

SPDSA CO-ED RULES AND REGULATIONS

The Three Pillars of the Co-Ed League: Fun. Fitness. Social.

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1.0 Terms of Reference

2.0 General

- 2.0.1 The Co-Ed Rulebook is meant to supplement the Rule Book of our Adult program. These Rules and Regulations are specific to the Co-Ed game and were designed to highlight the differences between the Gender specific Adult leagues and the Co-Ed league.

2.1 Indoor

- 2.1.1 Indoor Co-Ed Rules can be found in section 7.0 Indoor Modifications

3.0 Registrations

3.1 General

- 3.1.1 All players must be 16 years of age to register in the SPDSA Co-Ed program.
- 3.1.2 A team may register a minimum of 12 players and a maximum of 20 players.
See 7.2 Indoor Co-Ed Roster Size
- 3.1.3 Properly registered youth players that are 16 years of age are able to play as trialists on a team should they be short numbers. Trialists must have a trialist form filled out and be clearly marked on the game sheet.
- 3.1.4 Players may still register for the Co-Ed league even if they are registered to another team in the SPDSA or another league.

4.0 Trialist Regulations

4.1 General

- 4.1.1 A team may utilize properly registered SPDSA youth players that are 16 years of age or older.
- 4.1.2 A team may utilize properly registered players from any Adult league in the SPDSA.
- 4.1.3 All trialists must be clearly marked on the game sheet and may not exceed four players per game.
- 4.1.4 Trialists should not be brought in as “ringers” and should be comparable in skill level to the player they are replacing for the game or comparable to the overall team.

5.0 League Format

5.1 Schedule

- 5.1.1 The format of the schedule will be determined each season dependant on the amount of teams registered
- 5.1.2 The days of play will be determined by the SPDSA prior to registration of each season. The outdoor season will run from the end of April until the end of June. The outdoor season may run into July, for scheduling conflicts and rainouts. The indoor season will run from the beginning of November until the middle of February, or as determined by the SPDSA

5.2 League Standings

- 5.2.1 League standings shall be kept by the SPDSA office and posted under the Co-Ed division. Dependant on the amount of teams, the overall league winner will either be the team that finishes first place at the end of the season or shall be determined by a playoff system.
- 5.2.2 The SPDSA will recognize a maximum 5 goal difference in all games played

6.0 Co-Ed 7v7 Game Rules

6.1 Field of Play

- 6.1.1 SPDSA Co-Ed games will be played on U12 specific sized fields

6.2 The Ball

- 6.2.1 All game balls will be size 5.
- 6.2.2 Teams are encouraged to have secondary game balls ready to ensure the restarts can be made quickly. These secondary game balls must be approved by the referee.

6.3 The Number of Players

- 6.3.1 Co-Ed games will be played with each team consisting of 7 players, one of whom shall be the goalkeeper. Teams must dress a minimum of 6 players and a maximum of 20 players per game.
- 6.3.2 There must be a minimum of two females on the field at all times. If a team has 6 players, a minimum of one female. Goalkeepers **do** count towards the total number of females on the field.

6.4 Player Equipment

- 6.4.1 Teams will be given pinnies by the SPDSA for uniforms. Teams may at their own expense, purchase jerseys/t-shirts to be used as team uniforms
- 6.4.2 Athletic Leggings will be permitted as long as they are deemed safe by the referee.
- 6.4.3 The SPDSA will lend team's equipment (Flags, balls, pinnies, cones) after receiving a deposit of \$100 which will be returned to the team when the equipment is handed in at the end of the season.

6.5 Duration of Games

- 6.5.1 The game shall consist of two equal halves of 30 minutes. A halftime period shall not exceed 5 minutes.
- 6.5.2 A game shall be declared valid if, in the referee's estimation, at least 2/3 of the game has been played.

6.6 Offside

- 6.6.1 The offside rule is in effect at the attacking 3rd of the field. This line may be marked as a dotted line, solid line, or single cones or flags on the touchline.

6.7 Substitutions

- 6.7.1 Substitutions will be allowed at the discretion of the referee at any stoppage in play.

6.8 Goalkeepers

- 6.8.1 The goalkeeper may throw/roll the ball or place the ball at their feet. Goalkeepers are not permitted to drop-kick/punt the ball

6.9 Slide Tackles

- 6.9.1 Slide tackles are NOT permitted in Co-Ed soccer
- 6.9.2 A player committing a slide tackle will have play stopped and a free kick awarded against his/her team.
- 6.9.3 The referee will issue a caution to a player who consistently slide tackles an opponent

6.10 Indirect Kicks

- 6.10.1 All dead-ball kicks (free kicks, kick-offs, goal kicks, corner kicks) are indirect

6.11 Free-Kicks

- 6.11.1 Will be taken at the spot of the foul. Opponents must be 5 yards from the ball on free kicks.

6.12 Goal Kicks

- 6.12.1 Goal kicks may be taken from anywhere within the penalty area.

6.13 Penalty Kicks

- 6.13.1 A penalty kick shall be taken from the penalty spot and will occur on any fouls occurring inside the penalty area and any fouls occurred by a defender in the penalty area.

6.14 Throw-Ins/Kick-ins?

- 6.14.1 Restart of play from the sideline will be throw in's.

7.0 Indoor Modifications

7.1 General

- 7.1.1 The Adult Co-Ed Indoor League will follow the [Rules and Regulations of Indoor soccer](#) played in Alberta with the exception of the following:

7.2 Roster Size

- 7.2.1 Teams must have a minimum of 16 players registered. A minimum of 6 registrations of the team must be female.

7.3 The Number of Players

- 7.3.1 There must be a minimum of 2 Female players on the field at all times. Goalkeepers **do** count toward the total number of Females on the field.
- 7.3.2 Teams require a minimum of 4 players to start a game, of which 1 outfield player must be female.
- 7.3.3 A team with 4 or 5 Outfield players must have 2 Females on the field
- 7.3.4 A team with 3 Outfield players must have 1 Female on the field

7.4 Player Equipment

- 7.4.1 Teams that do not have their own jerseys, may use Pinnies provided by the SPDSA after a deposit cheque of \$100 is received by the Association.

- 7.4.2 Shin-pads are required by all players
- 7.4.3 Athletic Leggings are permitted as long as the referee deems them safe.

7.5 Slide Tackles

- 7.5.1 Slide tackles are NOT permitted in Co-Ed soccer
- 7.5.2 A player committing a slide tackle will have play stopped and a free kick awarded against his/her team
- 7.5.3 The referee will issue a caution to a player who consistently slide tackles an opponent

8.0 Discipline and Misconduct

8.1 Cautions (Yellow Cards)

- 8.1.1 Cautions will be issued the same as a normal outdoor game.
- 8.1.2 A player receiving a 2nd caution in a game will be issued a red card and ejected from the game

8.2 Ejections (Red Cards)

- 8.2.1 A player receiving a red card must leave the field of play immediately.
- 8.2.2 A team receiving a red card will have to play short-handed for the remainder of the game.

8.3 Over-Aggressive Play

- 8.3.1 Any overly aggressive play as determined by the referee will be whistled with a free kick awarded to the other team
- 8.3.2 Aggressive play can be any defensive challenges that are deemed too aggressive for the recreational style of the Co-Ed league.
- 8.3.3 Aggressive play can also be any play the referee deems overly aggressive and/or unsporting. This can include a player needlessly “blasting” the ball, whether controlled or not.
- 8.3.4 Continued overly aggressive play from a player will result in a yellow card (caution).