



City of Mt. Juliet

Adult Co-Ed Soccer

Rules & Regulations

Basic rules of soccer apply with the addition of the following rules and regulations.

NUMBER OF PLAYERS

Teams play with 7 players each on the field.

PLAYER INFORMATION

Teams may start and finish a game with 6 players. Team rosters are allowed a total of 15 players. Person(s) must sign roster form before they are allowed to play in any game.

GAME CLOCK

The length of the game is 50 minutes, divided into two halves of 25 minutes. Running time with no clock stoppage until the final 2 minutes of each half.

EQUIPMENT

- Shin Guards are mandatory with the top of the shin guard covered by a sock
- No hard casts are allowed on the field
- Goalkeeper materials must be provided by the teams
- No exposed metal braces. All metal braces must be covered by 1/4" thick neoprene material
- The goal keeper must wear a shirt that in no way similar to the color of either team
- No Pockets (no tape allowed), sunglasses, hard billed hats and knotted bandanas are not allowed
- No jewelry

JERSEYS

Each team is required to bring both light and dark colored uniforms to each game to avoid jersey issues. The Home team will wear dark colors. The home team will be listed last on the schedule for that game.

COIN TOSS

The team winning the coin toss can:

- Choose to kickoff or choose which goal to defend. The second half will start with a kickoff by the team that did not kickoff to start and sides will be switched.

OVERTIME

All games ending in a tie will be decided in a shoot out. Shoot outs will take place from approximately eight yards from the goal line. Teams will choose five of their six players on the field at the end of the extra session including the goalkeeper. Kicks are alternating possession. Teams are allowed to change goalkeepers during tiebreaker as long as new goalkeeper was on the field at the end of the extra session. In the second session of penalty kicks sudden death format will be used.

FIELD DIMENSIONS

Fields will be 70 yards long by 40 yards wide with goal boxes that extend 10-yards wide and 10 yards from the goal line.

GOAL KICKS

A goal kick shall be taken within one yard from inside the goal line and inside the penalty area. Players opposing the kicker shall remain outside the penalty area until the ball moves out of the penalty area. A goal kick may not cross the mid field line before touching another player.

OUT OF BOUNDS

When the ball is deemed out of play, it shall be restarted by means of an indirect kick from the point where it was deemed out of play, by a player of the team opposite to that of the player who last touched it. The ball must remain stationary upon restart and it may be played by any player except the one who executes the restart.

PENALTY KICKS

A penalty kick shall be rewarded when a foul occurs. All penalty kicks will be indirect kicks with the exception of penalties inside the goal box. Such penalties will be rewarded with a penalty shot from the top of the goal box and ball must remain stationary until the kicker makes contact with the ball.

IN/OUT OF PLAY

The ball is out of play when:

- the ball has completely crossed the goal line or touch line
- when the official sounds the whistle

The ball is in play when:

- it bounces off the goal posts or crossbars and remains in field of play
- bounces off an official

There will be no whistle to restart play except:

- when a team asks for five yards
- when play has been stopped to caution or eject a player
- for a penalty kick

GOALIE KICKS

A goalkeeper will not be allowed to punt, throw, or drop-kick the ball the ball past the midfield line. It must hit his/her own side of the field before traveling to the opponents side.

exception - the goalie may play the ball out of the box and play it past the midfield line.

SUBSTITUTION RULE

Substitutions can be made on the fly from the mid field.

BACKWARD PASS

A goal keeper is not allowed to field a pass with his/her hands originating from a player on his/her own team.

PLAYER ON THE GROUND

To avoid any potential injury a player must discontinue playing the ball if he or she is on the ground.

SLIDE TACKLING

Absolutely no slide tackling.

GOAL KEEPER PLAY

A goal keeper is not allowed to lead with feet up.

CONDUCT:

City of Mt. Juliet and State of Tennessee laws apply at all times.

All that is dishonorable and unsportsmanlike is particularly and expressly condemned, and the player or team responsible will be penalized at the discretion of the Parks Department.

No player, sponsor, or manager shall be allowed to smoke on the playing field or player's bench at any time.

The coach or manager is responsible for his/her players conduct at all times.

Players, managers, coaches, and fans guilty of unsportsmanlike behavior will incur one of the following penalties at the discretion of the assigned umpire or Parks staff:

Suspension for the remainder of the current game.

Suspension from the current game PLUS the next scheduled game.

Suspension from the current game PLUS the next (2) scheduled games.

Suspension from the remainder of the season and playoffs.

Parks Department holds the right to enforce all conduct.