



2024 Spring ADULT COED SOCCER LEAGUE RULES & REGULATIONS Over 35 Division 11 v 11 (35+)

This is a **RECREATIONAL LEAGUE**. We have developed a few distinctive rules and guidelines for our Adult Coed Soccer League. Please consider the following rules and regulations in addition to our team & player eligibility guidelines to determine if this league meets your needs. Lake Oswego Parks & Recreation will be referred to as "LOPR".

- **Coed 35+ (ages 35 & older): 11 v 11 Format**
Teams can have up to four (4) women between the ages of 30-34 on their roster. All other players must be ages 35 & older. Two Divisions (A & B) may be created if enough teams register (at least 10).

LOPR is affiliated with [Oregon Adult Soccer Association](#). In order to participate in this league, all players are required to have a valid OASA player card and be registered to play with LOPR. Players unable to present an OASA player card to the referee at their game will not be allowed to play.

Rules Governing Play:

The play will be governed by FIFA rules with the following additions, exceptions and clarifications:

Team & Player Eligibility Guidelines

A. ROSTER GUIDELINES

Player Requirements

- **Over (35+) Division:** 14-player minimum; 25-player maximum
1. To be considered a 'resident' for participation in sports leagues, a player must fit into one of the following categories:
 - An individual who rents, owns property, or is employed inside the incorporated city limits of Lake Oswego or Lake Oswego School District.
 - An individual who lives within the Lake Oswego School District boundaries
 - An individual who owns a business inside the incorporated city limits of Lake Oswego.
 2. Only persons who are properly registered for the Lake Oswego Adult Coed Soccer League and who are listed on the team roster may play*. The roster and an OASA player card must be presented to the referee before each game (rosters are contained in the field clipboard). If the player in question does not provide the player card upon request, he/she cannot play in the game.
 - **Game referees will collect OASA player cards before each game.**
 - ***In order to avoid a forfeit, a team may pick-up current league-registered players who are listed on another league team's roster. (Players listed on the 'Free Agent list' are not registered on a team and therefore, not eligible to play). When collecting OASA player cards, if the borrowed player is from a team that is not your opposition, the manager needs to contact the field supervisor at 971-563-8038 so they can verify for the referee this player**

is officially registered to play (the field supervisor will have a notebook containing all team rosters for reference). The borrowed player's first and last names are to be written on the game report. **Players must meet the minimum age guidelines of the division. (Over 35)**

- All players must be pre-registered online and be included on the official roster to be eligible to play in a given game. Late adds can register online at www.loparks.org. or with the Parks & Recreation registrar at 503-675-2549, M-F from 8am-4:30pm
 - Players can register with LOPR as a one time substitute. The links for the one time substitute can be found at www.lakeoswegosports.com. **One time substitutes must also have a valid OASA Player Card.**
3. Proof-of-residency:
- Proof-of-residency and proof of employment for registration purposes for players residing within corporate city limits of Lake Oswego, residing within the L.O. School District boundaries or employed in Lake Oswego will ***not*** be required, unless requested by the Parks & Recreation Department or another manager. **A note about the honor system:** In striving to simplify the registration process, we are not requiring proof-of-residency or proof of employment for players who reside or work within corporate city limits of Lake Oswego or within the Lake Oswego School District boundaries.
4. Roster Authenticity
- **Managers are responsible for the authenticity of their submitted team roster.** Players found playing without being on a team roster (i.e. receiving a yellow card or through injury) will not be eligible to be added to a roster and play for the remainder of the season. Teams found with a player claiming falsified identity or residency will jeopardize the team's participation in the league.

B. SPACE IS LIMITED

1. In the event that we have more teams than we have space for in a specific division, the team with the highest percentage of residents will get in regardless if they are a returning or new team and have met the registration deadline of **March 25th**.
2. Teams considered for entry into the league must have completed the registration process by the deadline, **Monday, March 25th**.

C. MINIMUM NUMBER OF PLAYERS REQUIRED

1. The minimum number of players to start an 11 v 11 game is seven.
2. If a team cannot field the minimum number of players within 10 minutes of the scheduled start time, the referee will call a forfeit and will not be required to referee the game.
3. The goalkeeper can be male or female.
4. The remaining players must not exceed five (5) men or five (5) women (goalie not included).
5. **Teams must field a minimum of three (3) female field players.**
6. There must be at least seven (7) total players on the field at all times for each team. During the game, if the number of female players goes under the 3 minimum (i.e. due to injury, red card, etc.), the game can continue as long as the minimum seven (7) total players is still on the field (5 males/2 females). A male player cannot be substituted for the female player.

D. APPAREL & FOOTWEAR

1. Numbered jerseys or matching shirts are not required, but players must wear same-colored shirt.
2. Shin guards must be worn at all times on the field. Metal cleats are not allowed.

E. PETS

1. Pets are not allowed on the City or School District's turf fields. The field supervisor will first give a warning to have dogs removed. If dogs continue to be a problem, the Park Ranger may be called in and has the authority to write a ticket for the facility violation.

F. THE GAME

1. League games will consist of two 45 minute halves with a five minute halftime. Substitutions are allowed at the discretion of the referee during any restart.
2. Women must take all penalty kicks, corner kicks, indirect and direct free kicks. Women or Men may take kick-offs. **Men may take free kicks within their own defensive penalty box (18yds).**
3. Scoring Guidelines:
 - All goals scored by both men and women will count as one goal.
 - The max number of goals scored by an individual player allowed is **three** per game.
4. The goalkeeper is entitled to extra protection and to an advantage to the ball. Any unwarranted physical contact against the goalkeeper will result in an indirect kick.
5. **Any forms of sliding or playing the ball while on the ground is NOT permitted.**
 - The **first violation** by a team will result in an **indirect free kick** being awarded to the opposing team at the spot of the infraction.
 - On a **second violation**, by any member of the team, the offending player will receive a yellow card.
 - **Any infractions of this rule after the second violation** will result in a red card to the offending player/players.
 - This rule does not exempt goalkeepers outside of the penalty area (18 yard box).
6. Note: Referees have the authority to penalize the first or second slide tackle of the game with a harsher penalty. Referees **MUST** give cards beginning with the second slide tackle.
7. Any player bleeding from a wound must leave the field of play. The player may not return until the bleeding is stopped, the wound is covered, and uniform is changed (in the case of saturated blood on the uniform).
8. Players can only play with a cast if it is padded and the referee deems it is safe (This is at the referee's discretion).
9. A game is declared official if at least one complete half of the game has been played. If less than one half of the game has been played, it is declared "no contest".
10. If any team fails to play a game for any reason, the opposing team will receive a 1-0 win and the game will count for all purposes.
 - A forfeit is not eligible to be rescheduled. Games will only be rescheduled due to inclement weather, no show referees and/or facility issues.
 - Teams forfeiting three games will be suspended from the league without any refund.
11. All games will be final and there will be no appeal from decisions of the referee.
12. The half-time interval is not to exceed 10 minutes.

G. TEAM & INDIVIDUAL CONDUCT

1. Any player receiving a yellow card must immediately sit out for 15 minutes, but a substitute may replace that player. Any player receiving three yellow cards in a season will be removed from the existing game and will be suspended for a minimum of two additional games.

- Any player receiving a red card will be removed from the game, must immediately leave the premises, and the team will play short-handed. The player will automatically be suspended & after review by the league, a final suspension length will be determined based on the general criteria listed in the table below. Once decided all suspensions from the league are final.

Reason for Receiving Red Card	Length of Suspension
2 nd Caution	1 Game
Denial of Obvious Goal Scoring Opportunity	1 Game
Serious Foul Play	1-3 Games
Violent Conduct	1-3 Games
Violent Conduct – Intentional Fighting	3 Games Minimum
Violent Conduct – Intentional Attempting to Fight	3 Games Minimum
Obscene, Abusive, or Insulting Language or Gestures	1-3 Games
Spitting at an Opponent/Other Person	4 Games Minimum

- Lake Oswego Parks & Recreation reserves the right to suspend a player beyond the guidelines listed above on a case by case basis.
 - Two red cards in a season by an individual player will result in a minimum suspension from the league for the remainder of the season.
 - If a red card is received in the last game of the season or a player has games remaining from an ongoing suspension, the suspension will carry over into the next season.
- The referee and/or L.O. Parks & Recreation staff can eject any player, manager or spectator from the premises for any behavior deemed inappropriate or for any threats towards others.
 - Team Managers are responsible for the conduct of their players and fans.
 - Lake Oswego Parks & Recreation Department reserves the right to suspend any player, team manager or spectator from the league &/or premises for any single verbal or physical action/threat or multiple actions/threats deemed inappropriate for this league.
 - Once the season has begun, there are no refunds for suspended teams or players/teams who choose to drop from the league.
 - Forfeited games are not eligible for a refund or pro-rated credit to your Lake Oswego Parks & Recreation Account.
 - If a game is cancelled by Lake Oswego Parks & Recreation for any reason and a make-up game is unable to be scheduled, your LOPR Account will be credited on a pro-rated basis for the number of games cancelled. Reasons games may be cancelled may include but are not limited to: inclement weather, excessive heat, unhealthy air quality, referee shortage, etc.
 - Managers, players, coaches and fans are expected to help ensure the recreational spirit of this league.

H. INSURANCE NOT PROVIDED

- The City of Lake Oswego does not carry insurance covering soccer injuries at either games or practices. The responsibility for obtaining such insurance is left to the individuals participating in the league. The City of Lake Oswego is not responsible for the loss or damage of personal items while participating in the league activities.