

## GLSA Adult League Rules

### Before the game starts-

1. Referees- Emphasis on competitive soccer with strong enforcement of fouls or attempted fouls to cause injury. Use of cards desired to prevent serious situations and maintain control.
2. Adult League Player Photo ID at Game- Each player shall have a photo ID. Referees(s) shall collect the Photo ID cards prior to the player participating. Managers may provide the participant players' identification cards in a single packet to the Referee. DO NOT give ID cards of players who are not present. Referees shall check players using the cards. The ID Cards of late arrivals can be given to the Referee when they enter the game.
3. Each adult team shall have at least one speaking captain. Each adult team shall provide a captain's armband to facilitate any necessary discussions between the Referee and the team captain. The captain will be responsible for the conduct of the players.
4. The games are to consist of 25-minute halves. To avoid delays, all efforts will be made to begin on time, and Referees will be given discretion to modify game times. The Referee is authorized to start the game clock any time after signaling ready to start following the coin toss. Teams do not need to be present with a minimum number of properly identified players present before the clock may start (see forfeit clause). Lost playing time shall accrue only in the first half of play. Kick-off time shall not affect the playtime in the second half.
5. Adult League shall use GLSA score sheets. They will be filled out and have team rosters on them. This is for purpose of completing misconduct reports.
6. If a team does not have at least five (5) properly identified players ready to play within 10 minutes of the scheduled start time, the Referee shall abandon the game. If one team is ready, then that team may claim a forfeit on the score sheet signed by a Referee. If both teams are not ready, then neither team may claim a forfeit.
7. The Referee shall use the GLSA-approved method to verify the sit-out. A player serving a sit-out shall not be verified if during the game the player who was sitting out acted in a manner as a spectator that would have been cautioned by the Referee as provided by the Rules. A coach that is serving a sit-out verification may not be at the field or in the parking lot.

### During the game-

1. Substitutions- No limit to the number of substitutes during the course of a match. All players are eligible as substitutes. No time allowance for substitutions. A substituted player may continue to take part in the match as a returning substituted player. FIFA substitution rules are in effect (you can substitute on any stoppage of play with the Referee's consent).
2. FIFA rules, GLSA exceptions, and following exceptions-
  - a. A maximum of five (5) of the seven (7) players on the field can be male.
  - b. All goals scored by male players count as one (1) point.
  - c. All goals scored by female players count as two (2) points. This includes a goal initiated by a female player that deflects off of a defending player.
  - d. A defensive own-goal counts as one (1) point.
  - e. Final determination of an own-goal, female-initiated goal, or deflection is the Referee's discretion.
  - f. There are no slide tackles allowed in coed. Any player slide tackling another player will automatically be given a yellow card.
  - g. There is no offside in adult play.