



2025 ADULT COED SOCCER LEAGUE RULES

I. LEAGUE ADMINISTRATION

- A. **The league shall be administered by the Apex Parks, Recreation & Cultural Resources Department (APR&CR)**
- B. The Department reserves the right to make any changes that they deem necessary for the betterment of the league and its play.
- C. The Department will supply the game ball for each match.

II. ELIGIBILITY

- A. All players must be 30 years old or older by September 7, 2025 for the 30 & Over League.
- B. All players must have signed the wavier/registration form and paid all fees before starting play.
- C. All players will be subjected to ID checks before they can play in their first game of the regular season. In addition, if the legality of a player is questioned the field supervisor can request to see a player's picture ID during any game of the season or tournament. If the player does not have a picture ID on their person they can finish the game but must come into the Apex Community Center before the end of the next business day and present their identification to the program supervisor. Business days are considered from 8am until 5pm Monday through Friday excepting Town approved holidays. If the player does not present their ID within the allotted time he/she will be considered an **illegal player and will be, along with the head coach, suspended from participating in the adult soccer**

program for one calendar year and any games in which the player participated in will be considered forfeits.

III. TEAM CONTACTS

- A. Each team shall have an official contact person. The contact must make certain that all team members receive all information distributed by APR&CR and are aware of the league rules.
- B. The team contact is the spokesman for the team during the matches.
- C. It is the responsibility of the team contact to call APR&CR's Weather Hotline (919) 249-3348, to determine the status of matches in case of inclement weather.

IV. PLAYING RULES

All rules will be governed by FIFA rules except for the local rules stated here. FIFA:

<https://img.fifa.com/image/upload/khhloe2xoigyana8juxw3.pdf>

A. Team/Roster:

- 1. All players must have signed the wavier/registration form and paid all fees before starting play.
- 2. Team rosters may not exceed 25 players.
- 3. Players may be added to your team at the Recreation Department's discretion up to **September 19th**.
- 4. Players added must be done Monday-Friday before 4pm to be added to the roster the same day. Players signing up after 4pm will not be eligible until the following work day. **Note:** *adding a player on Friday must be done by 4pm to play that Sunday. If added after 4pm the player would not appear on the roster until Monday.*

B. Game Rules:

- 1. Teams must field eleven players (10 fielders and 1 keeper). Three these players must be women. A minimum of 9 players are allowed to start the match. *If a team has less than 3 women to start, they may begin with 2 women, but the team will play a person down. This means 10 players would be on the field, 2 women and 8 men.*

2. A team that cannot field at least 9 players (2 of them women) by game time will forfeit the game. **GAME TIME IS FORFEIT TIME.**
3. Any team **forfeiting two (2) games** will be required to pay a reinstatement fee of \$50 in order to continue participation in the program. **Forfeiture of three (3) games** will result in expulsion from the League.
4. Teams may not hold out players or substitute players in order to play with less than 11.
5. Games will consist of two 24 minute halves with a 5 minute halftime. *Free substitutions, with the permission of the referee, (players must be lined up at mid-field for permission to be granted), can be made throughout the game.*
6. **Keeper Protection:** Any collision with a goalie will result in a yellow or red card. There are no exceptions unless the goalie initiated the contact in which case the goalie must be given a yellow or red card. If the referee cannot determine who was at fault both players shall be given a yellow or red card determined by the seriousness of the collision.
7. If a player receives a yellow card for any reason, the referee has the right to ask the player to leave the field for a cooling off period. This is usually deemed in the best interest of the game. The sendoff time should be until the next stoppage at a minimum.

C. Ties:

1. Any regular season game that ends in a tie will remain a tie.
2. Any regular season game that ends in a tie shall be counted as one half a game win in the league standings.
3. Any tournament game that ends in a tie will play 12 additional minutes. If at the end of this time the game is still tied, the teams will go to a penalty kick.
4. Penalty kick will be handled in the following manner: each team will shoot 5 penalty kicks until a winner is declared.

Note: at least one of the 5 shooters from each team must be a female.

D. Slide Tackling:

1. Slide tackling is not allowed. The penalty will be a yellow card for the first offense and a red card and a minimum of one game suspension for the second offense.
2. Every slide tackle shall result in an indirect or direct kick depending on if contact was made.

Note: a slide tackle is generally an intentional slide within your horizontal body length of an opposing player. Whether the opposing player was touched in any way is irrelevant; a "clean" slide tackle shall still result in a card and free kick. The gender of the person slide tackled makes no difference, all slide tackles are illegal. Please remember that this rule is put into place for safety.

V. OFFICIALS

All referees shall be trained and assigned by a booking agent. The referee will have authority over the game and his / her decisions over goals scored, rules, etc shall be final. Please respect their rights and work with them and the field supervisor to ensure a well played game.

1. There will be no less than two officials for any game.
2. Officials shall:
 - a. Make all decisions for infringement of the rules committed within or outside the boundary lines from the beginning of the game to the end.
 - b. See that all kickoffs, free kicks and penalty kicks are taken properly.
 - c. Act as timekeeper and allow the full or agreed time, adding any time lost through injury or other causes at their discretion.
 - d. Will show a caution or yellow card to any player / coach guilty of misconduct or unsportsmanlike like conduct. In such a case the referee shall give the name of the offender to the field supervisor who in turn will give a report of the incident to the Department. Will send off the field of play and show a red card to any player / coach who is guilty of violent conduct, serious foul play, the use abusive language, or is guilty of a second cautionable offense.

VI. SIDELINE AREA:

1. The only personnel permitted on the sidelines are players, one head coach, and up to 2 assistant coaches.
2. All sidelines should be cleaned by the team that occupied them at the end of the game. This is the responsibility of the team captain / head coach.
3. No pets.
4. **All spectators must sit on the opposite side of the field from the benches.**

VII. CONDUCT / SPORTSMANSHIP:

1. No coach or player shall belittle or berate the players or coaches of another team. This type of action will NOT be tolerated.

First offense: Warning

Second offense: Ejection from game of offending person.

PENALTY: Any time a player, coach or spectator is ejected by an official or APR&CR staff member, they must leave the playing site immediately. That person shall be automatically suspended for a minimum of the next game the team plays in. More games can be added to the suspension at the

determination of the Department. A suspended player, coach or spectator may not be present at the playing site for the game(s) in which they are suspended. Game suspensions may apply to regular season games, tournament play and, may, at the discretion of the Department, be carried over to the next season the player or coach registers for. Failure to abide by these policies may result in the team forfeiting the game and/or additional penalties.

2. Harassment of officials and field supervisors will not be tolerated. Questions should be asked by the HEAD COACH ONLY and done in an ORDERLY HUMANE fashion about rule interpretations only. Judgment calls are not to be argued. Failure to comply with this rule will result in immediate ejection of the guilty party and possibly forfeiture of the game. NO WARNINGS WILL BE GIVEN!!

3. Captains are accountable for the behavior of their assistant coaches, players and related supporters. Game officials may penalize the coach per above for any unsportsmanlike conduct.

4. **Cumulative Yellow Card Penalty:** Any player receiving 3 yellow cards in a single season (including games in the tournament) will receive an automatic 1 game suspension. Following this if a player receives two more yellow cards during the season, the player suspended automatically for 1 game. For each additional yellow card received, the player is suspended one additional game.

Two yellow cards in one game results in a red card and count one yellow card towards the player's cumulative total. Note that all suspensions are for the players next regular scheduled game (season or tournament) and forfeits or rain outs do not count towards the suspension.

5. NO PROFANITY IS ALLOWED IN TOWN OF APEX PARKS. OFFENDING PLAYERS/COACHES WILL BE SUBJECT TO IMMEDIATE EJECTION; POSSIBLE SUSPENSION; POSSIBLE EXPULSION FROM THIS LEAGUE

PENALTY: For the above unsportsmanlike acts as enumerated in Items 1-5, a player or coach shall be ejected from the game. Any time a player or coach is ejected by an official or a supervisor, that player or coach shall be automatically suspended for a minimum of the next game his team plays in. More games can be added to the suspension at the determination of the Program Supervisor. If suspended, a player may not attend the game as a spectator. Failure to abide by this will result in forfeiture of that game.

A player ejected, must leave the playing site immediately. Game suspensions may apply to regular season games, tournament play and,

may at the discretion of APR&CR, be carried over to the next season the player or coach registers for.

REMINDER: The purpose of this program is to have fun. We're all human, and as such we ALL make mistakes.

VIII. PROTESTS:

The following procedure shall be used for all protests involving APR&CR Adult Soccer league.

1. Protests will be allowed for rule misapplication only. No discussion will be permitted concerning judgment calls or the referee's integrity.
2. Protest must be noted by the field supervisor before the coach leaves the field.
3. All protests must be submitted in writing to APR&CR by 12:00noon the next working day. All protests should include:
 - a. A brief description of the play involved and the ruling that was made.
 - b. A rule reference (page and statement) detailing what ruling should have been made.
 - c. A \$25 protest fee will be returned if the protest is upheld. If the protest is declined, this money will be kept by the league.
 - d. Protests will be ruled on by the Program Supervisor.
 - e. Notification of protest ruling will be given within one week after submission.
 - f. APR&CR reserves the right to deny completion of protested game if it has no bearing on league standings or is not in the best interest of the league.

IX. UNIFORM:

1. Each team must have their own jerseys. The jerseys must match, which is defined by same color shirt and same color ink for lettering and numbers. Numbers on back and no made up shirts using taped numbers will be allowed. Teams can only use pennies if there is a conflict with color of the other team. Pennies cannot be considered the teams official jersey.
2. Each team must have matching jerseys by the first game.
3. If a player does not have a matching jersey at game time he/she can still play if:
 - Their shirt is the same color as the team, i.e. navy and navy.

- The entire team then wears the practice jerseys (pennies) the Field Supervisor has during the game.

NOTE: whether or not a player's jersey matches the rest of the team is solely at the discretion of the Field Supervisor.

If teams play each other and are wearing the same color jersey (or similar), there will be a coin flip to decide which team will wear the departmental provided pennies.

Players must wear and provide themselves, shinguards, shorts, and shoes. No player will be allowed to participate in a practice or game without shin guards.

X. JEWELRY / EQUIPMENT:

1. No jewelry allowed once play has begun. Officials may ask that a player take off all jewelry. Also, by rule they may ask a player with glasses to wear a protective strap while they are playing.

Players with earrings will have to either take the earrings out or wear tape over them to be able to play.

2. The referee shall not permit any player to wear equipment in his or her judgment, is dangerous or confusing to other players. This includes, but not limited to, items such as:

A. A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance - even though covered with soft padding - when worn on the elbow, hand, finger, wrist or forearm.

B. Head decorations, head wear and jewelry: EXCEPTION: Head bands no wider than 2 inches and made of nonabrasive unadorned single-colored cloth, fiber, soft leather or rubber may be worn. Rubber (elastic) bands may be used to control hair.

C. Equipment which is unnatural and designed to increase a player's height or reach or to gain an advantage.

XI. CANCELLATIONS / INCLEMENT WEATHER – MAKE UP:

1. In case of inclement weather, a decision will be made by APR&CR. Information may be obtained by calling APR&CR's WEATHER HOTLINE: (919) 249-3348

2. *Any game that is stopped at halftime or beyond will be counted as a complete game. Games that have not reached halftime will be continued from that point on their make-up date.*

Postponed Game: In regular season play a game called by the referee/field supervisor shall be regulation if the game is stopped at half time or beyond. Games that have not reached half time will be considered a postponed game. Postponed games will be rescheduled and will pick back up from the point that it was stopped; meaning the score and time left from the point the game was stopped.

3. MAKE-UP GAMES: The department will reschedule games within 3 working days. Please contact us if you HAVE NOT RECEIVED your notification within this time period. If at all possible, all games that are canceled due to weather or other conflicts approved by APR&CR will be made up. However, IF EXTENUATING CIRCUMSTANCES OCCUR, APR&CR RESERVES THE RIGHT TO DESIGNATE WHICH GAMES WILL BE MADE UP. It is the responsibility of the coach to notify his/her players as to the make up date. APR&CR is not responsible for contacting players on an individual basis.

XII. END OF SEASON:

- A single elimination tournament will be played at the end of the season.
- The tournament may have Saturday games and a team may have to play more than one game in a day.
- Ties in league standings will be broken based first on head to head play and then if the teams are still tied, a coin flip.
- **AWARDS:** The team winning the league tournament will receive championship t-shirts for each player.