



AYSO Adult Soccer – Region 258

Rules & Regulations

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AYSO Adult Soccer – Region 258

AYSO Adult Soccer is a subsidiary of the American Youth Soccer Organization (“AYSO”) within its operating framework of Sections, Areas and Regions. AYSO Adult Soccer - Region 258 encourages everyone, no matter their age, number of players on a team or skill level, to get out and play. We may have to get a little creative with how we play—whether it’s a game of 3v3, pick up soccer or futsal, but the intention is to get everyone out and having a good time on the field within our community.

At AYSO Adult Soccer, we are all about providing a safe, positive environment for players to play soccer and stay healthy. Many adult men and women have fond memories of growing up playing youth soccer or can be seen at the fields on the weekends for their own child’s soccer games. Well, instead of reminiscing about childhood memories or watching from the sidelines, now is the time to get out on the field.

Adult Soccer is designed to be flexible. AYSO Adult Soccer – Region 258 offers a variety of player program options for delivering a quality soccer experience to all participants, including but not limited to Open Rec, Coed, Men’s and Women’s teams in a variety of formats (3v3, 7v7, 11v11, etc). Additionally, alternative soccer play programming may include indoor soccer, futsal, or monitored pick-up play. AYSO primarily delivers outdoor soccer match play.

The following Rules & Regulations shall be used for Adult Soccer play within AYSO. Some flexibility in these rules may be allowed for other forms of match play with the approval of the Adult Soccer Director and Regional Commissioner.

I. Match Conduct

AYSO Adult Soccer matches shall be conducted in accordance with the current IFAB / FIFA Laws of the Game and decisions of the International Football Association Board (IFAB) in effect on September 1 each calendar year and within the United States Soccer Federation (USSF) guidelines and practices, with the following exceptions and clarifications:

A. Competition

While there is always some level or degree of competition involved in soccer, the spirit of the game is intended to be FUN, FAIR, and SAFE for all of the participants. This is a recreational program. Participants also lead adult lives with jobs and responsibilities, so remember, we all have to return to our daily lives after the match.

1. Coaches, officials, and spectators shall not enter the field of play unless requested by the referee.
2. Substitutes shall only enter field of play when given permission by the referee.
3. Except for small-sided matches (Article I.H), a scheduled match shall not commence nor be continued unless both teams can field at least seven eligible players.
4. All eligible players must be over the age of 18 and be a registered member for the current year.

- All players must have proper equipment including proper jersey, shorts, socks, footwear, and shin-guards. Shin-guards must be proper size to provide adequate protection and be worn at all times during play.

B. Match Duration

- Matches shall be of two equal halves, not to exceed the following maximum durations:

Format Of Play	Maximum Duration of Half
3 V 3	20 minutes
6 V 6 / 7 V 7	25 minutes
9 V 9	30 minutes
11 V 11	45 minutes
Indoor / Futsal	22 Minutes

- Half-time periods shall be a minimum of five and a maximum of ten minutes as designated by the referee.
- Over-Time will only be used in elimination play (tournament advancement rounds, special competitions) and shall not exceed the following maximum durations for the halves.

Format Of Play	Maximum Duration of Half
3 V 3	5 minutes
6 V 6 / 7 V 7	10 minutes
9 V 9	15 minutes
11 V 11	30 minutes
Indoor / Futsal	10 Minutes

- Player Safety is paramount. Water breaks are allowed at the referee's discretion when heat conditions warrant this consideration.
- Where necessary due to scheduling time constraints, the duration of the two halves is to be reduced by an equal amount.

C. Playing Time & Substitutions

As one of the basic philosophies of AYSO we believe that EVERYONE plays, again the spirit of the game is for EVERYONE to have fun and get a chance to play regardless of age, skill level, or any other qualification. Except as noted in Article I.C.3 all eligible team members in attendance shall play at least one half of the match, excluding overtime.

- Such participation is controlled as follows:
 - Coaches or Team Managers are responsible to make regular substitutions of all their players. Substitutions may occur during a regular stoppage of play (i.e. throw-in, goal-kick, corner kick, kick-off, free kick, penalty kick or dropped ball). On occasion the referee may need to stop play for a substitution while the ball is in play, in which case the match is resumed with a dropped ball.
 - Substitutions may also be made at half-time and at the start of any overtime periods.

- c. Substitutions may not occur without the permission of the Referee. When the Referee signals for substitution, the coaches should have all substitutes immediately report to the Referee or the designated assistant referees, who shall grant permission to enter the field of play.
 - d. During game stoppages, the coach of each team may substitute as many team members, or none, including previously substituted team members, as long as all team members are eligible (meaning they meet player requirements and have not been dismissed from the match).
 - e. The referee may allow any time lost due to substitution or other cause by stopping his/her watch or adding playing time. (See Article I.B.3. regarding length of halves to permit proper substitution.)
2. Substitutions for Injury
 - a. If a player is injured, the coach may provide a substitute for the injured player, in which case the injured player may not return until the beginning of the next half. The player who is injured is given “credit” for playing that half, regardless of the actual time played.
 - b. The coach may choose to not substitute and “play short” thereby allowing the injured player to return at the next stoppage of play. NOTE: if play was stopped as result of the injured player, and the player received attention from the Coach or a Team Official, then the player must be removed from the field of play. If substitution occurs, the substitute player may enter field immediately, if the coach chooses to “play short” then the injured player may not return until next stoppage.
 - c. The player must receive a signal from the referee in order to return to the field of play.
 3. Late arriving team members shall be substituted as follows:
 - a. If the team member arrives during the first half of play then the player must play a minimum of one half of the time remaining.
 - b. If the team member arrives during the second half of play then the player must play a minimum of one fourth of the time remaining.
 4. Players not receiving at least a half of playing time should report issues to their Coach / Team Manager, or to the Adult Soccer Director for resolution.

D. Officiating

1. Referees shall officiate in accordance with the current version of the IFAB/FIFA Laws of the Game, decisions of the IFAB, guidelines and principles of USSF, and the AYSO Adult Soccer Rules and Regulations. In Accordance to Law 5 all decisions shall be made in the opinion of the Referee and the call on the field is final.
2. Referees shall officiate in a manner inducing clean competition and good sportsmanship, placing emphasis on the welfare of the players and the spirit of the game. If a player is conducting them self in an unsporting manner, or if a player is injured, the referee, at his/her discretion, may stop play to ensure the welfare of the match participants even if the ball has not gone out of play.

3. The Laws of the Game are intended to provide that matches should be played with as little interference as possible, and it is the role of the referee to penalize only deliberate breaches of the Law. Constant whistling for trifling and doubtful breaches intrudes on the flow of the game, produces bad feelings, and loss of temper on part of the players and spoils the pleasure of spectators. Again in accordance to Law 5, the Referee is the match official and his / her decisions are final.
4. On occasion matches will utilize Youth Referees to either act as Assistant Referees or in some cases Match Referees. The Youth Referees are here to serve as match officials in order that Adults may play. Regardless of their age, the Referee's decisions are final. There will be **NO TOLERANCE** for any profane or discouraging remarks or action (regardless if they are directed at the Referee or not.) Any profane or discouraging remarks or action will result in a match misconduct and may result in a dismissal or send-off.

E. Code Of Conduct

1. It shall be the duty of each player, coach, team manager, referee, official, other volunteer, or spectator to:
 - a. Conduct himself/herself in a manner becoming a member of AYSO and consistent with the AYSO Six Philosophies and highest standards of conduct.
 - b. Work together as a team in support of all participants involved in the match and in alignment with the Stewards of the Game program to promote a FUN, FAIR, and SAFE environment.
 - c. Comply with and promote compliance with Rules & Regulations and policies including those related to registration, facilities, certification and training.
 - d. Encourage clean competition and good sportsmanship.
 - e. Prohibit and abstain from use of profane or negative comments or actions involving officiating or opponents.
 - f. Present a healthy and safe athletic environment for team members, including but not limited to use of drugs, tobacco products or smoking or simulating smoking or use of such products during practices or matches or in the immediate vicinity of the soccer fields.
2. It shall also be the duty of each coach or team manager to:
 - a. Present themselves as a trained coach, knowledgeable in AYSO Philosophies, IFAB/FIFA Laws of the Game, and training techniques and practices. Train and coach the team to the best of his / her ability.
 - b. Remain within the coaches' **technical** area (Article I.G.2.) during the match unless actively participating as a player. A maximum of two coaches and one team manager is permitted for each team.
 - c. Limit his / her sideline participation during matches to comments that are positive, instructional, and or encouraging (PIE) with limited supportive direction. A coach may participate as a player, however when on the field of play as a player the coach is counted as a player and may not have more than the maximum number of players on the field (Article I.H.)

- d. Upon team formation, and during all subsequent team gatherings and matches, the Coach and Team Manager will be responsible to verify that all team members are registered for the current program year and confirm team member qualifications.

F. Foul Play & Misconduct

1. The Referee has the responsibility and authority to ensure that matches are played in a Fun, Fair, and Safe manner. In accordance to Law 12, if a player, coach, team official, or spectator behaves in such a way that the Referee opines is a breach of Law 12 the participant may be warned, cautioned, dismissed, or sent-off.
2. Any player who is dismissed or sent-off from a game by the referee, whether shown the red card or not, shall, in addition to not participating for the remainder of the game, be suspended automatically for the next game for which that player would be eligible.
3. Any coach who is dismissed or sent-off from a game by the referee shall, in addition to being required to leave the field and being barred from coaching or observing the remainder of the game, be suspended automatically for the next game in which that coach's team is participating and for all practices of the team occurring prior to that game. If the coach is suspended as a result of ejection in the last game of the season, the suspension shall apply to the coach with respect to the next team to which he or she may be assigned.
4. Any spectator who is required to leave the field of play by the referee shall, in addition to being required to leave the field and being barred from observing the remainder of the game, be suspended automatically for the next day of games. The next day of games means, in the case of a spectator who is a member of a player's family, a day on which that player is participating in a game. In any other case, it means the next day of regularly scheduled games organized by the region.
5. The Adult Soccer Director or the Regional Commissioner may, upon reviewing the report of the referee (and any report made by an assistant referee) and any regional board member in attendance at the game or any law enforcement report, increase or decrease suspension provided under this Article I.F. or may impose alternative disciplinary measures. The Adult Soccer Director or Regional Commissioner may act solely on the basis of such reports.
6. All suspensions and other discipline imposed under this Article I.F. shall be communicated promptly to the person involved. Except in the case of an automatic one game suspension imposed on a player or coach, communication shall be in writing and shall indicate briefly the reason for the suspension or discipline and the means by which such suspension or discipline may be reviewed.
7. For the sake of clarity, a referee may treat a player, coach or spectator as having been dismissed or sent-off even though the referee did not communicate this to the player, coach or spectator during or immediately following the game, if the referee believes that such lack of communication is necessary or appropriate to protect the safety of players and others in attendance at the game.
8. In the case of any game where the referee is less than 18 years old (Youth Referee) and a mentor is in attendance (whether acting solely as a mentor or as an assistant referee), any reference to the referee shall also include a reference to the mentor.

- While there may be disputed calls, the Referee has full authority over the match and his or her decisions are the final word on the field. Any and all post game discussion or request for appeal shall be handled by the Adult Soccer Director and/or Regional Referee Administrator.

G. Size Of Ball

Consistent with Law 2, all matches will be played with a Size 5 Soccer Ball. The ball shall be properly inflated and be considered in match condition with no divots, tears, or rips.

H. Field Of Play

- The dimensions and markings of the field of play and goals shall be at the discretion of the Region and whenever possible, conform to IFAB/FIFA Laws of the Game, USSF Guidelines and Principles, and AYSO National Rules & Regulations. The following guidelines are recommend for each format of play:

Field Sizes by Format of Play				
	3 v 3	6 v 6 / 7 v 7	9 v 9	11 v 11
Length (Yards)	60 to 65	70 to 80	100 to 130	100 to 130
Width (Yards)	35 to 45	45 to 55	50 to 100	50 to 100
Center Circle Radius (Yards)	8	8	10	10
Goal Area Length/Width (Yards)	4 by 8 (arch)	5 by 16	6 by 20	
Penalty Area Length/Width (Yards)	None	14 by 36	18 by 44	
Goal Line to Penalty Spot (Yards)	None	10	12	
Goal Size Height/Width (Feet)	4 by 6	6.5 by 18	8 by 24	

- A coaches' technical area on each side of the half line shall be defined by two lines off the field of play 10 yards from the center line and perpendicular to the touch line. The area should be 1 yard off from the touch line.
- A spectator control line shall be defined by a line parallel to the touch line at a distance of at least three yards from the touch line. Coaches and officials should assist the referee to keep spectators behind the spectator control line and between the top lines of the penalty area.
- No participant, team official, or substitute shall be allowed behind the goal lines, with the exception of match officials, regional staff, or photographers who have received authorization from the referee prior to the match, and who shall remain quiet and at least 3 yards back from the goal lines.

I. Small-sided Matches

1. USSF has authorized its member associations small-sided matches as part of the Player Development Initiatives as well as AYSO Adult Soccer. Match play shall be governed by the IFAB/FIFA Laws of the Game as modified by AYSO Adult Soccer (with permission) and these Rules & Regulations.
2. Small sided games are permitted for all divisions.
 - a. Pick Up Soccer: This is a very organic way to start a match. A time and location will be specified for everyone to show up, split the players up into teams and get us playing. Number of participants will determine the format in which we will play.
 - b. 3v3: A great way to play a fast paced, fun game of soccer. The beauty of this format is that it requires very little space and a minimum number of players to play. We will keep 3v3 games short and rotate teams through. Minimum number of players to start a match is two players per team, a Maximum of six players will be allowed per team with only three players on the field at any one time.
 - c. 6v6/7v7: This is an extremely popular way for adults to play soccer in a fun, recreational way. Playing 6v6/ 7v7 is a great way to play, while maximizing field space by playing across the width of a full sized field. Play short halves, maximum of two 25 minute halves with a rest in-between. Minimum of four players to start a match, a Maximum of ten players will be allowed per team with only six or seven players on the field at any one time.
 - d. 9v9: This is another popular way for adults to play soccer in a recreational way. Playing 9 v 9 allows play to be closer to full size soccer, while maximizing field space by playing across the width of a full sized field. Play short halves, maximum of two 30 minute halves with a rest in-between. Minimum of five players to start a match, a Maximum of twelve players will be allowed per team with only nine players on the field at any one time.
3. Some things to be mindful of when playing this way:
 - a. Make sure that there are enough subs to keep the game moving and fun for all participants
 - b. Rotate substitutions often – (Article I.C.1.)
 - c. Switch out player positions. Not everyone dreams of growing up to be a left full back. Let's face it, everyone wants to score once in a while!

J. Restarts (i.e. Throw-ins, Goal Kicks, Corner Kicks)

1. For 3 v 3 the throw-in is replaced with a kick-in or dribble-in. Opposing players must be at least four yard away from the ball until it is kicked.
2. These restart is in-direct, a goal may not be scored directly from these restarts.
3. There is no off-side infringement on these restarts.

K. Goalkeeper Punts

1. For 3 v 3 and 6 v 6 / 7 v 7 format of play, the goalkeeper shall not punt the ball. The goalkeeper shall release the ball by either rolling, throwing, or passing the ball into play.
2. An indirect kick will be awarded to the opposing team at the spot of the offense if a goalkeeper deliberately punts the ball during a 3 v 3 or 6 v 6 / 7 v 7 match.
3. An indirect kick awarded to the attacking team inside the opposing team's goal area must be taken on the goal area line at the point nearest to where the goal keeper punted the ball.

II. Teams

A. Team Names

Team names shall bear no resemblance to a religion, race, ethnicity or nationality, or otherwise be considered offensive.

B. Team Participation

1. Teams shall participate only in matches approved by the AYSO Adult Soccer Director and/or Regional Commissioner. Registration and Membership fees only apply to AYSO Adult Soccer sanctioned matches.
2. Participation in tournaments requires AYSO Adult Soccer Director and / or Regional Commissioner's authorization. Participation in tournaments may require additional tournament fees not included in the AYSO Adult Soccer Membership Fee.
3. Participation in non-sanctioned AYSO or AYSO Adult Soccer matches requires AYSO Adult Soccer Director and / or Regional Commissioner's authorization.

C. Team Size

1. The following are the recommended team sizes:

Format of Play	Players on Field	Maximum no. of team members	Minimum no. of team members	Coed Men / Women	
3 v 3	3-a-side	6	2	2	1
6 v 6	6 a-side (No Goalkeeper)	10	4	3	3
7 v 7	7 a-side	10	5	4	3
9 v 9	9 a-side	12	5	5	4
11 v 11	11 a-side	15	7	6	5
Indoor / Futsal	6 a-side	15	4	3	3

2. All divisions may play optionally with teams of smaller sizes for futsal, indoor soccer, or small-sided matches.

3. The maximum number of team members listed in Article II.C.1. may be increased with the approval of the Adult Soccer Director, but no more than would allow each team member to play at least half of each match.

D. Fair / Balanced Teams

Each primary season (Fall / Spring / etc.) to the extent possible efforts shall be made to balance team’s strengths in order to keep matches fun and fair. This is not the NBA and a “super-team” is not consistent with AYSO philosophies. Our goal is to setup fun, fair, safe matches for all participants. Teams will be formed taking into account the following considerations:

- 1) Player skill / experience level
- 2) Family / friend / co-worker relationships
- 3) Number of participants / format of play
- 4) Age / Gender of participants (Open, 30U, 50U, Men’s, Women’s, CoEd)
- 5) Only a Team Manager or Coach may specifically request / draft players to be on his / her team. Team assignments must be approved by Adult Soccer Director.

III. Registration

- A. The standard age divisions for Men’s and Women’s programs are as follows:

Age	Division
All persons age 18 or older as of September 1st	Open
30 years but not younger than 25 years	30 U
50 years but not younger than 30 years	50 U
All persons older than 50 years or older as of September 1 st	Senior

- B. The effective date of age determination shall be September 1st in the same year of the beginning of AYSO Adult Soccer Membership Year. Any variance requested by participants must have AYSO Adult Soccer Director’s approval.
- C. Individuals who shall reach the age of 18 by December 30th of the Membership Year are still eligible to participate in the AYSO Youth Program. If the participant wishes to play Adult Soccer the player must receive Approval from both the Adult Soccer Director as well as Regional Commissioner.
- D. If there are not enough registrants to make any or all of the standard divisions, divisions may be combined to allow teams to be formed, as well as format of play may be modified to allow short-sided matches.
- E. No potential team member may participate in any AYSO Adult Soccer match or training without completing the registration process.
- F. A registrant becomes eligible as a team member upon:

1. Payment of the National Membership Fee and payment to the Region of its required Registration Fee, and
 2. Placement on a team by Adult Soccer Director or a designated representative.
- G. The Adult Soccer Director with the assistance of the Registrar, Team Managers and Coaches are responsible for assuring the eligibility of all participants or teams within a division. Upon Request of the Adult Soccer Director, a team member must present his/her birth certificate or other legal proof of age (such as a driver's license or state issued identification).
- H. Men and Women may play on the same teams where there is an insufficient number of registrants to establish separate teams with reasonable application of Article III.D. It is recommended, however, that separate men's and women's teams be formed and maintained wherever possible.

IV. [Transfer of Team Members](#)

A team member may transfer from one team to another after the following three conditions have been met:

- 1) Approval of both coaches of the teams involved.
- 2) Approval of Adult Soccer Director or his/her designee.
- 3) Approval of team member(s) involved.

V. [Duration of Membership Year](#)

- A. The period of official membership shall be from September 1st through the following August 31st each year.
- B. The AYSO Adult Soccer competition year or soccer calendar coincides with the Membership Year. Competition may begin on September 1st of the Membership Year and ends on August 31st of the Membership Year. The competition schedules may include multiple sessions or seasons, tournaments, and / or special competitions held through-out the year.

VI. [Player's Equipment](#)

- A. AYSO Adult Soccer – Region 258 shall provide for team members to wear matching team uniform jerseys. The region shall also provide game pennies in case where there is uniform conflict or to allow for “pick-up” format of play.

- B. No person, company or business entity may use any of the AYSO trade names, trademarks or logos for any use other than AYSO-authorized activities without the prior written consent of the National Office. This includes, but is not limited to, having the AYSO Traditional logo stamped on soccer balls, soccer shoes or other equipment, or used in association with the products or services of any person.
- C. Athletic footwear (with or without cleats) are permissible in all competitions subject to the referee's approval regarding their safety under Law 4.
- D. Team members MUST wear shin-guards that provide a reasonable degree of protection, and that are completely covered by their socks, to participate in any training or match. The lone exception to this is sanctioned beach futsal soccer tournament play where players may opt out of wearing shin-guards.
- E. Team members shall not be allowed to participate in any training or match with any type of cast or splint. Braces will be permitted subject to the Referee's approval under Law 4. Removal of any type of cast or splint at the field or surrounding area in order to participate shall disqualify the team member from participation.
- F. Players shall not wear anything that is considered dangerous to either themselves or other players subject to the Referee's approval under Law 4.

VII. [Ownership and Responsibility of Uniforms and Equipment](#)

The custodianship and disposition of uniforms and equipment purchased by an individual team member (including uniforms or equipment provided by the Region) shall be the responsibility of the individual team member.

VIII. [Incident and Injuries](#)

- A. All incidents, injuries or property damage involving an AYSO participant or occurring at an AYSO event shall be reported to, and by, the Adult Soccer Director or Regional Commissioner on the AYSO Incident Report Form in accordance with the directive of AYSO Report Forms with the appropriate attachments shall be delivered to the Risk Management Department of the National Office at the earliest possible opportunity.
- B. Subject to the terms and conditions from the current carriers of AYSO's insurance policies, there is a limited time for filing claims. It is the responsibility of the claimant to initiate and complete the process.