a tie, and zero points for a loss
- b. Head to head record (* this criteria will not be considered if three or more teams are tied)
- c. Goal Differential- Subtract total goals allowed from total goals scored (**maximum 7 per game**)
- d. **Fewest Goals Allowed**
- e. Earliest registration date

LAW X - Referee

A single system of officiating will be used in all the games. The authority and the exercise of the power granted to the referee by the Laws of the Game shall commence as soon as they enter the locality where the field is situated and shall cease when they leave.

During the match, the referee's power of penalizing shall extend to offenses committed when play has been temporarily suspended and when the ball is out of play. Their decision on points of fact connected with the game shall be final, as far as the result of the game is concerned.

The referee shall:

- a. Enforce the laws.
- b. Keep a record of all incidents that occur before, during or after the game.
- c. Act as a timekeeper and ensure that the time stipulated in the rules is adhered to, adding time lost through accident or subtracting time to keep the game time to one hour.
- d. Have discretionary power to stop the game for any infringement of the laws and to suspend or terminate the game, whenever, by reasons of the elements, interference by spectators, or other cause he deems it necessary. In such case, he shall submit a detailed report to the Director of Sports Programming.
- e. From the time he enters the field; a referee may caution any player guilty of misconduct or unsporting behavior and, if he persists, suspend him from further participation in the game. In such cases, the referee shall communicate the name of the offender to the league monitor in a timely manner.
- f. Allow no person, other than the players, to enter the field without his permission.
- g. Stop the game if, in his opinion, a player has been seriously injured, has the player removed as soon as possible from the field, and immediately resumes the game. If a player is slightly injured, the game shall not be stopped until the ball has ceased to be in play. A player who is able to reach the touchline or goal line unaided shall not be treated on the field.
- h. If a referee does not show up for their scheduled game, the following procedure should be followed:
 1. Notify the sports hall monitor.
 2. Wait five minutes past the scheduled start time to see if the referee shows up.
 3. After five minutes, the sports hall monitor should fill in as the referee if they are qualified to do so.
 4. If the monitor is not qualified to referee, and replacement referee has not arrived to fill in after five minutes, the teams can agree to play with a parent referee or they can use the time for practice and the game will be rescheduled.
 5. If the teams agree to play the game with a parent referee, the game will be official and the score will stand as final.

If a team would like to contest a call made by the referee, complaints will only be accepted from team managers or team coaches.

LAW XI - Fouls and Misconduct

A DIRECT free kick is awarded to the opposing team if a player commits any of the following six offences in a manner considered by the referee to be careless, reckless or using excessive force:

1. kicks or attempts to kick an opponent
2. trips or attempts to trip an opponent
3. jumps at an opponent
4. charges an opponent
5. strikes or attempts to strike an opponent
6. pushes an opponent

A DIRECT free kick is also awarded to the opposing team if a player commits any of the following five offences:

7. tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
8. holds an opponent
9. spits at an opponent
10. handles the ball deliberately (except for the goalkeeper within his own goal area).
11. **NO slide** allowed except for the goalkeeper within their own goal area and up to one yard outside their own goal area. For rule purposes, a slide will be defined as a player's deliberate drop to the ground with both legs and extension of at least one leg.

Any of the offences 1 to 11 committed by a player within his/her own penalty area against an opponent during a live ball will result in a penalty kick.

A DIRECT free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offenses:

12. takes more than six seconds while controlling the ball with his hands before releasing it from his possession

13. touches the ball again with his hands after it has been released from his possession and has not touched any other player
14. touches the ball with his hands after it has been deliberately kicked to him by a teammate
15. touches the ball with his hands after he has received it directly from a kick-in taken by a teammate.

A DIRECT free kick is also awarded to the opposing team if a player, in the opinion of the referee:

16. plays in a dangerous manner
17. impedes the progress of an opponent
18. prevents the goalkeeper from releasing the ball from his hands;
19. when signaled to do so by the referee on any restart, fails to put the ball in play within six seconds (unless his team is subbing)
20. commits any other offense, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player.

If any of the offenses 12 to 20 are committed by a player within his/her own penalty area a direct free kick shall be taken from outside the goal area at the point nearest spot where the infringement occurred.

Yellow Card Cautions

If a player receives a yellow card during a game, he must leave the playing field and sit on his bench for 2 minutes running time. The official will keep the time. Another player **MAY** be substituted for the cautioned player. If the team is playing with only six players, they will have to play short for 2 minutes running time. In coed leagues, if a female is cautioned, the team must continue to play with two female field players while the cautioned player sits out. In the event that the team has no female substitutes, they will need to play short for two minutes.

A player shall be cautioned if:

- a. During a "flying" substitution, he enters the field before the player being replaced has entirely left it, or if player enters the field from an incorrect position.
- b. Player persistently infringes the Laws of the Game.
- c. Player shows by word or action dissent with any decision of the referee.
- d. Player is guilty of unsporting behavior.
- e. Player fails to respect the proper distance at a re-start of play.
- f. Player deliberately delays the restart of play.

For any of these above offenses, the referee shall award a direct free kick to the opposing team to be taken from the place where the infringement occurred, unless it was committed within the goal area, in which case a direct free kick shall be taken from outside the goal area at the point nearest the spot where the infringement occurred, in addition to the relevant caution and provided that no more serious infraction of the laws has been committed.

Red Card Ejections

A player shall be sent off the field if, in the opinion of the referee, he:

- a. Is guilty of serious foul play.
- b. Is guilty of violent conduct.
- c. Uses offensive, insulting or abusive language.
- d. Receives a second yellow card violation in the same game.
- e. Player denies an obvious goal scoring opportunity by deliberately handling the ball.
- f. Denying goal scoring opportunity by an offense punishable by a free kick or penalty kick.
- g. Spitting at an opponent or any other person.

The player must leave the playing area and his team shall play short until the first stoppage in play after 5 minutes running time, excluding any stoppage of time by the referee for injury, half-time, or any other reason.

Once expelled, the player concerned may not re-enter the game, nor may he sit on the reserves bench. His team may, however, replace the ejected player 5 minutes after the expulsion, as explained in the preceding paragraph. The referee shall keep control of these 5 minutes. The 5 minutes shall start to elapse as soon as the ball comes back into play after the expulsion. The player who enters the game for the one expelled shall only enter the field when he has received the consent of the referee and the ball is not in play.

If play is stopped by reason of a player being sent off the field for one of the above offenses, the game shall be restarted by a direct free kick awarded to the opposing team from the place where the infringement occurred. However, if the offense is committed within the goal area, the direct free kick shall be taken from outside the goal area at the point nearest the spot where the infringement occurred.

SUSPENSIONS

Any player that is ejected for 2 yellow card violations (soft red) in the same game must serve a one game suspension in the next scheduled game.

Any player ejected from a game as the results of a hard red card shall serve a minimum of a one game suspension from the next scheduled games. If the League Director, after consultation with the referee, determines that a modified (longer or shorter) suspension is warranted, he may rule for a suspension of more or less than one game.

The designated team manager is responsible for reporting the name of any player who receives a yellow or red card to the referee upon request. If the team manager fails to disclose the name of the player, the entire team may face suspension. The duration of the suspension will be determined by the league director.

Any player ejected from a second game in the same session, as the result of a soft or hard red card ejection shall serve a minimum of a two game suspension from the next consecutively scheduled games.

The League Director has the final authority on the duration of all suspensions.

LAW XII - Free Kick

All free kicks shall be classified as "direct free kick" (from which a goal can be scored directly).

When a player is taking a free kick, all of the opposing players shall be at least 10 feet from the ball, until it is in play.

The ball must be stationary when the free kick is taken, and the kicker shall not play the ball a second time until it has been touched or played by another player.

Infringement:

- a. If the player taking the free kick, after having kicked the ball, plays it a second time before it has been touched or played by another player, a direct free kick shall be taken by a player of the opposing team from the spot where the infringement occurred. However, if it is committed within the goal area, a direct free kick shall be taken from the point outside the goal area nearest to the spot where the infringement occurred.
- b. If the team taking the free kick takes more than 6 seconds to do so, the referee shall award a direct free kick to the opposing team.

LAW XIII - Penalty Kick

A penalty kick shall be taken from the penalty spot in the goal area. During the taking of a penalty kick, all players with the exception of the player taking the kick and the opposing goalkeeper shall be on the field outside the goal area, and at least 10 feet from the ball. The opposing goalkeeper must remain on his own goal line, between the goal posts, until the ball is in play. The player taking the kick must kick the ball forward. He shall not play the ball a second time until it has been touched or played by another player. The ball shall be deemed in play when it has been touched and moves. A goal may be scored directly by a penalty kick.

When a penalty kick is being taken during the normal course of play, or when time has been extended at half time or full time to allow a penalty kick to be taken or retaken.

Infringement:

For any infringement of this law:

- a. By the defending team, the kick shall be retaken if a goal has not resulted.
- b. By the attacking team other than by the player taking the kick, if a goal is scored it shall be disallowed, and the kick retaken.
- c. By the player taking the penalty kick after the ball was in play, a player of the opposing team shall be awarded a direct free kick from the penalty mark.

LAW XIV – Forfeits

If a team must forfeit their game, the score of the game will be recorded as 3-0 for the non-forfeiting team. A forfeit consists of teams not having enough players to participate, using ineligible players for their scheduled game **OR** not having the correct number of females on the field. A forfeit may result in your referee being taken off your field to referee another game.

LAW XV – Weather

All weather decisions prior to two hours before games are sole decisions of the league and are based on the Weather Sentry storm tracking system used by the NSC Victory Links Golf Course. There will be a message on the weather hotline two hours prior to game time if games are cancelled. After that, cancellations will be done at the field, so your team should show up to your game. NSC staff onsite will make weather decisions after that and you should plan on showing up at your field to find out.

If weather or the conditions of the fields make it impossible to carry out the game to its full extent, the league will make the necessary decisions concerning the rearrangement or cancellation of games for any reason. Every effort is made to play all games in their entirety.

If a game has reached half and is called for weather the score will stand and be considered final.

One week will be reserved to make up a game(s) at the end of the season due to weather. All games are not guaranteed to be made up.