

CLEATS Soccer League - Rules & Regulations

Golden Rule

Cleats Soccer League “Cleats League” is about fun. Individuals are expected to respect the league’s culture of fair and fun play. Foul language, racial intolerance, hate speech, and dangerous play will not be tolerated and any individual who cannot adhere to our standards of fair play and sportsmanship may be asked to leave the league. “Cleats League” wants everyone to have fun and be social while enjoying a great sport. As the league grows, we will hopefully offer more than one division and will create a more competitive division if there is interest.

Referees will not be utilized for the first Spring Season to keep the player costs down. Our hope is to have referees for the Summer and Fall Seasons. We ask all players to please play fair.

Registrations & Team Size

Team Captains and players are able to prepay for themselves, additional players and for full teams, it is not a requirement for participation in our leagues. We welcome individual player payments.

We are also proud to welcome those who do not have a full team (small groups and free agents) to participate in our league. We will find a place for you.

Our primary mission is to make it easier for people to have fun and get involved with social sports.

All registrations are on a first come first serve basis and any roster that does not reach our standard size is eligible to receive free agents and/or small group by the league. Rosters made up of primarily free agents and or small groups may have more players than the standard roster size. This policy is in place to help ensure free agent teams are able to consistently field teams each week.

Individual Registration

All players must be 21 years of age or older.

All players must be registered through the Hope website and have signed a Waiver Form.

Rosters

1. “Cleats League” aims to place a maximum of 12 players on each 7v7 team. Please ensure there will be the requirement for two female players to be on the field each game night.

2. Only Registered Cleats players are allowed to play on a given team. "Cleats League" retains the right to suspend any team playing with unregistered players.
3. For 7v7, there must be at least two (2) females on the field at all times.
4. If a coed team has only one (1) female show up to play, the game can continue but that team must play with a player down.

Uniforms

1. Teams shall try their best they can to have matching colored shirts in the event of a delay in providing player. A light and a dark shirt are recommended.
2. Players should make every effort to wear a t-shirt provided by Cleats (if only to maintain consistent uniform colors).

Weather Related Game Cancellation

1. Suspended Games – If, due to weather conditions, safety conditions, or a game is halted prior to halftime, it will be replayed if possible. A game halted at halftime or later will stand as indicated by the score when the game was halted.
2. Rescheduled Games – If a game is cancelled for any reason, the league will reschedule if possible. However, the league makes no guarantee of any certain number of games - If conditions beyond the control of the league are present, including but not limited to, excessive inclement weather conditions.

League Standings

1. Game Statistics (wins, losses, and goals) will be recorded and posted on the www.Hopesportscomplex.com website.
2. Teams are encouraged to review their respective League Standings page periodically. The Team Captain should notify the League Director of any errors.
3. A 3-3 draw will be posted for games cancelled and not rescheduled at the end of the regular season.
4. Ties in the League Standings will be decided by goal differential outcomes. If those outcomes are the same, then head to head results will be used to determine the tie breaker.

Equipment – Please consider when preparing for the season

1. Shin guards (must be totally covered by socks to reduce the risk of injury) are strongly recommended and “Cleats League” is not liable for any injuries incurred from not wearing them.
2. Only soccer/athletic shoes are acceptable. No street shoes or metal cleats.

After the Game

1. Each team shall take responsibility to ensure bench areas are ready for play and the area is clean after the game. Generally, Hope Sports Complex will have fields set-up and properly lined at the beginning of the first game. Field set up by teams is the exception rather than the rule. Help with cleanup is always appreciated.

Time

1. Teams will play two (2) 25-minute halves for 7v7. There will be a running clock with a 5/10 minute half-time or as required due to adjusted game times per field allocations. Game times and half lengths are subject to time restrictions from a facility or permit.
2. Stoppage time will be issued at the discretion of the official. Deliberate time wasting will result in added time and possible booking.

Forfeits

1. Teams must be ready to play their game within ten (10) minutes of the scheduled game time.
 - A. Should teams have enough of their own players that they don't need to forfeit but not enough for a whole team, they may pick up players from another team provided that they are registered Cleats Players.
 - B. If remaining players from the scheduled team arrive after the start of the game then any players who have been picked up by another team should leave the game.
 - C. Any team who picks up players should not add more players that can play on the field at any given time- meaning that team should not have any substitutes.

Substitutions

Players are responsible for managing substitutions and shall be made at their discretion.

Slide Tackling

Slide tackling is NOT permitted.

Offsides

Off-sides rules are not in effect for 7v7 Leagues.

Misconduct and Fouls

Teams will self-monitor their behavior and play fair at all times.

Goalkeepers

Goalkeepers may punt, throw, or send goal kicks as far as they like. Goalkeepers may throw in the ball for their team.

Goalkeepers that have possession of the ball are to have a safe zone and no player should make contact with them at any time.

Goalkeepers may not handle a throw in by their team with their own hands unless touched by an opposing player on the way in.

Goalkeepers may not pick up the ball with their hands when thrown in by their own player unless it touches someone from the opposing team.

Throw-Ins

A goalkeeper may be permitted to throw in the ball for their team.

Throw-ins must be conducted near the spot the ball left the field, and with both feet touching the ground, as well as the proper form of both hands coming from behind the head in a forward motion. Players will be given an opportunity to correct a throw in one time, and if at that point, it is still a bad throw, the ball can be given to the opposite team.

Free Kicks

All fouls will be followed by an indirect kick.

All players conducting Free Kicks are expected to have a reasonable amount of space to make the kick. The opposing team should allow a five (5) pace distance for 7v7.

Team Conduct

Discipline – The Team Captain assumes the responsibility regarding team leadership and maintenance of order and discipline. “Cleats League” expects each Captain to set a positive example for their players in promoting good sportsmanship and self- control.

Sideline Control – The Captain is responsible for the behavior of his/her bench area.

Use of foul language is not appreciated in any circumstance and Racial slurs or hate speech will result in an immediate player ban from the league without refund.

Player Suspension

“Cleats League” can refuse registration to any player currently on suspension from any Lansing-area league.

“Cleats League” reserves the right to suspend players from league play.

This is at the sole discretion of Cleats League. Registration fees will not be refunded to suspended players.