

Adult Mountain Soccer League (AMSL)
(Amodei Mountain Soccer League / Oakhurst Adult Soccer – the “League”)

**Regulations, General Procedures and Rules
for the 2013 Summer League**

Adopted by Board Vote on May 13, 2013

ARTICLE I

Regulations and Authority

Pursuant to the most current and adopted By-Laws, with consent of the Board of Directors and all Officers of the League, the following General Procedures, Rules and Regulations of the game shall be reviewed, acknowledged, implemented and followed by all members, participants, competitors and spectators of the game, practice or play.

In addition to the most current and non-conflicting FIFA “Laws of the Game,” the following General Procedures, Rules and Regulations of the game shall apply.

League Teams, Player Members and their families, relatives, spectators and/or associations to the player shall comply with all By-Laws, regulations, General Procedures and Rules.

Team Managers shall be conscientious of the conduct of his/her players, assistant coaches and team assistants as well as those associated bystanders or family members on the sidelines. It is the responsibility of each Team Manager to help ensure that his/her teams actions on or off the field does not bring disrespect upon this League.

ARTICLE II

Seasonal Year

The League’s season shall be from **September 1st to October 31st** of the following year. Soccer seasons may be divided into “Winter, Spring, Summer, Indoor or general practice” as decided and adopted by the Board of Directors.

ARTICLE III

Indemnification and Release

Under a member’s own free will and acknowledgement, they hereby agree that they, their assignees, heirs, guardians, and legal representatives will not make a claim against, sue or attach the League or any other organizations or committees affiliated for any accidents, injury, death or damage resulting from any acts (active or passive negligence, misconduct or otherwise) howsoever caused, by any employee, officer, agent, volunteer, contractor, or fellow participant of the League from any claims, demands, causes of actions, damages, cost, expenses, attorney fees, losses, or liabilities, in law or equity of every kind and nature whatsoever (Claims) arising out of or in connection with my participation. They hereby release the League (its officers and fellow participants) and all organizations and committees affiliated therewith, from all actions, claims or demands

that they, their assignees, heirs, guardians and legal representatives now have, or may hereafter have, for injury or damage resulting from my participation in any League activities, soccer play or practice.

ARTICLE IV General Procedures

1. The cost for player membership and play in the **2013 Summer Season** shall be **\$20.00** for League players. There will not be any total "Team deposits or fees" for the Summer Season. Fees for player/Team membership and soccer play shall be non-refundable regardless of delay, cancelation or missed games.
2. All members must pay any League dues for Team and/or soccer game/match participation.
3. The members of the League shall participate in soccer games and/or practices that provide good soccer play in an athletic environment while exhibiting professionalism and upholding the mission of the organization. Members are always expected to exhibit behavior and decorum in both a professional and family oriented manner.
4. All members and players must read, acknowledge and sign current liability, indemnification and/or release forms.
5. NO INSURANCE IS MAINTAINED BY THE LEAGUE (the Board) for any player injury, damage or claim. Each player acknowledges that their own medical and/or liability insurance shall be primary and stand in an unbroken chain of coverage regardless of any insurance maintained by any other individual or the League.
6. The use of alcohol and/or tobacco is prohibited at all League events.
7. Field Etiquette:
 - a. The HOME TEAM is the first team listed on the schedule.
 - b. The HOME TEAM shall provide two (2) game balls for the soccer game/match.
 - c. The HOME TEAM is responsible for providing trash bags for clean-up following their game.
 - d. Each team is responsible for general clean-up of the area surrounding their team's bench/side of the field. No debris or trash shall be left behind and all Teams and/or players shall police the area to ensure that they left it cleaner than when they arrived.
8. Player Identification.
 - a. All players must be over the age of eighteen (18) prior to starting the season, signing the official release and playing in any game/match or

- sponsored event and not affiliated, participate or have eligibility on any high school team.
- b. Each player participant is required to have a valid League identification card. The official identification cards shall be the following:
 - i. Valid League Player Card (yellow or not) issued by STI/SierraTel indentifying the players name, picture, and date of birth.
 1. For game day “misplaced, lost or forgotten cards” the Referee MAY allow a valid driver’s license indentifying the player’s name, picture, and date of birth to be used as identification and surrendered for the game. The Team Manager of the opposing Team shall be aware of the player not having his/her card. The Referee is NOT responsible for any lost driver license or identification.
 - c. Any player not on an official roster at the start of the Season is NOT allowed to participate during a soccer game/match. All official rosters shall be finalized and due by **June 19, 2013**. Teams and/or Team Managers shall NOT add ANY players after that date. Teams that violate this rule may be subject to forfeiting individual games, paying Team fines and/or forfeiting the entire Season as solely determined by the Board. The Board reserves the right to add players for specific games and/or special events by Board vote.
 - d. The Team Manager is responsible for securing and presenting all players’ cards with a copy of the team roster to the referees prior to each game. The Manager may assign that duty to another responsible player but it will be at the Manager’s own risk.
 - e. Referees will secure the cards until the end of each match. All cards will be returned to the Team Manager unless the referee has red carded a player. In that case, the player’s card is turned into the Board within three (3) days of the incident while the remaining cards are returned to the Manager.

9. Teams

- a. Each game or match shall consist of two (2) twenty-five (25) minute periods of play with a minimum of a five (5) minute half. Pursuant to Item #11 (Weather Conditions) contained in this “General Procedures Section,” the Referee may adjust both the play period(s) and/or half at his/her discretion.
- b. Shall have a maximum of fifteen (15) players on any official roster.
- c. League Co-Educational Procedures:
 - i. *For scheduled 7 v. 7 games/matches, each Team must have a minimum of two (2) female players and can rotate any number of players to maintain the same minimum ratio of 5 male to 2 female players. A Team may field more than two (2) female players but shall not play with more than five (5) male players.*
 - ii. Pursuant to “9(e)(i) above, a Team must **“start”** the game/match with at least one (1) female player (maximum of 5 males and

hence, 6 on the field in total). The Team may continue the game/match playing one (1) player down. (i.e.. the one (1) female player must play the entire game/match)

- iii. If no female players are available at the start of the game/match, that Team shall forfeit that specific game/match and the two teams may proceed with a “friendly.” The Team Managers and Referee shall decide on any cross-substitutions for player balance while upholding the League’s Co-Educational Procedures’.
- iv. The ONLY variance to the female participation rule shall apply under a Yellow or Red Card Penalty. If a female player receives a Yellow or Red Card, the Team is NOT required to send a corresponding “male player” off the field for either the five (5) minute Yellow Card penalty or the remainder of the game for a Red Card penalty. The Team may continue play with the remaining female player(s) on the field.
- v. A Team may not substitute a female player for a male player, but a female player may play for a male player, so long as the players are within the age requirements.

d. League Age (over 18 and under age 30) Procedures:

- i. The League supports and encourages all player participation over the age of eighteen (18). Teams that intentionally substitute players to gain an advantage in under thirty (30) players or promote and/or distort the intention in having a broad selection of Team members and ages on the field of play with stacking or manipulating procedures to gain an advantage may be disciplined to include forfeiting individual games, paying Team fines and/or forfeiting the entire Season as solely determined by the Board.
- ii. League Age (over 18 and under age 30) Procedures:
 - 1. A maximum of two (2) under age 30 players may be on the field at any time.
 - 2. The Goalkeeper shall **NOT** be included in the maximum two (2) under age 30 players regardless of gender.
 - 3. ALL UNDER AGE THIRTY (30) PLAYERS MUST WEAR AT LEAST ONE (1) YELLOW SOCK FOR PLAYER IDENTIFICATION. This is a visual requirement for the Referees and all other field players

- e. Prior to game and/or match play, every Team shall provide the Head Referee with an official “game-day roster/game card.” The roster must include all official players on that Team with name and jersey number clearly identified.

10. Team Jerseys

- a. Shall be the same color.
- b. Shall have distinctive sewn or printed numbers on the back of all jerseys

- c. No two Teams shall play on the field with the same primary jersey color. In case of conflict, the “Home” team jerseys color shall first choice and the “Visitor” must wear an alternate color.
- d. The Goalkeeper must have an alternate and distinctly different color jersey with or without a number so long as any field member doesn’t wear the same number.

11. Weather Conditions

- a. For exceedingly “hot” weather conditions when the air temperature is above 90 degrees, the Referee; in preserving player safety and mitigating any heat illness or injury; shall consult with the Team Managers and may decrease the allotted game/match time, increase the half time, suspend the game/match or cancel the game/match at their discretion.
- b. Inclement or “poor/bad” weather will not be the sole reason for cancelling a game unless:
 - i. Player safety cannot be adequately mitigated
 - ii. The opposing goal cannot be seen by midfield.
 - iii. Field conditions are so poor that field outlining is not visible
- c. The Field Commissioner shall check the field for playability. If the game/match is to be cancelled or delayed, the Field Commissioner shall call the identified Board Member who in-turn shall “cancel or delay” the games/matches. Current information canceling or delaying any games/matches shall be provided to all Team Managers and posted on the League website.
- d. Notwithstanding any of the above conditions, the individual Schools and their representative Districts reserve the right to cancel any games/matches based on potential field damage. The League, its representatives and players shall agree to this condition in order to promote future play and good-faith participation.

ARTICLE V Code of Conduct

All Players, Managers and sideline spectators agree to abide by the following code of conduct to promote the values of the League as well as the good sportsman play in the “fun” game of soccer. Violations of the code of conduct may result in, but not limited to:

- Warnings with yellow or red cards and any applicable fines to the players and/or Team Managers
- Player suspension for any specific amount of games as determined by the League
- Player expulsion for any specific amount of games or season as determined by the League

Code of Conduct

- Since I have signed the Liability and Release form and read and understand the League Regulations, General Procedures and Rules as well as the FIFA Laws of the Game, regardless of my individual abilities, I will do my best as an adult and role model to be a positive and encouraging player and support the game by which I am either playing in or watching so that my fellow players and all spectators enjoy the game in a family friendly environment.
- I will lead by example in demonstrating fair play and sportsmanship to all players
- I will never yell at, argue with, or treat a referee with disrespect
- I will never yell at, argue with, or treat another player with disrespect
- I will provide a sports environment that is free of profanity, drugs, tobacco, and alcohol.
- I will accept the League consequences of my actions or my reactions while playing in or watching a game.

ARTICLE VI

Rules

1. Player Protection
 - a. Player and sideline spectator(s) safety shall be paramount at all times
 - b. All players must wear shin guards
 - c. No player shall wear metal, football or sharp cleats
 - d. Players may wear knee or ankle braces so long as they do not pose a safety threat to another player.
 - e. 50/50 balls and any aggressive play around a 50/50 incident shall be at the sole discretion of the referee to halt, pause or resume play so that player protection is maintained. Any 50/50 ball involving the goalie shall be in favor of the goalie to maintain player protection.
2. League Sliding Policy
 - a. The protection of ALL players is of utmost concern to the League and therefore, any dangerous slides and/or slide tackling shall be prohibited
 - i. All judgments regarding “sliding” (or slipping) are at the sole discretion of the Referee(s). NOTE: Not all sliding is prohibited; i.e. sliding to save a ball that is going out of bounds, sliding when there is no other player involved, goalkeeper sliding to avoid a goal being scored unless the goalie wraps the opposing player and not the ball as determined by the Referee.
3. League Scoring Rule/Etiquette
 - a. If the last period of play in a game or match ends in a tie score, there shall be no tie-breaker (additional time and/or penalty kicks). The official game shall end with a tie. For the 2013 Summer League, there will not be any Team playoffs. The “season” shall end on the last official game(s).

- b. One (1) point for any goal scored by a male or female player. There shall be no difference in points scored by any gender.
 - c. Sportsmanship rule: There is a maximum six (6) point difference allowed. Any subsequent goal(s) will not be counted, until there is less than a six (6) goal difference. One additional goal above six (6); i.e., the seventh (7) direct goal scored by the Team, will result in:
 - i. The goal will not count
 - ii. A goal kick is awarded to the opposing team
 - iii. Only female players may attempt to score for the team that has a goal difference above six (6) until the opposing team reduces the goal differential.
4. Player Substitution during a game:
- a. The League will allow player substitution under the following conditions:
 - i. The Referee MUST be notified and acknowledge the “centerline of field” substitution but is NOT required to allow the substitution based upon his/her judgment, field conditions or timing.
 - ii. Players may be substituted upon any official stoppage of play to include:
 - 1. Throw-in
 - 2. Goal kick
 - 3. Goal scored
 - 4. Halftime
 - 5. Injury
5. Based upon the condensed and/or smaller field dimensions for Summer League play, the following “field rules” shall apply:
- a. The Referee’s shall “do their best” in calling any “off-sides” player(s). Both Teams on the field shall be mindful and understanding of a player that is “off-sides” and have an obligation to call “foul” on themselves rather than waiting for a field Referee. Any missed or perceived missed calls shall not be reviewed, argued or otherwise. This League is for safe and fun soccer play rather than a pure team competition.
 - b. There shall be no field “punting” of the ball. i.e... back and forth punting across the field from the Goalies.
 - c. Goalies’ shall not kick and/or throw any ball past mid-field. (a bounce or two on the ground is acceptable under the Referee’s sole judgment)
6. Foul and abusive language, conduct and/or player dissent:
- a. All FIFA rules regarding foul, abusive and/or intimidating language will be enforced including language and/or conduct penalties imposed by the League.
 - b. The League recognizes that soccer may be an intense and passionate sport but will also support and defend the underlying foundation and principles of the League that it shall be played in a professional and family-oriented manner.

- c. The League further recognizes that what may be foul or abusive words or actions to one person might not be to another. However, the actions of offense shall prevail and the other individual shall be cited under the rules set forth herein.
- d. Any foul and/or abusive language or conduct shall not be limited to this Subsection but at a minimum shall also be:
 - i. Any excessive player intimidation regardless of language
 - ii. Any cursing (4-letter word or otherwise)
 - 1. “Cursing” is irrespective of the “F-bomb” and may include any foul word or words said by a player, or said in reaction to any play by another player, throughout a match.
- e. **YELLOW CARD:** At the sole discretion of the Referee(s), a Yellow Card may be given to any number of players for a particular incident. The League recognizes that “incidents” will be broad enough to preserve player safety while maintaining professional and family-oriented soccer play.
 - i. Player(s) who receive a Yellow Card shall:
 - 1. Exit the field and remain at their team’s bench area and the player will not be allowed to participate in the game/match for a total of five (5) minutes.
 - 2. The Referee(s) will determine the start and end time for the five (5) minute penalty.
 - 3. DURING THE FIVE MINUTE PENALTY, THE TEAM SHALL PLAY WITH ONE (1) LESS PLAYER. NO SUBSTITUTIONS ARE ALLOWED FOR THE OFFENDING YELLOW CARDED PLAYER.
 - 4. After the five (5) minute penalty, the Yellow carded player will be permitted to enter the field of play at the next available time of his/her team’s substitution opportunities. Hence, the total time off the field may be longer than five (5) minutes based upon official Team substitutions.
 - ii. Per FIFA rules, two (2) Yellow cards equal one (1) Red card and the individual receiving a Red card shall be applicable to all fines, penalties and limitations as determined herein.
 - iii. The accumulation of two (2) yellow cards in any one (1) game shall require the offending player to leave the game and “sit out” the next scheduled league game for his or her team.
- f. **RED CARD:** At the sole discretion of the referees (head, line or otherwise), a Red Card may be placed on any number of players for a particular incident. The League recognizes that “incidents” will be broad enough to preserve player safety and maintain professional and family-oriented soccer play.
 - i. Player(s) who receive a Red Card must:
 - 1. Pay any fines associated with the Red Card violation before the next scheduled game or match. Failure to pay shall terminate the player’s participation in the League until paid

in full.

2. Exit the field immediately and, depending on the severity of the incident, the Player may be asked to exit the premises.
3. THE TEAM SHALL PLAY WITH ONE (1) LESS PLAYER FOR THE REMAINDER OF THE GAME/MATCH. NO SUBSTITUTIONS ARE ALLOWED FOR THE OFFENDING RED CARDED PLAYER.
4. INCIDENT RED CARD: A Red Card administered for any player(s) “incident,” as determined by the Referee(s), shall be followed by an official “write-up” and/or “incident report” by the Head Referee. The report shall be provided to the Board within three (3) days. Any player may comment on a Red Card incident by submitting their written comments to the Serious Incident reporting Committee (SIRC) within the same three (3) day period. NO OFFICIAL COMMENTS SHALL BE POSTED ON ANY SOCIAL MEDIA WEBSITE, BLOG OR OTHERWISE. Any player Red Card incidents shall automatically be fined to include:
 - a. “Player Incident Fine” of fifty (\$50) dollars. Failure to pay within one (1) scheduled game or match shall terminate the player’s participation until paid in full.
 - b. Depending on a SIRC investigation or Board review, discussion and vote on the incident, the player and/or Team may have additional discipline to include:
 - i. “Team Incident Fine” of fifty (\$50) dollars. Failure to pay within two (2) scheduled games or matches shall terminate the Team’s participation until paid in full.
 - ii. “Player Incident Suspension” for any number of games for the rest of the Season pursuant to Board vote. .
 - iii. “Player Incident Termination” for any number of games, season(s) or through a scheduled end date pursuant to Board vote.
- ii. LANGUAGE RED CARD: A Red Card administered for any player(s) “foul or abusive language,” as determined by the Referee(s), shall be followed by an official “write-up” and/or “incident report” by the Head Referee. The report shall be written and provided to the Board within three (3) days. Any player may comment on a Red Card incident by submitting their written comments to the Serious Incident reporting Committee (SIRC) within the same three (3) day period. NO OFFICIAL

COMMENTS SHALL BE POSTED ON ANY SOCIAL MEDIA WEBSITE, BLOG OR OTHERWISE Any player “language” Red Card shall automatically be fined to include:

- a. “Player Language Fine” of fifty (\$50) dollars. Failure to pay before the next scheduled game or match shall terminate the player’s participation until paid in full.
- b. Depending on a SIRC investigation or Board discussion and vote on the incident, the player may have additional discipline to include:
 - i. “Team Language Fine” of fifty (\$50) dollars. Failure to pay within two (2) scheduled games or matches shall terminate the Team’s participation until paid in full.
 - ii. “Player Language Suspension” for any number of games for the rest of the Season pursuant to Board vote.
 - iii. “Player Language Termination” for any number of games, season(s) or through a scheduled end date pursuant to Board vote.
- g. Regardless of the “season,” any player who has a cumulative total of three (3) official “complaints, incidents or Red Cards” shall be subject to further Board review. The Board reserves the right to revoke a player’s card and may terminate him/her from the league permanently.

ARTICLE VII

Protests and Appeals

Game day Protests for violation of these Rules may be submitted to the Head Referee prior to the start of the game. The identified Team Manager is the only person that may protest a specific rule violation and the Referee shall identify the protest and discuss the situation with the opposing Team Manager. If the protest cannot be resolved by the Team Managers and Referee, the Teams shall continue play of the game “under protest” and the Referee shall forward the specific protest to the Board for discussion and final determination of the game regardless of vote.

Any other Protests or Appeals are to be in writing and delivered to the Chairman of the Serious Incident Reporting Committee (SIRC) within three (3) calendar days of any official Board vote. The SIRC Chairman shall review the details of the protest or appeal and will conduct further investigation of the incident. Within one (1) week of the protest or appeal submission, the SIRC Chairman may decide on the most appropriate course of action and render the incident to the Board for an official vote. The specific player(s) involved may be required to attend the Board meeting, without additional representation, to review their case and witness any final decision(s) by the Board.