

Adult Soccer League Rules

**CITY of CAPE
GIRARDEAU**



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Shawnee Soccer Fields
1618 Minnesota Ave.

League Rules

General Rules

- 7v7, six players and one goalie
- Games will be played on Field 4 at the Shawnee Sports Complex soccer fields
- Keepers can NOT punt at any point of the game, keepers can NOT kick or throw the ball over the halfway line
- No off sides
- Penalty kicks are taken from 12 yards
- Restarts are in accordance with USSF rules
- Players must be 18 years of age or older
- Games will be played on Sunday afternoons and Monday evenings
- 2x20 minute halves
- 8 minute half time
- Yellow cards could determine time off of the field for players, this will be the referees discretion

Substitutions

Generally speaking, unlimited substitutions may be made with the consent of the referee at the following times:

- Throw In- your possession or when the opposing team substitutes
- Goal kick- either team
- Goal- either team
- Injury- when the referee stops play that team is allowed to substitute for the injured player. The opposing team is then allowed to substitute a single player

Slide Tackling

Slide tackling is NOT permitted. Performance of a slide tackle, may be grounds for a yellow card on the part of the referee. A slide tackle is defined as sliding for a ball when in the close proximity of another player (no matter where on the field). Players may slide when not creating a dangerous play, i.e. sliding to keep a ball in play.

Score/Standing

1. Scores and standings will be kept and posted on www.cityofcape.org/soccer
2. Games may end in a tie.

Season Point Tie-Breakers:

- Goal difference
- Goals for
- Goals against
- Head-to-head competition
- Coin Toss

General Rules

1. Jewelry may not be worn during a game.
2. Warm ups will take place in the area surrounding the fields.
3. Managers will be required to sign the game sheet at the conclusion of each game to verify the score.
4. In order to check the cancelation of games, sign up for text alerts through semoball.com

**Other than the rules provided, everything else will fall under USSF.*