

Westmont Yard Adult League Rules

General

- Shin guards and socks are mandatory
- Cleats, Indoor or Turf shoes are allowed-NO metal bottoms
- No jewelry allowed
- No gum, food or spitting in the field area
- 50 min running clock with half time around 25 min
- Each team needs 2 different colored shirts; in the event of color conflict, the **HOME** team will change-**NO** pinnies will be given out
- Team balances must be paid off before Week 3-balances not paid off result in all wins being changed to forfeits
- Team balances paid off before session starts saves \$100

Laws

- USSF rules apply, except for the following modifications
 - 7 v 7 (including keeper)
 - No slide tackling
 - No offside
 - Kick off is Indirect
 - All free kicks are Direct-wall and defending players must be 3 yards away from the ball
 - All players in the wall must make an effort to move back 3 yards or may be carded
 - All throw in's are taken as kick in's (will be Indirect)
 - Goal kicks may not travel past the half line in the air unless touched first by a player or the referee

Player Eligibility

- All players must be 18 years or older-ID may be requested to verify age
- All players must have a current Player Card- \$5 and good for 1 year
- All players must sign the roster each session
- Teams will forfeit the game if using underage or non-registered players
- No additions will be allowed after the 4th week
- All players must be signed by Week 5 or they will be removed

Keepers

- No punts or drop kicks-results in a direct free kick from the center spot
- Balls placed down and kicked may travel past the halfline in the air
- If the keeper throws the ball into any goal, it is a goal

Penalties

- *Blue Card*: 2 minute penalty. Your team will play down 1 until penalty is up or opposing team scores a goal. You will receive a blue card for persistent fouling, repeated foul language, not giving 3 yards for the wall or a hard foul.
- *Yellow Card*: 5 minute penalty and your team will play down 1 until penalty is up. 2 blue cards equals a yellow card.
- *Red Card*: equals 1 game suspension plus a fine which will be determined by fighting, spitting, extreme language, flagrant fouling, etc. The referee will turn your player card into the Front Desk.
- League/Facility Manager may increase suspensions and have final say

Fighting

- Automatic expulsion of player/team from the league. NO REFUND.
- The same rule applies to any coach or fan that enters the field for a fight.

Tie Breakers (for playoff standings)

- Head to head
- Goal differential capped at 3
- Coin flip

Playoffs

- Games may be played on any night during the week
- Players must have their player card and a separate photo ID on hand
- All teams will get either a consolation game or a playoff game depending on the number of teams and standings
- Referee has discretion to stop the clock with under 1 minute in a close game for time wasting
- Games ending in a tie immediately moves to PK's
 - 3 kickers per team, alternating teams
 - If still tied, 1 and 1
 - All team players must take a PK before anyone goes again