



CITY OF ALBANY
RECREATION & COMMUNITY SERVICES DEPARTMENT
1249 MARIN AVENUE
ALBANY, CA 94706

ADULT CO-ED INDOOR SOCCER / FUTSAL RULES & REGULATIONS SYNTHESIS

UPDATED 10/30/19

PRIMARY GOAL

THE MAIN OBJECTIVES OF ADULT CO-ED SOCCER IS TO HAVE FUN AND COMPETE.

PLAYERS' CODE OF CONDUCT

1. TEAM MANAGERS ARE RESPONSIBLE FOR THE ACTIONS OF THEIR PLAYERS AND SPECTATORS.
2. TEAMS AND THEIR SPECTATORS ARE EXPECTED TO SHOW GOOD SPORTSMANSHIP.
3. COMPLAINTS ABOUT RULES AND UNSPORTSMANLIKE CONDUCT SHOULD BE MADE BY THE TEAM MANAGER TO THE REFEREE.
4. GAME OFFICIALS, DEFINED AS THE REFEREE, ADULT SPORTS COORDINATOR / LEAGUE DIRECTOR, AND CITY STAFF, CAN EJECT A PLAYER OR SPECTATOR FOR (10/30/19):
 - A. REFUSAL TO ABIDE BY AN OFFICIAL'S DECISION
 - B. VERBAL ABUSE SUCH AS TAUNTING OR USE OF VULGAR LANGUAGE
 - C. PHYSICALLY THREATENING OR ATTACKING ANOTHER PERSON
 - D. USING UNNECESSARY ROUGH TACTICS
5. AN EJECTED PLAYER OR SPECTATOR MUST IMMEDIATELY LEAVE THE FIELD AND PARK FACILITY. THE GAME WILL NOT CONTINUE UNTIL THEY HAVE LEFT THE SITE. IF THE PLAYER OR SPECTATOR REFUSES TO LEAVE THE FACILITY THEIR TEAM'S CURRENT GAME AND NEXT GAME WILL BE FORFEITED AND ALBANY PD WILL BE CALLED.
6. THE EJECTED PLAYER WILL RECEIVE AN AUTOMATIC SUSPENSION FOR THE NEXT LEAGUE GAME.
7. FLAGRANT ACTS SUCH AS VERBAL ABUSE, PHYSICAL THREATS, OR PHYSICAL ATTACKS TOWARDS GAME OFFICIALS, RECREATION DEPARTMENT OFFICIALS, PLAYERS, AND SPECTATORS WILL BE SUBJECT TO PERMANENT LEAGUE SUSPENSION. THIS INCLUDES SUSPENSION FROM ALL ALBANY SPORTS LEAGUES.
8. THE RECREATION DEPARTMENT HAS THE FULL POWER AND DISCRETION OF IMPOSING PENALTIES ON ALL VIOLATIONS OF THE PLAYERS' CODE OF CONDUCT. FOR VIOLATIONS NOT LISTED, THE PENALTY SHALL BE DECIDED AT THE DISCRETION OF THE LEAGUE DIRECTOR.

LEAGUE INFO

- 1. THE SEASON WILL CONSIST OF MAXIMUM 10 GAME AND MINIMUM 6 GAME SEASON, PLUS PLAYOFFS BETWEEN THE TOP 4 TEAMS, AND A CHAMPIONSHIP BETWEEN THE TOP 2 TEAMS. (10/30/19)**
- 2. GAMES WILL LAST 50 MINUTES AND ARE SPLIT INTO 25 MINUTE HALVES WITH A 5 MINUTE HALF-TIME.**
- 3. GAMES WILL START AT 12:30 PM, 1:30 PM AND 3:30 PM.**
- 4. GAMES ARE ON SUNDAY AFTERNOON.**
- 5. ALL GAMES WILL BE PLAYED AT EITHER ALBANY HIGH SCHOOL AT 603 KEY ROUTE BLVD., ALBANY, OR ALBANY MIDDLE SCHOOL AT 1259 BRIGHTON AVENUE, ALBANY. NO FOOD OR DRINK ALLOWED IN THE GYM. ABSOLUTELY NO SMOKING ON SCHOOL PROPERTY. (10/30/19)**

BASIC GAME RULES

- 1. TEAMS MUST HAVE A MINIMUM OF 3 AND A MAXIMUM OF 5 PLAYERS ON THE COURT.**
- 2. TEAMS ARE ALLOWED A MAXIMUM OF 3 MEN ON THE COURT. THERE IS NO MAXIMUM NUMBER LIMIT OF FEMALE PLAYERS.**
- 3. THERE ARE FREE SUBSTITUTIONS AND EJECTED PLAYERS MAY BE REPLACED.**
- 4. TEAM MEMBERS SHOULD HAVE THE SAME COLOR SHIRTS AND BRING WHITE T-SHIRTS AS BACK-UP. IF BOTH TEAMS HAVE THE SAME COLORS, THE HOME TEAM KEEPS THEIR COLORS.**
- 5. GOALS WILL BE 4 FEET WIDE AND 3 FEET TALL, OF WHATEVER GOALS THE ASC SEES FIT. (10/30/19)**
- 6. THERE ARE NO GOALKEEPERS.**
- 7. PLAYERS ARE NOT ALLOWED WITHIN THE GOAL BOX UNLESS THEY ARE PLAYING THE BALL, AND / OR TRANSITING. (10/30/19)**
- 8. ON CORNER KICKS AND KICK-INS PLAYERS MAY STAND IN THE BOX AFTER THE BALL IS KICKED IF THEY ARE PLAYING THE BALL.**
- 9. GOALS MUST BE SCORED FROM THE ATTACKING HALF OF THE COURT.**
- 10. GOALS CAN BE SCORED ON CORNER KICKS.**
- 11. GOALS MAY NOT BE SCORED ON KICK-INS.**
- 12. SLIDE TACKLES, SLIDES, OR PLAYING THE BALL WHILE ON THE GROUND IS NOT ALLOWED. PLAYERS MUST TRY TO STAY ON THEIR FEET AT ALL TIMES.**
- 13. IF A PLAYER RECEIVES 3 FOULS IN 1 GAME FOR NOT STAYING ON THEIR FEET THEY WILL BE EJECTED.**

14. A PENALTY SHOT WILL BE AWARDED FOR ANY FOULS COMMITTED INSIDE A TEAM'S ATTACKING HALF OF THE FIELD. THE SHOT WILL BE TAKEN FROM THE BASKETBALL CENTER LINE INTO AN EMPTY GOAL.
15. FOULS BY THE OFFENSIVE TEAM ON THE ATTACKING HALF OF THE FIELD WILL RESULT IN AN INDIRECT KICK AT THE SPOT OF THE FOUL FOR THE OPPOSING TEAM.
16. PENALTY KICKS ARE A DEAD BALL SITUATION. IF THE KICK IS MISSED, IT IS A GOAL KICK FOR THE DEFENSIVE TEAM.
17. GOAL KICKS MUST BE TAKEN FROM THE INTERSECTION OF THE BASELINE AND THREE-POINT ARC. THE KICK IS TAKEN FROM THE SIDE THAT THE BALL WENT OUT OF BOUNDS.
18. GOAL KICKS MAY NOT BE KICKED OVER HALF-COURT. IF THIS OCCURS, IT IS A KICK-IN AT CENTER COURT ON THE SIDELINE FOR THE OPPOSING TEAM.
19. THROW-INS ARE NOT ALLOWED; KICK-INS WILL BE TAKEN WITH THE BALL TOUCHING THE SIDELINE.
20. PLAYERS OF THE OPPOSITE TEAM MUST GIVE THE KICKER 5 FEET OF SPACE TO KICK.
21. THERE ARE NO OFFSIDES.
22. THERE IS 1 OFFICIAL FOR EACH GAME.
23. THE FIELD IS THE DIMENSION OF THE BASKETBALL COURT. ALL WALLS ARE OUT OF BOUNDS. GAMES WILL BE PLAYED WITH A FUTSAL BALL SUPPLIED BY THE LEAGUE.

TEAM ROSTER INFO

1. PLAYERS MUST BE AT LEAST 18 YEARS OLD.
2. THERE IS A 3 PLAYER MINIMUM AND A 12 PLAYER MAXIMUM PER TEAM.
3. **TEAMS MUST HAND IN THE ROSTER SHEET BY THE START OF THE 1ST GAME.**
4. CHANGES TO A TEAM'S ROSTER MUST BE DONE THROUGH THE TEAM'S ORIGINAL ROSTER SHEET, OR WRITTEN ON A MICRO ROSTER THAT IS ATTACHED TO THE ORIGINAL ROSTER. (10/30/19)
5. TEAMS CAN ADD AND DROP PLAYERS THROUGHOUT THE REGULAR SEASON. HOWEVER, TEAMS CAN NOT ADD PLAYERS DURING THE PLAYOFFS. TO PARTICIPATE IN THE PLAYOFFS PLAYERS MUST HAVE PLAYED IN AT LEAST 2 REGULAR SEASON GAMES.
6. PLAYERS CAN NOT CHANGE TEAMS AFTER THE SEASON STARTS.
7. PLAYERS CANNOT PLAY ON 2 TEAMS IN THE SAME LEAGUE ON A REGULAR BASIS.
8. PLAYER'S MAY BE ASKED TO SHOW ID AT ANYTIME DURING THE SEASON.

9. **NON-ROSTERED PLAYERS WILL BE SUSPENDED FOR THE SEASON AND ALL GAMES THEY PLAYED IN MAY BE DECLARED FORFEITS. THE ASC WILL MAKE THE FINAL DETERMINATION IF THIS ISSUE ARISES. (10/30/19)**

STANDINGS, PLAYOFFS, AND AWARDS

1. **STANDINGS ARE DETERMINED BY POINTS: WIN = 2, TIE = 1, LOSS = 0**
2. **REGULAR SEASON GAMES HAVE NO TIEBREAKERS. (10/30/19)**
3. **PLAYOFF AND CHAMPIONSHIP TIEBREAKERS:**
 - A. **1 FIVE MINUTE OVERTIME PERIODS.**
 - B. **PENALTY KICK SHOOTOUT: FIVE PAIRS OF PENALTY KICKS ALTERNATING BETWEEN BOTH TEAMS.**
 - C. **PENALTY KICK SHOOTOUT SUDDEN DEATH UP TO 20 KICKS.**
 - D. **HEAD TO HEAD RECORD.****(10/30/19)**
4. **THE TOP 2 TEAMS IN THE REGULAR SEASON STANDINGS WILL COMPETE IN A SINGLE ELIMINATION CHAMPIONSHIP GAME.**
5. **IF A PLAYOFF GAME IS TIED AFTER REGULATION, THERE CAN BE UP TO TWO, 5-MINUTE OVERTIME PERIODS. IF THE SCORE IS STILL TIED THE GAME WILL BE DECIDED BY PENALTY KICKS.**
6. **AWARDS – WILL BE DETERMINED**

EQUIPMENT

1. **NO OPEN-TOED OR BLACK SOLED SHOES.**
2. **PLAYERS MUST WEAR SHIN GUARDS IN ORDER TO PLAY. IF NECESSARY, THEY MAY BORROW THEM FROM A SUBSTITUTE PLAYER. PLAYERS SHOULD ALSO HAVE SOCKS COVERING THE GUARDS.**
3. **PLAYERS MUST REMOVE JEWELRY.**

FORFEITS

1. **IF A TEAM DOES NOT HAVE 3 PLAYERS AFTER THE 5 MINUTE GRACE PERIOD, THEY MUST FORFEIT THE GAME.**
2. **A \$25 FORFEIT FEE WILL BE CHARGED FOR EACH FORFEITED GAME AND MUST BE PAID TO THE OFFICE OF RECREATION AND COMMUNITY SERVICES BEFORE THEIR NEXT SCHEDULED GAME. A SINCERE APOLOGY MAY BE SUBMITTED IN LIEU OF THE \$25 DOLLARS IF ALLOWED BY THE ASC. (10/30/19)**
3. **IF A TEAM FORFEITS A SECOND GAME THEY MAY BE DROPPED FROM THE LEAGUE. THE ASC WILL CONSIDER NOT DROPPING SAID TEAM FROM THE LEAGUE WITH THE OFFERING A SUPER DUPER APOLOGY.**

4. ALL FORFEITED GAMES WILL BE SCORED 5-0 FOR THE WINNING TEAM.
5. TEAMS MAY USE THE COURT TO PRACTICE IF THEY FORFEIT, EXCEPT FOR THE FINAL GAME OF THE NIGHT.

SCHEDULE CHANGES

1. IF A GAME CAN'T BE PLAYED DUE TO CERTAIN ACTS OF FATE (THOSE BEING DETERMINED BE THE ASC), IT WILL BE RE-SCHEDULED AFTER THE FINAL REGULAR SEASON GAME OR ON THE EARLIEST POSSIBLE DAY ARRANGED BY THE LEAGUE DIRECTOR. (10/30/19)

FACILITIES CARE AND PROTECTION RULES **(11/5/19)**

1. ALL PLAYERS OF THE LEAGUE ARE RESPONSIBLE FOR THE GENERAL ORDERLINESS OF THE FACILITY SPACE.
2. LITTER AND TRASH MUST BE REMOVED UPON EXITING THE FACILITY SPACE.
3. FACILITY ITEMS, APPARATUS, SPACE, GROUND, FLOOR, WALLS, CEILING, AND ALL OTHER NOUNS RESIDING IN THE DESIGNATED VOLUME OF SPACE, MUST NEVER BE MISUSED OR DAMAGED.
4. PERSISTENT DISREGARD OF THIS NO LITTERING RULE MAY AND CAN, AT THE JUDGEMENT OF CITY STAFF, RESULT IN CORRECTIVE ACTIONS AGAINST THE LEAGUE AS A WHOLE. THE LOGIC BEING THAT COLLECTIVE PUNISHMENT WILL MOTIVATE SELF-POLICING.
5. PUNISHMENT METED OUT MAY RESULT IN:
 - A. CANCELLED GAMES WITH BOTH TEAMS TAKING A TIE ON THE STANDINGS AND 0 – 0 GOALS.
 - B. MONETARY PENALTIES BEGINNING AT \$25 PER TEAM.
 - C. CANCELLATION OF THE REMAINDER OF THE SEASON.

LIABILITY

1. PLAYERS ASSUME THE RISK OF ACCIDENT OR INJURY SUSTAINED FROM WHATEVER CAUSE IN CONNECTION WITH THE ACTIVITY, AND RELEASE THE CITY OF ALBANY, ITS OFFICERS, AGENTS AND EMPLOYEES FROM ANY AND ALL LIABILITY FOR ANY SUCH INCIDENT OR INJURY CAUSED BY WHATEVER REASON, INCLUDING BUT NOT LIMITED TO AN ACT OF OMISSION.
2. NO MEDICAL INSURANCE IS PROVIDED.

ALL DECISIONS MADE BY THE LEAGUE DIRECTOR WILL BE FINAL. THE LEAGUE DIRECTOR HAS THE RIGHT TO AMEND, DELETE, OR ADD ANY RULES DEEMED NECESSARY.