

ADULT MIXED LEAGUE

Team Rules:

- Minimum 10 players per roster
- Mixed Gender (2 girls per roster minimum) 2 girls on field at all times
- Maximum 16 players per roster
- All players must be registered under BC soccer for the May –April year. This is an additional \$50+ (subject to change) per player if this was not done in the fall drop in or 5v5 tournament. *- A previously paid permit fee of \$15 will not apply to this registration-as permits are only for tournaments and are valid for 10 days only.*
- Payment from each player on the roster must be submitted through KESA's website under the "Adult" tab before December 31st date.

Playing Time/Points:

- 10 minutes warm up
- Two 20-minute halves with a 5-minute break in between
- 5 minutes transition for next team to get in the dome
- We will play for 10 weeks
- A team is granted 3 points for a win, 1 point for a tie and 0 for a loss.
- A forfeit will result in a 0 – 3 loss for the forfeiting team.

Game Rules:

1. Where the rules are unclear, the KESA Mixed Adult League will follow BC Soccer Rules and Regulations.
2. We will be playing 8 vs 8 with unlimited subs at any time.
3. Two (2) female players must be on the field at all times. If a team has less than 2 female players on their team, they must play short one player.
4. A first slide tackle infraction results in a warning. A second infraction (same player) results in a yellow card and a third infraction will result in a red card.
5. No off sides or throw ins – if a ball goes out of play it will be kicked in. The ball is considered out of play when hitting the center wire, a light or any part of the dome. The restart will be an indirect free kick from the closest point of where the ball went out of play to be taken by the team that did not kick the ball out of play.

6. If your team is not ready at the scheduled game time, you will have to forfeit the game within 10 minutes of the kickoff time.
7. All referees' decisions must be accepted without complaint. You will be given a yellow card if you argue with the ref and a red if you exhibit further misconduct.
8. A player receiving a yellow card will be required to sit off for 2 mins and may not come on or be replaced until the full 2 mins are up.
9. Two yellow cards to the same player in a single game will result in a red card.

10. A player receiving a red card will be sent off and another player on the same team must serve a five minute penalty. The full 5 mins must be served before a player can come back on to the field of play. The player receiving a red card will immediately be sent off for the remainder of that game and will automatically be suspended for the next scheduled game, including playoffs.
11. Any player that receives a red card may receive an additional suspension, depending on the severity of the offense.
12. Three red cards handed out to a single player in one league season will result in a review by the head ref/program organizers and may result in a league suspension.
13. After a goal, the team who conceded the goal must restart the play from the center mark. The team may not restart the play until all of the opposing team's players are on their own half of the field.
14. All restarts are indirect except for a penalty kick. Opposing players must remain at least 4 meters away for all restarts.
15. Goalkeepers must wear gloves. Goalkeepers are only allowed to handle the ball from open play for 8 seconds. A corner kick will result if a keeper handles the ball for any longer. After receiving a ball from open play a keeper may throw the ball or put the ball down and kick it to keep it in play. Drop kicks or punting the ball is not allowed and will result in a dropped ball for the offending keeper.
16. All players must wear shin guards per BC soccer guidelines
17. Players are required to wear the color specified (Black or White) in the team schedule for each game. This will alternate, so keeping a white and black shirt in your bag is the best option.
18. Dangling earrings or large jewelry on the face must be removed. Small jewelry can be taped.

19. Hard or plaster casts are not permitted. Soft casts or braces covered with a sleeve are permitted provided they are judged to be safe by the referee.
20. Your captain oversees your team and ensures everyone plays for an equal amount of time. Complaints should first go to captains if playing time is not fair.
21. Substitutions: Can be made on the fly, but must be made in close proximity to the player's bench
22. If the final game for both Pool A and Pool B ends in a tie, the game will go directly to a shoot-out to determine a winner between finalists.
23. When a goal kick is taken the ball must be placed anywhere within the goal area. The ball is in play when it is kicked and clearly moves. All opposing players must remain outside the goal area and at least 4 meters from where the ball is placed.
24. In the event of an incident, the KESA Board shall have the power to inquire into the conduct of any member and may take disciplinary action if needed.
25. Players or team officials reported for assault of Referees and/or Game Officials shall stand suspended from all soccer activities within the jurisdiction of KESA until their case has been heard and dealt with by KESA.