



Lakeland District Soccer Association General Rules for Senior/Adult House League

Purpose: To encourage adults to get involved and active in a non-competitive program, while fostering continued development and participation for young players aging out of the youth program.

Provincials Eligibility

1. As this is a non-competitive house league, league play will not determine eligibility for Provincials.
2. Teams/clubs are eligible to create gendered teams separate from Adult Indoor/Outdoor House League to compete for Provincials and out-of-district tournaments.

Registration

1. All players shall be registered with the Lakeland District Soccer Association (LDSA) through their home club/association.
2. Players must be at least sixteen (16) years old at the time of play to register with this league. Youth players are encouraged to first register in their age group.
3. The deadline for registration will be October 31st for the Indoor season and June 15th for the Outdoor season. (May be altered at the discretion of the LDSA as required, however no registrations will be accepted after the deadline set forth by Alberta Soccer each season.)
4. Registration shall be valid for only one playing season.
5. Within the same league, a player shall not register for more than one team during one season, unless he or she has been properly transferred from one team to another, excluding:
 - a. Where a youth player (16 years old) is registered for both a youth team and a senior team - A Youth player may register with and play for both a Youth team and a Senior team and maintain their eligibility to compete in both Youth and Senior Championships in accordance with their district registration deadlines.
 - b. Where a tournament team is formed to attend out of district tournaments.

Game Play, Substitution and Number of Players

1. Indoor Game Format:
 - The duration of the games in District leagues will be 2 x 25-minute halves.
 - Half time interval of 2 minutes.
 - Boarded – 6 v 6
 - The duration may be altered at the discretion of the referee.
 - Substitutions may be made at the team's discretion. No need to wait for stoppage of play and signal from the referee. The player exiting the field must have completely left the field of play prior to the substitute entering and becoming a player.
 - No sliding tackling is permitted during gameplay. Slide tackles will result in an automatic Yellow Card.
2. Outdoor Game Format:
 - The duration of the games in District leagues will be 2 x 35-minute halves.
 - Half time intervals of 5 minutes.
 - 7 v 7 or 11 v 11
 - The duration may be altered at the discretion of the referee.
 - Substitutions must be made at the centre line only at a stoppage of play and only with the permission of the referee. Players on the sidelines must remain 3 feet from the sideline so that they do not distract the referee.
 - No sliding tackling is permitted during gameplay. Slide tackles will result in an automatic Yellow Card.
3. A team shall be limited to 20 players on a roster per game. A team shall have a minimum of 2 female players on the field at all times during games; and a minimum of 4 females on the team's roster.
 - *When serving a penalty, the gender of the penalized player must serve the penalty.* For example, in indoor, if a male player is serving a penalty, a female player may not be replaced by a male substitute, and the team must continue to maintain two (2) female players on the field. If a female player is serving a penalty, the team may play with only one (1) female player on the field for the duration of that penalty.

4. In games played under the jurisdiction of LDSA, the Laws of the Game as contained in the IFAB Laws of the Game shall be followed, except that substitutions shall be governed as above.

Transfers and Trialist/Guest Players

1. A player may be transferred provided that: He/She has first given his/her current team seven (7) days' notice in writing of his/her intention to transfer; and His/Her team agreed to said transfer.
2. All trialist/guest players should be indicated on each game sheet.
3. Female trialist/guest players may be unlimited in a season in order to field the minimum number of female players required per game.
4. Male trialist/guest players shall not exceed the number of male players on the roster. No more than a total of 4 such players can be recruited for any 1 game.
5. A trialist/guest player form should be completed indicating each guest player and provided to the referee with the game sheets.
6. A registered Youth player will not be considered cup-tied for a Provincial Championships to any team if they have participated on as a trialist prior to having registered with a Senior team. LDSA Trialist/Guest player rules should be followed.

Club / Team / Player Responsibilities and Duties

1. Every club is responsible to LDSA for the action of its players, officials, and spectators; and is required to take all precautions necessary to prevent spectators from threatening or assaulting officials and players during or at the conclusion of matches. All players are expected to show good sportsmanship both on and off the field. No officials or players shall bet on any match. Clubs are required to prevent the use of objectionable language. In the case of breach of any of these rules, any player, team, official, or spectator may be removed from the grounds.
2. In all competitions, all players and referees participating in games shall be properly dressed. Proper dress shall be standard uniforms with numbers, shin-guards, and soccer socks over the top of guards; and all members of each team are to be dressed alike.
3. In all house league competitions, the home team shall provide the match ball and reserve game ball.
4. Where the colors of the competing teams are similar, the home team must change or wear pinnies. Goalkeepers must wear colors which distinguish them from all players and the referees.
5. Each team will be responsible to bring league approved game sheets.
6. A team which cannot field the minimum number of players within 15 minutes of scheduled kick-off shall forfeit the game. Notwithstanding, the referee may delay the game beyond fifteen minutes at his/her discretion but shall report the delay of game on the game sheets.
 - a. For Indoor 6v6 the minimum number of players is 4.
 - b. For Outdoor 7v7 the minimum number of players is 5.
7. Teams who field unregistered or ineligible players will automatically default the game and shall be subject discipline at the discretion of their home club/association or LDSA.
8. Indoor: The referee is responsible for getting the game sheets to the Executive Director by email to execdir@lakelandsoccer.ca.
9. Outdoor: One team will collect both sheets after the game, ensuring they are signed by all parties.
 - a. Winner = collect both sheets
 - b. Tie = home team collect both sheets
 - b. Loser = not required to do anything.
 - c. The games sheets must be emailed to the Executive Director at execdir@lakelandsoccer.ca
10. Each team should have a designated contact person. All team staff on teams with youth players (under the age of majority) must be certified to the most current LDSA Education Minimum Standards and follow the Rule of Two.

Referees

1. Referees shall, within 48 hours of the conclusion of games, forward to the Executive Director, the game sheet and the name of players or teams charged with misconduct via the Misconduct Report.
2. Fees payable to referees shall coincide with current LDSA's Referee Payment and Mileage Chart.
3. All games must be officiated by registered referees to be considered a league competition.

Discipline

1. In games played under the jurisdiction of this Association, the laws of the game as contained in the IFAB Laws of the Game shall be followed.
2. The guidelines for discipline due to red or yellow cards can be found in the LDSA Discipline and Complaints Policy.

Protest and Appeals

1. All protests, by clubs or individuals, must be submitted in writing to the Executive Director following the Complaints Process in the LDSA Discipline and Complaints Policy.
2. The Referee(s) exercise the powers granted by the IFAB Laws of the Game upon entering the field of play, its surrounding area, and extends to the time upon leaving the field of play and its surrounding area. The decisions of the Referee(s) regarding details connected with play, including whether a goal scored is good and the results of the game are final. (This should be recognized when filing a protest, request for a hearing, or appeal).