



HOPE SOCCER LEAGUES

Rules & Regulations

Golden Rule

First and foremost, all Hope leagues are about fun, competitive soccer. 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 individuals who cannot adhere to our standards of fair play and sportsmanship may be asked to leave the league. Hope wants everyone to have a fun and be social while enjoying a great sport.

Registrations & Team Size

Hope is proud to relieve captains of the burden of paying for full teams. While captains and players are able to prepay for additional players and or 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 and these policies help accomplish that goal.

Because of these policies, 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 18 years of age or older.

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

Rosters

1. Hope aims to place no more than the following amount of players on each team: 11v11 (max. 20 players) and 7v7 (max. 15 players).

2. Only Registered Hope players are allowed to play on a given team. Hope 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 the best they can to have matching colored shirts before player t-shirts have been received. A light and a dark shirt are recommended.
2. Players should make every effort to wear a t-shirt provided by Hope (if only to maintain consistent uniform colors).

Weather Related Game Cancellation

1. Suspended Games – If, due to weather conditions, safety conditions, or referee discretion 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 Hope web page.
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 required in the Competitive and Mens' leagues and Hope is not liable for any injuries incurred from not wearing them.
2. Only soccer/athletic shoes are acceptable. No street shoes or metal cleats. Referees' decisions on footwear suitability are final.
3. Jewelry that can cause harm to players or officials is prohibited and must be removed prior to the start of the game.

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 or 45 minute halves for 11v11. 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 Hope 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 than can play on the field at any given time-meaning that team should not have any substitutes.

Substitutions

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

Slide Tackling

1. Slide tackling is NOT permitted.

2. The performance of a slide tackle may be grounds for a booking on the part of the referee. The level of booking is up to the discretion of the referee. Players may slide when not creating a dangerous play, i.e. sliding to keep a ball in play away from other players.

Offsides

Off-sides is always in effect for 11v11 Leagues but is not in effect for 7v7 Leagues.

Misconduct and Fouls

Yellow Card – Referees will immediately substitute player out for a minimum of two (2) minutes.

Red Card – A player receiving a red card, or two (2) yellow cards in the same match, must leave the field premises, sight and sound, within one minute without substitution.

Any player receiving a red card will be suspended from the following match.

Multiple red cards in one season will be grounds for suspension - without refund - from the league.

Handballs: Intentional vs. Unintentional

When a handball occurs it is at the discretion of the referee to deem it intentional (foul) or unintentional. Handballs that prevent goal-scoring opportunities that occur inside the goalie box will result in a direct penalty kick for the offensive team or a goal/free kick for the defensive team depending on the team at fault.

Penalty Kicks – penalty kicks can be awarded during a game if a foul occurs in the goalie box. It is at the discretion of the referee to award a direct kick penalty kick or to award an indirect kick.

There is to be no contact or over aggression with the goalie or any field player.

1. A first offense will result in a warning.
2. A second offense will result in a player being taken off the field for a time period determined by the ref dependent on severity.
3. A third offense will result in a player being taken out of the game and possibly suspended for the following game. Calls are at the discretion of the ref.

Fouls are at the discretion of the ref and all penalties assessed for said fouls are the refs decision. We are a social league and want to make sure everyone has a good time and most importantly is safe.

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, at the discretion of the ref, 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 direct kick unless otherwise noted by the ref for all leagues.

All players conducting Free Kicks are expected to have a reasonable amount of space to make the kick. The opposing team should allow a seven (7) pace distance for 7v7 and ten (10) pace distance for 11v11.

Team Conduct

Discipline – The Team Captain assumes the responsibility regarding team leadership and maintenance of order and discipline. Hope 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. After being verbally warned or cautioned (yellow card) by the referee for unsportsmanlike behavior from his/her bench area, the Captain will receive a red card if the situation persists.

The referee also has the power to eject any spectator at any time at his or her discretion.

Use of foul language is not appreciated in any circumstances and can result in a warning or in extreme circumstances can result in ejection from a game. Racial slurs or hate speech will result in an immediate ban from the league without refund.

Player Suspension

Hope can refuse registration to any player currently on suspension from any Lansing-area league.

Hope reserves the right to suspend players from league play.

This is at the sole discretion of Hope and cannot be appealed. Registration fees will not be refunded to suspended players.