



**Cheyenne Soccer Club
Recreational Program**

**Guidelines for Referees, Team
Captains and Players**

Local Rule Applicability

ADULT LEAGUE

(Revised May 2024)

The soccer rules and laws of the Cheyenne Soccer Club (CSC) are generally those of the United States Soccer Federation (USSF) as modified or clarified by the following items.

Sportsmanship

1. Inappropriate conduct on the part of players, team captains or spectators will not be tolerated. This includes criticism, threats, blaming, yelling, humiliating, ridiculing and showing biases. Team captains shall be held responsible for the actions of any individual(s) at any match that are on, or cheering for, their team. Referees are required to submit a written report to the CSC, within 48 hours, after cautioning or ejecting any player for misconduct.
2. All referee decisions, calls and judgments are final. All players, team captains and spectators are asked to please respect the referee's judgment on difficult calls and cooperate with him/her during the game. Demeaning remarks about or by a player, spectator or team captain are not allowed. Sportsmanship is the name of the game and is to be pursued at all times.
3. A referee shall have the discretion to stop, suspend and/or terminate a game whenever he/she deems such stoppage necessary due to bad sportsmanship or interference by spectators. In such cases, the game will not be rescheduled.
4. If a player is ejected (red carded) from the game, then the ejected player's team shall play short for the remainder of the game. A player receiving a red card must leave the field for the remainder of the current game and cannot play in the next scheduled game. The player will then be required to pay an \$50 fee to return to play. If a player receives two red cards, there will be a 3-game suspension and a fee of \$50 to return to play; if three red cards are received, the player will be suspended for one season. Suspended players shall not attend any Adult League games when under suspension. Failure to leave the field immediately after being ejected, or attending games while under suspension, may result in suspension for the duration of the season or permanent suspension from the league.
5. A player is allowed one yellow card per game as a caution. Two yellow cards during one game equates to a red card, and requires the same disciplinary results as if a red card had been issued.
6. For egregious acts of misconduct, such as fighting, the CSC Board of Directors may take disciplinary actions more strict than described above (e.g., longer suspensions or permanent

player suspension), even if it is the first infraction. Such suspension will be at the sole discretion of the CSC Board of Directors and may not be appealed.

Playing Rules

1. Each player will receive an annual PLAYER'S CARD from the CSC. The player **MUST** have this card to play in any Adult League games (no other ID will be accepted). The referee will not gather the cards and redistribute them. IF a player receives a red card during the game, the name will be communicated to the CSC.
2. Prior to the start of games, the CSC Officer/Monitor will make the determination as to whether to begin games based on local weather conditions. During the duration of a game, the Field Supervisor, in consultation with the referee, will make the determination as to whether to suspend, postpone or cancel the game based upon field conditions and current local weather conditions.
3. If a game is cancelled after the end of the first half, then the game shall count as a full game and will not be rescheduled.
4. A player must be at the age of 18 or older by the first game played by any one team.
5. Number of Players: A maximum of 8 players at a time. If a team has less than 8 players, the opposing team does NOT have to play down to have an equal number of players.
6. Teams may not start a game with fewer than five (5) players.
 - a. A team with fewer than five players may borrow players from other teams in order to play the game. Borrowed players from a team playing a concurrent game, including the opposing team, must be approved by the team captain of the lending team. All players must be registered and dues paid for the current season. Borrowed players may not be under any sportsmanship suspension.
 - b. Referees should remain at the games for teams who have the previously mentioned minimum number of players - even if borrowed from other teams. After 10 minutes from the scheduled game start time the referee may shorten each half equally or call the game, if not enough players are on the field and ready to play.
 - c. A team playing short shall be allowed to add players as the game progresses when new players arrive. The team captain or player of that team should notify the referee of newly arriving players and the referee will then permit the addition of players as play allows for substitutions.
7. **Female Players** – There will be a minimum number of **TWO** female players required on the field at all times. A team will play down one player for every female player that is not on the field at the start of the game and during the game.
8. Uniforms must be worn at all games and must be the same. If weather warrants, the uniform can be worn over long-sleeved shirts, coats, etc. The goalie must wear a different color shirt

or sweatshirt than that of their team and the opposing team. Shinguards are required and socks must be worn over them. Cleats must be soccer style (without a front toe cleat).

9. Jewelry. Wearing nose rings, piercings and/or earrings during game play is only acceptable if the player covers them with tape or a band-aid. Finger rings are acceptable, as long as nothing is protruding. Necklaces, watches and bracelets need to be removed. Medical items which cannot be removed must be taped to the player's body. This is for the safety of all players and the REFEREE'S DECISION IS FINAL. The CSC is NOT responsible for any lost or damaged items.
10. **Either team** may substitute on a throw-in, a goal kick, after a goal, at half time and for a player injury. There are no substitutions on a corner kick. Substitutes do not have to be at the midline to enter the game. Substitutes must communicate with the official that they are coming on the field. Substitutes may not enter the field until beckoned on by the referee. Players leaving the field may do so at any point around the boundaries in order to minimize lost time.
11. Duration of the game: Two 30-minute halves (5-minute half time).
12. Slide Tackling is not allowed.
13. Size 5 balls will be used.
14. A player shall not be judged offside if he/she receives the ball direct from a goal kick, throw in, or corner kick.
15. USSF rules concerning throw-ins, offside, fouls/misconduct and penalty kicks are to be appropriately enforced by all referees.
16. The goalies are to be protected at all times. Therefore, the goalie is deemed to have possession of the ball at any time a hand or finger is in contact with the ball. Kicking at the ball when in the goalie's possession is not allowed.
17. Goalie changes can be made during allowable substitution stoppages of the game (goalies must adhere to uniform standards as defined in #8). The referee shall be notified by any player from that team.
18. The referee shall keep a record of the game (goals scored) and act as the timekeeper. Time is continuous in all CSC games except for prolonged stoppages for injury or field equipment problems.
19. The size and marking of the fields have been modified to reflect the divisional participants playing on the field and the size/shape of the area available.
20. A dual Referee system will oversee league games.
21. The home team, the team which is listed first on the left side of the schedule, is responsible for the set up and take down of their field. This includes corner flags and trash clean up.

22. Specific playoff rules and schedule will be provided separately each year.

Questions? Adult league Coordinator listed on the web site:

<https://cheyennesoccer.com/co-ed-adult-league/>