

Administrator's Introduction

Everyone playing, refereeing, and managing in this league is an adult. Let's treat each other as such. Show everyone respect and respect will be shown back to you. We want this league to be competitive, yet friendly. We want everyone to play hard and have fun, but also realize that this is the Dakota Alliance Adult Soccer Community of Sioux Falls and Surrounding Communities. It is not the World Cup, the Premiership, or Major League Soccer. We all have to go back to work or school on Monday, so keep a cool head and take a deep breath if you feel yourself getting upset. Calls will be missed, passes will be intercepted, and goals will be scored against your team. These things happen in this game, so let's keep some perspective and not get too worked up when things don't go our way. It's supposed to be fun...if you're not having fun, then something is not right. We're glad you've decided to play in the Dakota Alliance Adult Soccer Community and we look forward to the season!

Adult Indoor Soccer Leagues Rules & Regulations

FIFA Rules will be followed unless noted otherwise.

Team Rosters:

- The Dakota Alliance Adult Soccer Community Indoor League is a Co-Ed League.
- All players must be at least 18 years of age at the beginning of the season.
- Rosters sizes are set at 10 players. You must have 10 players on your roster by the deadline or your team will be filled with free agents to meet the 10 player limit to be able to play in the league.
 - Minimum roster must be 8 players. Minimum to play is 4 (one having to be a female).
 - Failing to field 4 players is a result of forfeiture.
- There must be a minimum of one female player, regardless of position, on the field. If a female player is not available, this would constitute a forfeit.
- Only players listed on the Team Roster are allowed to play on your team.
- Teams may have up to two guest players per match. Guest players MUST be registered players in the Dakota Alliance Adult Soccer Community League. The guest player rule of 2 players may be increased due to covid policies but only under league director or commissioner approval. Borrowing of players should come within your own league with the exception of females. If needing to borrow from the competitive league, the opposing team and league director and commissioner must be notified and voted on approval.
- Please use the forum listed on the www.dakotaalliancesoccer.com/adult website to be looking for players to help fill missing spots.

ALL PLAYERS MUST HAVE A RELEASE OF LIABILITY FORM ON FILE IN ORDER TO PARTICIPATE.

Referee:

- One (1) referee will be assigned to each match.
- The referee will be responsible for the enforcement of league rules, time keeping, player behavior, and keeps record of the match. The record reflects score, bookable offenses, and other violations.
- Decisions of the referee are final and will not be contested.
- There will be ZERO TOLERANCE for referee abuse.

The Game Clock / Team Check-in

- Teams **MUST** be ready to check in ten (10) minutes prior to their scheduled start time, players arriving late will have to check in with referee when they are able to check the roster during the game and shall not take the field until they have done so. Failure to do this will result in disciplinary action for that player/team decided by the committee.
- Guest players will be checked in after the rostered players.
- A team that is not prepared (not enough players to play, not having official roster) within 10 minutes of scheduled kick-off will be considered a forfeit.
- Any cancelled games due to a team's unpreparedness, will not be rescheduled.
- A team must give 72 hours' notice if they are unable to play a game. This will allow the League Administration time to find players to play the opposing team.
- Clock starts at scheduled game time, players on the field or not.
- The game will consist of two continuous twenty-five (25) minute halves with a three (3) minute halftime. No overtime.
- The **only exception** to this rule would be the taking of a penalty kick.

Team Area / Spectators / Observers

- Please remove all clothing, equipment, etc. from the bench area and throw away all trash when your game is finished. No food or drink other than water/sports drinks are allowed in the playing area.
- Spectators and observers will be expected to conduct themselves in a manner that supports the team and the rules established by the league.
- Not playing and a spectator, the Sanford Fieldhouse asks to be masked up upon entering and while watching games.

Restarts

- For kickoffs, our fields do not have center circles, therefore opposing players must be at least two (2) yards away from the ball at the time of the kick.
- Kickoffs are indirect kicks.
- All fouls are Indirect-Kicks with the exception of a penalty kick. Defenders shall be 2 yards away.
- We will utilize kick-ins instead of throw-ins for out of bounds on the sidelines. All kick-ins are Indirect Kicks with defenders 2 yards away.
- For kick-ins, the ball must be placed stationary within one (1) foot of the touchline and defenders 2 yards away.
- For corner kicks, the ball must be placed stationary within one (1) foot of the corner of the field. Corner kicks are Direct Kicks. Defenders shall be 2 yards away.
- For goal kicks, the Goalkeeper will distribute the ball by hand anywhere from within the Penalty Area.

- A team has a maximum of five (5) seconds to put the ball in play or it will be turned over to the other team. The five-second count begins once the goalkeeper has possession of the ball or for kick ins and free kicks when the ball is put stationary.
- No goal may be scored directly from a goalkeeper throw.
- On a goal kick, a goalkeeper may not play the ball to himself/herself/xi-self
- All goal keeper infractions (ex. 5 second violation, double touch, pass back, etc.) will result in an indirect free kick being awarded at the top of the Penalty Area nearest the infraction.

Penalty Kicks

- Penalty Kicks will be taken from three (3) yards from the top of the Penalty Area.

Goalkeeper Rules

- Goal keepers may handle the ball only within their penalty area.
- FIFA Rules will be followed with regards to passing back to the goalkeeper, meaning they cannot pick up balls with their hands that are intentionally passed back by a teammate's foot.
- No punting/drop-kicks will be permitted; doing so will result in an indirect free kick for the opposing team at the top of the Penalty Area closet to the point of the infraction.
- Goalkeepers must distribute the ball from their hands within five (5) seconds of attaining possession; not doing so will result in an indirect free kick for the opposing team at the top of the Penalty Area closet to the point of the infraction.

Substitutions

- All substitutions will be made at midfield.
- Teams may sub at any time on the fly. Players must leave the field before being replaced. Being within three (3) yards of the touchline by the team's bench is acceptable unless either player becomes involved in the play while both are on the field.
- All substitutions must occur within three (3) yards of midfield.
- Infractions will result in an indirect freekick form the point of the infraction.

Cautions and Ejections (Yellow and Red Cards) – The Dakota Alliance Adult Soccer Community will pride itself on the positive sporting behavior of its players and spectators behavior. Yellow and Red Cards are expected to be an exception and not the norm. There will be zero-tolerance for any abuse directed towards referees, players, and fans.

- If a field player receives a yellow card, they must be subbed off the field until the next stoppage of play. The offending player may return as soon as the next stoppage is available. Goalkeepers are exempt to the yellow card step off rule.
- The player with the red card must leave the facility immediately. **Failure to leave the facility may result in further disciplinary action.**
- Players receiving a red card will serve a minimum of a one (1) game suspension.
- A player who commits a serious foul play, violent conduct infraction, or an infraction that is using offensive insulting or abusive language or gestures towards referees,

opponents/teammates, fans, or staff will result in a disciplinary meeting conducted by the League Administration to assess further need for sanctions to include but not limited to additional match suspension or monetary fines.

- Any player who receives 4 yellow cards in a season will be required to sit out their next scheduled game and their yellow card count accumulation will reset. Accumulating 7 cautions in a 10 match session will result in a \$20 fine upon returning to play.

Uniforms & Equipment

- Teams must wear identically colored shirts with numbers. The DASC Adult Soccer Community will be providing each team with ten (10) jerseys plus two (2) guest jerseys.
- The Goalkeeper must wear a different color shirt from both teams on the field.
- **Shin guards are mandatory and must be covered completely by socks.**

Other Rules

- Kick off will be determined by a best of three “Rock” “Paper” “Scissors” between team representatives.
- If the ball hits any part of the ceiling or lights, an indirect free kick will be given to the opposing team directly underneath the spot on the ceiling where the ball struck.
- If the ball hits the ceiling/lights from a player inside the penalty area after it is thrown or kicked, the ball will be placed for an indirect free kick at the top of the Penalty Area closest to the point of the infraction.
- No slide-tackling by field players. Sliding in an open field to save a ball is permitted.
- Goalkeepers may slide as long as the slide begins in the penalty area and is an attempt to make a save
- If there is a permanent/debilitating injury or pregnancy that prevents a player from completing the rest of the season, a prorated refund may be given from the date of notification, and that player will be de-rostered for the rest of that season.
- If any player is found to be playing UN-ROSTERED, the consequences below will be administered: The player will be suspended for 1 full game. The Team “Coach/Representative” will also, be assessed a one (1) match suspension. If a team commits this violation, it will result in a disciplinary meeting conducted by the League Administration to assess further need for sanctions to include but not limited to additional match suspension, monetary fines, or expulsion from the community.
- No jewelry allowed and Fit Bit/Workout Trackers must be covered with a soft cushion material to prevent injuries during game play. Exceptions are made for religious and approved medical situations.

Weather / Cancellations

- All weather and cancellations will be communicated through social media, website, and direct messaging to coaches.

- Refund policies due to covid-19 for the league are follows:
- 1. Roll over to another season.
- 2. Refund of less administrative and game fees.

DASC Adult Soccer Community Staff:

Frank Gurnick – League Director

Tyler Soyer – League Commissioner

James Oppenheimer - Treasurer/Secretary

Brooke Wegner – DASC BOD Representative

Leif Eidsmoe – DASC Adult Soccer Community Player Representative

Kelli Herman – DASC Staff Representative