

Adult Northern Mid-Cities Soccer League Rules and Regulations

1. Scope, Authority, and Definitions

- 1.1. These Modified Rules govern all adult coed soccer league matches played under NMCSL, the officials, team staff, and players.
- 1.2. If a topic is not covered within these Rules & Regulations, refer to the IFAB Laws of the Game (LOTG). NMCSL
- 1.3. rules prevail only where they are more specific or expressly modified IFAB.
- 1.4. The center referee has full authority to enforce the LOTG and these Modified Rules, including to prevent unnecessary delays. If play has begun with no timely challenges, field and match conditions are deemed accepted; later challenges may be dismissed at the referee's discretion.
- 1.5. Definitions
 - 1.5.1. Association - A city, multi-city, county, or other geographically organized service organization dedicated to promoting soccer.
 - 1.5.2. Executive Board - Collectively, the Adult League commissioners of each Participating Association in the NMCSL Adult Age Group.
 - 1.5.3. League - the NMCSL Adult Age Group for coed play, or "NMCSL" within these Rules and Regulations
 - 1.5.4. Participating Association - An Association with registered teams playing in the NMCSL.
 - 1.5.5. Playing Rules - These Rules and Regulations
 - 1.5.6. Slide Tackle - A Slide Tackle is when a player slides with legs extended in an attempt to win the ball from an opponent.

2. Eligibility Rules

- 2.1. Any person requesting permission to play in the NMCSL may do so, provided they are properly registered and assigned to a team within a Participating Association.
- 2.2. Registered players are required to meet all State and National requirements that have been set.
- 2.3. Any person under suspension from any Participating Association is not eligible to play in NMCSL.
- 2.4. All players must be 18 years of age on the registration date.
- 2.5. Any person currently registered as a professional soccer player is not eligible to play in the NMCSL, with exceptions noted below:

- 2.5.1. Notwithstanding the provisions above, it may be permissible for a maximum of two (2) professional players to register on a first-division team with the approval of the Executive Board.
- 2.5.2. Placement of former professional players who have played professionally within the previous five years will be at the discretion of the Executive Board
- 2.5.3. Any former professional player who has not played in a professional capacity for the prior six (6) years will have no restrictions regarding playing or placement

3. Structure

- 3.1. To maintain a consistent and fair level of competition, the NMCSL's Executive Board reserves the right to place teams in a division other than the one requested.
- 3.2. Divisions will be set and balanced to the best of the NMCSL's Executive Boards' ability, using competitiveness as a primary factor.
- 3.3. Not all division requests can be granted, but NMCSL will make its best efforts to ensure each division is balanced.
 - 3.3.1. All factors that may affect a team's competitiveness may be considered.
- 3.4. It is the responsibility of each team captain to inform the NMCSL's Executive Board via contact with their Association's Adult League Commissioner of any factors that might impact their team's competitiveness at the time of registration.
- 3.5. After divisions are set, captains may add or delete players according to the division in which their team has been placed.
- 3.6. Promotion and relegation are practices of this league. If your team finishes first, you may be promoted; if your team finishes last, you may be relegated. NMCSL's Executive Board reserves the right to move teams to other divisions to promote fair and competitive competition.
- 3.7. For the benefit of your team and players, if you update your roster in a way that could result in relegation, you must notify the NMCSL's Executive Board via communication with your Association's Adult League Commissioner of those changes before teams are placed into divisions and the schedule is finalized. Failure to do so could result in unsatisfactory playing conditions for the league and your team.
- 3.8. New teams shall provide the NMCSL Executive Board with the average age and players' experience before being placed into a division.

4. Registration

- 4.1. All required fees, registration forms, liability releases, identification cards, and other forms of information must be fully completed, typed, and submitted to NMCSL via the team's Association on the designated registration date(s) for each season.
- 4.2. The maximum team roster shall be 25 players, and all USASA/USSF registered.

- 4.3. A minimum of 12 players must be registered before the first game of the season; otherwise, the team may be dropped from the schedule.
- 4.4. Players may register up to three weeks after the season start date, regardless of any schedule bye or forfeits.
 - 4.4.1. NMCSL may provide an exception to this rule on a case-by-case basis.
- 4.5. Refund Policy: Refer to your Association or registration tab on gotsport.com
- 4.6. Only with good cause and approval from the NMCSL Executive Board can a team register after the designated registration date(s).
- 4.7. One bye date per team may be requested to the NMCSL Executive Board via communication with your Association's Adult League Commissioner within five days after the season schedule is released. After five days, the season schedule will be set, unless the NMCSL Executive Board approves changes.
- 4.8. Each player must be registered in gotsport.com for the current playing season; otherwise, they shall not play.
- 4.9. Any player may be registered with more than one (1) USSF-registered men's or women's team per association and still be allowed to register with one Co-Ed team concurrently. They must be registered with a Participating Association in the NMCSL before participating in any NMCSL league game but may not be registered on two NMCSL teams.
- 4.10. Any properly constituted team within any Participating Association may become a member if all requirements are met, and NMCSL deems membership to be in the best interest of soccer.
 - 4.10.1. To be in good standing, a team must meet all the following:
 - 4.10.1.1. All dues, fees, and assessments owed to their Participating Association must be paid prior to the first game of each season.
 - 4.10.1.2. A team failing to meet any requirement of good standing for thirty (30) days shall have its roster declared open and shall not be entitled to vote, services, or competition.
 - 4.10.2. Each team member shall have access to the Playing Rules via their Association's website.

5. Add/Delete/Transfer

- 5.1. Roster changes must be submitted to NMCSL by the end of registration.
- 5.2. A player may transfer to another team with permission from the League, upon request from both the current and new team managers during the current season.

6. Equipment:

- 6.1. Uniforms
 - 6.1.1. All teams must wear matching shirts, not different shades, with a minimum of six-inch numerals, no duplicate numbers, and fixed to the back, for eligibility.

Numbers must be sewn, heat-stenciled, or heat-transferred; taped or handwritten numbers are prohibited

6.1.1.1. If there is a color conflict, the home team must change jerseys or wear pennies over their jerseys, and the number rule applies.

6.1.1.1.1. If team colors change after the schedule is published and cause an unplanned color conflict, the team making the color change must switch to another color.

6.1.1.1.2. If both teams change colors, causing a conflict, the home team must switch

6.1.1.1.3. If both teams have similar colors (e.g., black vs. purple), captains may request a jersey color change with referee approval.

6.1.1.1.4. The primary jersey color is listed first; the alternate color second. Teams must wear the primary color unless:

6.1.1.1.5. Both teams' primary colors conflict, in which case the home team must switch to their alternate.

6.1.1.1.6. If no conflict exists, both teams wear their primary colors

6.1.2. All numbers must match the game sheet. Goalkeepers are not required to have a number unless they play as a field player, in which case a unique number is required.

6.1.3. In limited cases (opening weekend, new teams, other isolated circumstances) referees may allow reasonable leniency to the enforcement of uniform rules. In such circumstances, the center referee's decision is final for the match and not subject to appeal.

6.1.3.1. Any team that plays any player who is ineligible, including a registered player not granted leniency for uniform matters, shall forfeit the match immediately upon play, scoring the match a 3-0 win for the opponent.

6.2. Shin guards are mandatory, and socks must cover the guards. Shin guards must be FIFA-approved

6.3. Slider shorts are allowed; their color must be a similar color of the shorts and may go the length of the leg.

6.4. Playing shoes must meet FIFA standards and be in safe repair. No steel studs will be worn

6.5. The game ball should be size 5 and conform to FIFA standards. Both teams must provide a game ball to the referees prior to the start of the match.

7. Playing Rules

7.1. Team rosters and Player ID cards must be available at all games

- 7.2. Match report - each team is required to bring a match report (match card) and provide it to the referees before kickoff
- 7.3. Referees should check match reports and confirm rosters. No handwritten information is permitted on a match report unless authorized by the referee
- 7.4. Games cannot be started without a match report.
- 7.5. Number of Players
 - 7.5.1. Teams shall consist of male and female field players. The goalkeeper may be male or female. No more than five male field players are allowed during play. Up to nine (9) female field players are permitted during play, provided there is one (1) male field player. (One male and two female field players are always required).
 - 7.5.2. If a male field player is sent off (red card), the team is limited to four (4) male field players (a total of nine field players). A second male red card reduces the team to three (3) male field players, and so on, including goalkeeper suspensions. If a goalkeeper is sent off for a red card, the maximum number of field players for that keeper's gender is reduced by 1. (Example: A male goalkeeper gets a red card; the goalkeeper is sent off and the maximum number of male field players allowed on the field for the remainder of the match is 4 and the goalkeeper can be replaced by either gender.)
 - 7.5.3. A minimum of six (6) field players and one (1) goalkeeper is required to start a game, two (2) of whom must be female field players. If a team has only seven players at the scheduled start, they must begin with those players or forfeit. If the team falls below seven field players for any reason, they will forfeit the game, and the opposing team will be awarded a win.
- 7.6. Substitution:
 - 7.6.1. Free substitution is allowed for either team at any stoppage, with referee approval.
 - 7.6.2. Players bleeding must leave the field and obtain permission from the referee before returning.
- 7.7. Slide Tackling
 - 7.7.1. Slide Tackling is prohibited and will automatically result in a minimum of a yellow card for dangerous play
- 7.8. Lightning Delay
 - 7.8.1. If Lightning Strikes within a 10-mile radius of the field, the game will be delayed for a minimum of 30 minutes; all fields are monitored by Perry Weather, and there will be a siren to notify everyone that the game has been delayed.
 - 7.8.1.1. All Players, Spectators, and officials must leave the fields and go to their cars; no one is to remain on the fields, under trees, or near the bleachers.

7.8.1.2. Should lightning strike again in that 10-mile radius, the 30-minute clock will restart, but there will not be another siren.

7.8.1.3. If lightning delays are expected to be longer than 45 minutes the game will be suspended

7.8.2. Any games with a lightning delay may only be played once an all-clear signal has sounded to alert players and referees. All Games will be allowed to complete, but at no time will lightning delays affect the next scheduled game.

7.8.2.1. If a game is stopped because of lightning delays in the first half, the second half will be attempted to be played at its scheduled interval, considering it does not affect the next scheduled game.

7.8.3. All games must be complete by 9pm

7.9. Game Suspension

7.9.1. If suspended before the second half begins, the game shall be replayed.

7.9.2. If suspended after the second half begins, the game shall be considered complete.

7.9.3. Rainouts or suspensions will be rescheduled.

8. Misconduct/Discipline

8.1. Temporary Dismissals for Dissent (Sin-Bin). To promote respect:

8.1.1. A caution for dissent (yellow card for dissent) results in a 10-minute temporary dismissal. The team plays short for the full sin-bin period; the player may re-enter at the next stoppage after time expires.

8.1.2. A second caution (of any kind) to the same player = send-off (red card).

8.1.3. If the goalkeeper is sin-binned, another player must serve as GK; the team still plays short.

8.2. All misconduct must be reported in writing to the Executive Board within 48 hours via the misconduct report.

8.3. The NMCSL Executive Board may refer the matter to the Participating Association's Appeals & Disciplinary Committee, who may suspend or remove guilty players or officials.

8.4. Serious misconduct may be reported to the North Texas State Soccer Association.

8.5. An ejection (red card) results in at least a one-game suspension based on the referee reports and the Appeals & Disciplinary interpretation of the violation. Red cards during the final game carry over to the next season's first game.

8.6. Involvement in fighting results in a minimum of three (3) game suspension and joining a fight result in at least four (4) games.

8.7. Offensive, insulting, or abusive language directed at opponents, officials, or spectators' results in at least a three (3) game suspension

8.8. A second caution for dissent may carry up to a three (3) game suspension

9. Forfeits

- 9.1. A team may request a forfeit but must notify the Executive Board via their Participating Associations Adult League Commissioner at least 72 hours before the regular scheduled game in which they are forfeiting.
- 9.2. The non-forfeiting team will be awarded a 3-0 win. A team that does not timely advise the league or show at the field at the scheduled game time will be considered a no-show.
- 9.3. For forfeits of positioning round or semi-final games, regardless of point standings, the offending team will not be allowed to participate in the division finals or be named the division champion. The team with the next greatest point total will replace the offending team in the final or as champion. No awards will be issued to the team being replaced.
- 9.4. A member of the Executive Board, or the Center Referee may declare a game a forfeit for reasons including but not limited to:
 - 9.4.1. ID cards not being presented to the referee for inspection, no later than the published game start time and before the end of the 15-minute grace period. Electronic loading of the game cards is acceptable, provided they can be shown within the required time.
 - 9.4.2. Lack of the minimum required number of players (as outlined in section 7).
 - 9.4.3. Non-compliance with league uniform standards. This includes, but is not limited to, an improper number on the jersey; home teams being unable to provide alternate jerseys, etc.
 - 9.4.4. Any team playing ineligible or illegal players shall forfeit that game, and the team may be suspended from further play until they appear before their Participating Association's NMCSL A&D Committee to answer charges.

10. Scoring

- 10.1. A woman's goal counts as two (2) points; a man's goal counts as one (1) point. In the event of a deflection by the defense, provided the original play was a shot on goal, the last offensive player touching the ball before a deflection determines the points. A goal scored directly by a defender counts as one (1) point. The referee will determine the point amount prior to the restart of play
- 10.2. Penalty kicks - all penalty kicks will be taken by women and are worth 1 point. Exception: If the penalty kick is the result of a woman being fouled during a clear/obvious scoring opportunity (such as a breakaway) or the result of a called handball blocking a female shot on goal) the referee may allow 2 points. The referee will determine the point amount before the kick attempt.
- 10.3. Team's male players are capped at six (6) goals in any game, and there is no cap for any individual male scoring up to six goals.

11. Divisional or Group rankings

- 11.1. Points are awarded in a 3 point system
 - 11.1.1. Win – 3 points
 - 11.1.2. Tie – 1 point
 - 11.1.3. Loss – 0 points
- 11.2. The team with the highest cumulative point total for the season shall be the seasonal champions; however, any team on probation at any time in the season is ineligible to be named champions but may be considered for promotion.
- 11.3. If a team with the most points in a season is ineligible, the next eligible team with the highest point total shall be named the seasonal Champions.
- 11.4. Tiebreakers for Divisional or Group rankings
 - 11.4.1. Head-to-head competition (if applicable)
 - 11.4.2. The fewest number of goals allowed
 - 11.4.3. The greatest number of goals scored
 - 11.4.4. The lowest number of Red cards (or Red and Yellow if available)
 - 11.4.5. coin toss

12. Protests and Appeals

- 12.1. Red card appeals may only be for mistaken identity or wrongful dismissal.
- 12.2. Protests or appeals must be submitted to the NMCSL's Executive Board office within five (5) calendar days of the game being played and will be heard within ten (10) business days.
- 12.3. Appeals to the A&D Committee must be submitted in writing to the NMCSL's Executive Board for referral to the Participating Association's A&D. The NMCSL shall adopt the recommendation of the Participating Association's A&D.
- 12.4. Appeals to the NMCSL Executive Board's ruling must be submitted in writing to NTSSA.
- 12.5. Any individual and/or team always retains the right to appeal or protest any decision in accordance with these rules. All decisions at any level of the appeals process shall remain in full force and effect until changed by a higher authority.

13. Conflict of Interest

- 13.1. Any conflict of interest related to rules must be referred to the Executive Board for review

14. Special Circumstances

- 14.1. The Referees and Participating Associations reserves the right to act on unforeseen circumstances not covered by these Rules and Regulations, which may require official Executive Board action.
- 14.2. The NMCSL's Executive Board may modify specific rules (e.g., number of players, gender ratios, field locations, etc.) to accommodate local conditions.