



Foothills
Park & Recreation District
Foothills Sports Arena
ADULT SOCCER RULES

GENERAL INFORMATION

1. Foothills Park & Recreation District is in compliance with the Jake Snakenberg Youth Concussion Act, which requires a youth player (ages 19 and younger) to be removed from play if a concussion is suspected and can only return to play with written medical authorization. If half or more of the teams players listed on the roster are 19 years old or younger, then the coach of the team must complete the CDC's Head's Up Concussion Training and submit documentation to the Recreation Coordinator prior to playing in their first game.
2. NO FOOD, DRINK, GUM OR SEED ALLOWED IN THE ARENA!
3. The Field Supervisor and/or Foothills Park & Recreation Athletic Staff shall act upon any and all situations not covered explicitly in these rules. All decisions will be final.
4. Foothills Park & Recreation District offers a Soccer Program for the recreational enjoyment of the participants. The Foothills Park & Recreation District Staff is the sole governing body of this program.
5. Foothills Park & Recreation District reserves the right to re-classify a team at any point in the season in order to maintain a fair balance of competition. This will only be done with the cooperation of teams involved.
6. Foothills Park & Recreation District reserves the right to expel any team from the league for reasons of conduct, failure to observe rules, regulations, and procedures and/or failure to field a team for two or more games. Written notification of such actions will be provided to the individual and/or team manager.
7. The current [IFAB Laws of the Game](#) with the amendments included within this document will be the rules of competition for the Foothills Sports Arena. Teams are responsible for knowing the rules.
8. The game shall be played between two **Adult teams 18 years of age and older**; 11 male, 11 or 6 female, or 11 Co-Ed Players (at least 4 females).
9. It is essential that the necessary safety rules are followed at all times without exception. It is important for all coaches/parents/players to enter the game with the attitude that this is a recreational activity, which contact can occur and that good sportsmanship will always prevail.
10. **NO SPITTING ON THE FIELD** – Spitting can be unsanitary, unsightly and potentially dangerous. Do not spit on the field! Please find the trashcans surrounding the field. TEAMS will be given one warning during the season; a red card will be issued for continued occurrences followed by minimum **fines of \$200 per occurrence**. Any official or Supervisor can issue the Red Card. If it is only heard, the officials or supervisor can issue to any players in the area.
11. **NO SLIDE TACKLES!!**

CONTACT INFORMATION/WEATHER

Foothills Sports Arena - (303) 409-2444 or www.teamsideline.com/foothills

1. We rarely cancel games because of weather. We will usually only cancel games if the Foothills Park & Recreation District closes as a whole.
2. Messages will not be placed until 2 hours prior to the 1st scheduled game, in the event of inclement weather may cancel games, or as soon as the decision is made.
3. We ask only Managers/Coaches call and then notify their players. We do not call teams; the responsibility is on the team. Please call if there is any doubt about whether games will be played.

RESCHEDULED GAMES

1. Make-up games may be scheduled at any time. Original schedules may change. It is your responsibility to check the bulletin board or website regularly.
2. The responsibility of finding out make-up times is the duty of the team manager. We will not call teams or send out notification slips.

TEAM FEES

1. Teams League Fees are due in full **PRIOR** to the **SECOND scheduled game** of a session. Payments are to be submitted either through the team Community Pass online account or to the Foothills Sports Arena front desk.
2. It is the responsibility of the Manager of the team to ensure fees are paid in full. FSA Staff will assist by taking individual payments, but the ultimate responsibility is on the Manager.
3. **Any team fees not paid in-full before the start of the SECOND game will result in FORFIET.**
 - a. Teams can have up to 10 minutes after their scheduled game time to pay team fees in full.
 - b. After **TWO (2) minutes** have expired and the fees are not paid, the opposing team will receive **1 goal**.
 - c. After **FIVE (5) minutes** have expired and the fees are not paid, the opposing team will receive a **2nd goal**.
 - d. After **EIGHT (8)** minutes have expired and the fees are not paid, the opposing team will receive a **3rd goal**.
 - e. If 10 minutes expire before the fees are paid, the team will forfeit. They will not be allowed on the field until all fees are paid, including to scrimmage.
4. Teams may pick up an individual guest player **18-year-old or older** for single games as long as the player signs the guest roster and pays a \$5/game/person fee. **(NO GUEST PLAYERS DURING PLAY-OFFS)**

ROSTERS AND WAIVERS

1. Official Team Roster is accessed through Community Pass - <https://register.capturepoint.com>
2. **Players may not be added after the last match or during any playoff competition, or tournament play.**
 - If there is an injury or unusual circumstance, a player may be added to the official roster by contacting the FSA Recreation Coordinator.

3. Players must be on the official roster through Community Pass to be officially on the team and eligible for play-offs.
4. Roster: roster size is unlimited; however, **awards are only given to a maximum of 18 players.**
5. All players must be **at least 18 years old** at the time they first play on any team.
 - a. VALID ID (Driver's License, State ID Card, Military ID Card, and Passport); High School ID Cards are NOT valid. Must be presented to Staff when signing the Roster for the first time each season. This is to ensure proper spelling of names on rosters, as we cannot read most writing
 - b. Players are subject to ID checks at any time throughout the season.

NO players under the age of 18 are allowed to play in Adult leagues. NO EXCEPTIONS!

Women cannot play on a Men's team and Men cannot play on a Women's team. Transgender participants are eligible to play based on their expressed gender identity. Individuals who identify as a woman are eligible to play on women's and co-rec teams; individuals who identify as a man are eligible to play on men's and co-rec teams.

AWARDS

1. Regular season standings leaders at the end of the regular season in all divisions will receive credit towards a subsequent season: 1st place, \$50 credit and 2nd place, \$30 credit. The credits will be honored up to one calendar year from the end of the play-off.
2. If a league has an end of season play-off, the Play-Off winners will receive individual awards. The number of awards will be equal to the number of participants on the roster, up to 18 awards.
3. Tie breakers:
 - A. Forfeit – Disqualified from Tie Breaker
 - B. Total Accumulated Points – Win/3 pts; Tie/1 pt; Loss/0 pts; Forfeit -2 pts.
 - C. Head to Head
 - D. Goals Against
 - E. Goals For

If awards are not given at the field you will be notified when awards are ready be picked up at the Foothills Park & Recreation District Foothills Sports Arena.

UNIFORMS

1. **Jersey:**
 - a. **All teams must have similar colored shirts/sweatshirts. No uniform, no play**
 - b. The body of the uniform should be the same basic color.
 - c. Numbers are **HIGHLY RECOMENDED** on the uniform (minimum of 6 inches). No duplicate numbers.
 - d. **The HOME team will wear their main color. The VISITING team will wear their secondary color. If there is a conflict with those colors, the VISITING team will change.**
2. **Shoes:** Only one piece molded rubber shoes are acceptable. No screw-in cleats.
3. **Shin Guards:** **All players must wear shin guards. No shin guard, no play.**
4. **Jewelry:** All jewelry must be removed; this includes weddings rings. Exception: Medical ID's can be worn if made safe to the discretion of the referees.

- Any player that cannot meet all of the above minimum requirements will not be allowed to participate in the game. Any equipment in question should be brought to the attention of the referee prior to the start of the game.

SCHEDULES

Schedules are available at

www.teamsideline.com/foothills

FIELD SIZE AND GAME TIME

Full Field (100 yards x 60 yards); 11 v 11 – Min. 7 players; 2-30 minute halves w/2 minute half-time

Game times are typically 5:20p (Sunday's), 6:30p, 7:40p, 8:50p & 10p. Rarely will there be an 11p start time, but the option is there if teams agree to that start time.

FSA RULES OF THE GAME

FIFA Laws of the game apply with the following modifications.

- NO SLIDE TACKLES!**
 - Player may not slide to challenge a player.
 - A Player may slide where no contact will be made with an opponent to keep a ball from going out of bounds or into a goal.
- Teams must have at least 7 players to start the game (6 have to be your own). (Co-Rec – 2 Female; 4 Male)**
 - Co-Rec – must have a minimum of **4 female players on the field at all times**, in the event a teams does not have the required number of female players, they will play down a player. They DO NOT have to drop a male player per missing female. **If the total number of female players drops below 2 the team will then forfeit the game.**
- Players may **NOT** participate on more than one team in the same league on the same day, without prior approval.
 - Illegal players can only be protested up to the start of the second half.
 - If a player is assumed to be illegal, and they have played only in the second half, that protest must be brought to the immediate attention of an official, then to the League Supervisor/Front Desk.
 - Picking up players from other teams:**
 - If a team wishes to have a player play from another team, the requesting team manager must notify the League Supervisor/Front Desk, the officials and the opposing manager.
 - If anyone does not agree to the pick-up, the player will not be allowed to play.
 - The player must be on a current roster.
- Any team that does not have the minimum number of players at game time will result in FORFIET...OR**
 - Teams can have up to 10 minutes after their scheduled game time to have the minimum number of legal players.
 - After **TWO (2) minutes** have expired and the minimum number of legal players are not available, the opposing team will receive **1 goal**.

- c. After **FIVE (5) minutes** have expired and the minimum number of legal players are not available, the opposing team will receive a **2nd goal**.
 - d. After **EIGHT (8)** minutes have expired and the minimum number of legal players are not available, the opposing team will receive a **3rd goal**.
 - e. If 10 minutes expire before the minimum number of legal players are not available, the team will forfeit.
5. **Ball In & Out of Play:** Ball remains in play within the touchlines and goal lines. A ball remains in play if it rebounds from the ceiling. **Exception: If the ball rebounds into either goal without being touched by a player it is considered a dead ball and no goal is awarded. A CORNER Kick OR GOAL Kick will restart play, depending on the situation.**
 6. **Player substitutions:** substitutions can be made during the course of play; players must enter and leave the field at the halfway line. Player leaving the field must be completely off the field before the substitute may enter.

GAME DAY PROCEDURE

Game Ball provided by FSA. If a team chooses to use their own ball, they will be doing so at their own risk. Balls are very rarely recovered from the rafters.

Foothills Park & Recreation District is not responsible for any lost soccer balls.

1. Team/Player check-in: **All players are requested to be checked in at least 10 minutes before scheduled game time. If your team is not checked in by game time, team is subject to forfeit.**
2. Players must be on the official Community Pass roster prior to the first game they play to be eligible to play.
3. Players must present a valid ID to Foothills Staff. If player does not have a valid ID, the player will be ineligible to play.
4. **The Player will give his/her name to FSA Staff to be checked in on the team sign-in roster to be eligible to play in any game.**
5. Teams and Spectators:
 - i. Teams and coaches/managers will set up benches on both the **SOUTHWEST** and **NORTHEAST** side of the field (Home Team on the Northwest, Visiting Team on the Southwest).
6. Teams must have a minimum of 7 players to start the game (6 have to be your own). Opponents have the following options:
 - i. Ask for an immediate forfeit **or**
 - ii. Start the game clock and allow the team up to 10 minutes to get enough legal players before the forfeit is declared. In the event the previous game runs over this is considered part of the 10 minute "waiting period"; **or**
 - iii. If you wish to pick up players on another roster to complete a team; Please see **Foothills Additional Laws of the Game Rule 3.c**
 - iv. **If 10 minute "waiting period" is in effect, refer to FSA RULES OF THE GAME – Rule 4 for scoring.**
7. In the event a game is forfeited, the teams will be allowed to use the field for a limited time to practice only to those teams who have paid in full. The field must be vacated 10 minutes prior to the next scheduled start.

DISCIPLINARY ACTION

1. FIFA Laws of the game apply.
2. Cautions (Yellow Cards) and Send Offs (Red Cards) are recorded and monitored.
3. Cautions and send-offs could result in player suspensions.
 - a. Accumulation of three (3) yellow cards in a season = 1 game suspension and fine.
 - i. If a player earns a yellow card, the player must leave the field and report to FSA Staff to give their name.
 - ii. The player is then eligible to return to play as soon as FSA Staff has their name.
 - iii. **Yellow Card accumulation will carry over to any play-off games and may carry over to the following season.**
 - b. Fines must be paid in cash at the Foothills Sports Arena front desk to be eligible to play in any future games.
 - i. See Disciplinary Sanctions at the end of the Code of Conduct
 - c. **All Fines and Suspensions will carry over to the next season.**
 - d. Any player, coach or spectator sent off must leave the facility either on their own or by legal means. **Sent Off Players or Spectators must vacate the field within 5 minutes or the team will forfeit.**

PROTESTS

1. The Foothills Park & Recreation District Athletic Staff shall be the sole judge in the evaluation of a protest, there will be no further appeals or hearings.
2. No protests shall be received or considered if it is based solely on the accuracy of judgment on the part of the officials (judgment calls).
3. The protest will be made **at the time of infraction** to the Field Supervisor and completed within 30 minutes of the game's completion.
4. Any team may protest a player's eligibility, but must be done so before the second half begins. When the second half starts, the right to protest ends. If the player starts play in the second half, the protest must be recorded immediately when the player enters the game.
5. Protest forms will be filled out with the Field Supervisor. The coach/manager will complete the protest form.
6. The Team Manager signs the Protest Form, attach **\$200 cash** and submit it to the Field Supervisor at the time of the ruling. If the protest is upheld the \$200 shall be refunded, if denied the \$200 shall be deposited in a general fund.

CODE OF CONDUCT

The Foothills Park & Recreation District Athletics Department has taken the policy of prosecuting any player, coach or spectator that violates any Foothills Park & Recreation District Ordinance.

Foothills also reserves the right to expel any team, without a refund, for reasons of conduct, failure to observe rules, regulations, procedures and/or failure to field a team for 2 or more games. Written notification of such actions will be provided to the individual and/or team manager.

Misconduct / Ejection(s): The Officials and/or field supervisor shall be empowered to penalize an offending player, coach and/or team as follows:

- A. **Warning to player and both teams.**
- B. **Ejection from current game and suspension for subsequent game(s).**
- C. **Forfeit of game.**

Any player or spectator ejected from the game must leave the field and spectator area. Failure to leave when instructed can result in a forfeit.

Anytime a game gets out of control, the umpires, field supervisor or any Foothills Park & Recreation District Official has the authority to forfeit the game. Any team with 3 or more ejections will result in a forfeit.

- ✓ **NO PLAYER** at any time shall lay a hand upon, push, shove or threaten to strike or verbally threaten an official, staff member, another player or spectator.
Penalty: Be ejected from the game, receive minimum 3 game suspension (maximum of a season) and will be placed on probation.
- ✓ **ANY PLAYER** involved in a physical altercation (strike/hit) with another player, coach, staff member or spectator.
Penalty: Player(s) will be ejected from the game and suspended that sport for one full year.
NOTE: Any player throwing a punch will be suspended for a full year no matter who started the fight.
- ✓ **NO PLAYER** will be allowed to play if acting in an intoxicated manner.
Penalty: player(s) will be removed from the ball game. This will be ruled upon by any of the officials or a Foothills Park & Recreation District staff member.
- ✓ **ALL PLAYERS, COACHES AND SPECTATORS** will abstain from the use of vulgarity or unsportsmanlike manners while on Foothills Park & Recreation District property.
Penalty: Depending upon severity, officials can enforce A, B, or C of Misconduct/Ejection rule.

TEAMS ARE RESPONSIBLE FOR THEIR PLAYERS AND SPECTATORS CONDUCT BEFORE, DURING AND AFTER THE GAMES. All spectators, as well as participants, must conform to all Foothills Park & Recreation District Regulations and Rules. Improper behavior will not be tolerated.

Penalty: Ejections, Forfeit of game and/or remaining games, arrest and prosecution and no refund of fees.

Once a player(s), coach and/or team have been placed on probation, their conduct will be evaluated throughout the remainder of the season, including State Tournaments. Further conduct violations will result in further suspension that could extending through the remainder of the season, including State Tournaments, as well as forfeiting all fees paid to date.

All players and/or coaches will abide by the official's decision including a decision concerning a team's conduct. The second time a player, coach or manager is ejected from a game, and a more severe suspension will be administered.

Teams may appeal any suspensions by contacting the Foothills Park & Recreation District FSA Coordinator and set an appointment.



Foothills

Park & Recreation District

DISCIPLINARY SANCTIONS

Only a player or substitute of substituted player may be shown the red or yellow card. The referee has the authority to take disciplinary sanctions, as from the moment he enters the field of play until he leaves the field of play after the final whistle.

Cautionable Offenses – Law #12

A player is cautioned and shown the yellow card if he commits any of the following seven offenses.

Codes	Code Description	Fine	# of Sits
C1/ UB	Displays Unsporting Behavior toward officials, opposing players or staff	NONE	None refer to yellow accumulation rule.
C2/ DT	Shows DissenT by Word or Action	NONE	None refer to yellow accumulation rule.
C3/ PO	Persistent Offenses the Laws of the Game	NONE	None refer to yellow accumulation rule.
C4/ DR	Delays the Restart of Play	NONE	None refer to yellow accumulation rule.
C5/ FRD	Fails to give Required Distance	NONE	None refer to yellow accumulation rule.
C6/ ERL	Enter/Re-Enters/Leaves Field without Referees Permission	NONE	None refer to yellow accumulation rule.
2CT	Receives a 2nd Caution in a match	Minimum of \$30.00 Fine.	Minimum of ONE game sit out
	Accumulation of 3 Cautions in one SEASON	Minimum of \$30.00 Fine	Minimum of ONE game sit out Carry throughout the Play-Offs
SO	Sit Out for Player or Coach		None



SENDING-OFF OFFENSES

A player is sent off and shown the red card if he commits any of the following seven offenses:

Codes	Code Description	Fine	# of Sits
S1/SFP	Serious Foul Play	Minimum of \$30.00 Fine.	Minimum of TWO game sit out
S2/VC	Violent Conduct	Minimum of \$50.00 Fine.	Minimum of TWO game sit out
S3/S	Spits at an opponent, any other person or on the field	Minimum of \$200.00 Fine.	Minimum of TWO game sit out
S4/DGH	Denies Goal scoring opportunity by Handling the ball	NONE	Sits out Remainder of Game
S5/DGF	Denies Goal Scoring opportunity by committing a Foul	Minimum of \$30.00 Fine.	Minimum of ONE game sit out
S6/AL	Using offensive, insulting, Abusive Language	Minimum of \$30.00 Fine.	Minimum of ONE game sit out
S7/2CT	Receives a 2 nd Caution in a match	Minimum of \$30.00 Fine.	Minimum of ONE game sit out

A player, coach or spectator who has been sent off MUST leave the vicinity of the field and leave the building.

Red Card (send-off's) – Instances involving violent conduct towards another, player, referee, coach or spectator will not be tolerated by Foothills Park & Recreational District and will result in disciplinary action.

Referee Assault – Police Report will be filed and a report will be sent to the Foothills Sports Arena Facility Manager.

Assault of an employee of the Foothills Park & Recreation District - Police Report will be filed and a report will be sent to the Foothills Sports Arena Facility Manager.



TEAM FINES

Infraction	Fine – Per Occurrence
Spitting on the Field	\$100.00 per occurrence
Playing an illegal player – (without checking in)	Game Forfeit and \$100.00 per game
Schedule change, teams will be given a 72 hour grace period to preliminary review schedule; schedule change requests after 72 hours are:	\$20.00 per game
Game cancellation / Forfeit less than 24 hours	\$100.00 per occurrence

Fines are payable in cash only, to Foothills Park & Recreation District – Foothills Sports Arena located at 3608 South Kipling Parkway, Denver CO 80235. A receipt will be provided as proof of payment.

REV DATE: 12-30-21