

Over 30 Co-Ed Adult Soccer

Rules

All the standard rules for soccer will apply to the Adult over 30 Coed League with the following additions or deletions.

1. No slide tackling. Any slide tackle will result in a foul and the other team will be awarded a free kick. Any slide tackle in the penalty box will result in a penalty kick. Any slide tackle deemed dangerous by the official will result in a yellow card. Any tackle with the intent to injure will result in a red card. Any player receiving two yellow cards in a game or a red card will be suspended for that game and the next game. Any player suspended will have to appear before the HCSA disciplinary board before being allowed to play again.
2. Goal keepers will not be allowed to punt or drop kick the ball (we are playing on a U12 "short" field). Keepers can distribute the ball by hand or by placing the ball on the ground and playing it with their feet.
3. No off-sides, we will only have a center official and it will be too hard for them to call it accurately.
4. All players must wear shin guards. No rolled up newspaper, magazines or any of the other items.
5. Goal keepers will be allowed to slide on the ground inside the penalty box but must lead with their body not their feet. Goalies you know what I mean but I will go over that if you want before the game on Sunday.
6. All players must wear HCSA issued shirts, they have a number on them and that's how we will identify you, you will also be given Player cards.
7. Substitutions: are "hockey like" you can switch players as long as you are not involved in the play.
8. No foul language, Have fun, Just play the ball, not the player and there should not be any problems.
9. No heart attacks, I am not giving any old soccer players mouth to mouth. If you feel tired or dizzy call for a sub, you're not as young as you use to be.
11. Guest players from other HCSA Adult teams will be allowed to play as long as both captains are in agreement . they must be Registered HCSA players for that season.
12. All other fouls will follow FIFA rules, such as a hand ball in the Penalty box will result in a PK and other offense in the Box. Any Foul OUTSIDE of the box will result in an Indirect Kick, there will be NO Direct Kicks outside of the box.