

Lou Ramos Winter League Rules

FIFA Rules apply unless specified otherwise

1. NO FOOD, GUM, OR DRUNK ON FIELDS. This includes Halftime.
2. The Lou Ramos Center Turf allows for cleats, indoor cleats, or sneakers. Players in cleats are NOT allowed on the side turf courts for warm-up if they are available.
3. All teams will play with 6 players, 5 field players and a goalkeeper. A team needs a minimum of 5 rostered players on the field to begin a game. There will be a grace period of 5 minutes after the scheduled starting time before a forfeit is declared. Once a game has begun, a team must field 4 rostered players or the game is declared a forfeit.
4. No Offside.
5. Goals can be scored only from the offensive half. A shot originating from the defense half will be treated as an indirect kick for purposes of a goal.
6. The ball is considered out of bounds when it makes contact with any part of the net or ceiling.
7. No Boarding. Boarding will result in a 2-minute penalty. **For any reckless boarding, players will be issued a red-card**
8. No slide tackling towards players. Slide tackling may result in a 2-minute penalty.
9. All restarts, other than those as a result of a foul, are indirect kicks. Restarts as a result of a foul are either direct or indirect in accordance with FIFA rules. Penalty kicks are taken 1v1, (attacker against keeper) for 5 seconds or one shot. The attacker begins with the ball at mid line and the keeper begins on the goal line. Play stops after 5 seconds or after the shot. Restart would either be a goal kick or a center tap.
10. Defenders must be at least **10 feet** from the ball on free kicks or restarts.
11. The opening kick may travel backwards.
12. The outdoor pass back rule to a keeper is in effect. The keeper must have one foot in the penalty area to touch the ball with their hands.
13. After gaining control of the ball, the keeper must distribute the ball with a throw (no punting or drop-kicks). The throw may not enter the opposing penalty area until it touches a player, the floor or the wall. Violation of this rule will result in an indirect free kick at the centerline.
14. A goal kick must also touch a player, the floor or the wall before entering the opposing penalty area.
15. Sub on the fly. Players should be off the field before sub enters. Keeper may hold the ball longer than 5 seconds to allow subs at referee's discretion.
16. If a player receives a **YELLOW CARD**, that player will receive a 2-minute penalty. Goalkeepers who receive a **YELLOW CARD** will also be required to serve a 2-minute penalty. If a player receives a second **YELLOW CARD**, that player will be out for the remainder of this game and the team will play short one player for the remainder of the game. If a goalkeeper receives two yellow cards the team will play short one player but you may put in another goalkeeper.
17. If a player receives a **direct RED CARD**, that player will be out for the remainder of the game and the team will play short one player for the remainder of the game. If a

goalkeeper receives a red card the team will play short one player but you may put in another goalkeeper. A player who receives a RED CARD is prohibited from playing in any game at that age group for a minimum of the next 8 days. Any coach receiving a red card is prohibited from coaching during any game at that age group for a minimum of the next 8 days. If a player or coach receives a second RED CARD during the season they will be prohibited from participation with any team at the LRC for the remainder of the season.

18. Referees have the ability to issue a 2-minute penalty to any player without necessarily giving them a Yellow or Red card (or a combination of penalty and card). Teams who receive a 2 minute penalty must play down a man until the referee indicates their penalty is over.
19. **No screening the Goalkeepers through the course of play - they are to be given roughly 4 feet of space**
20. Home teams must supply a game ball.
21. Game Times - Referee will control the clock.
 - a. a. Youth & HS Halves are 22 minutes long with a 3m Halftime.
 - b. Adult Halves are 25 minutes long with a 3m Halftime.
22. **ALL PLAYERS MUST WEAR SHIN GUARDS.**
23. The home team must change uniform or wear pinnies if the referee determines there is a color conflict.
24. Players are only allowed to play with one team per age group. (Exceptions in extreme cases when a team in the same club submits multiple teams and are short on players)
25. **Players must have properly completed the waiver form to be eligible to play. If a player plays without this waiver or fields illegible players, the team is subject to a forfeit.**
26. **NO PROTEST ALLOWED.**
27. If the game is canceled due to weather conditions, it will be on the web site at least 2 hours prior to game time. Games will be marked as "Postponed" on online schedule and there will be a news story on www.lehighvalleyunited.com on the front page.
28. **STANDINGS - Win =3, Tie = 1, Loss = 0 points**
 - a. Tiebreaker Criteria
 - i. Head-to-Head Competition (2-Team tie only)
 - ii. Total Goal Differential Maximum (Maximum 4 goal differential per game)
 - iii. Least Total Goals Allowed
 - iii. Least Red Cards Received/Least Yellow Cards Received
29. The League Director has final say over all league matters.

ADDITIONAL LRC LEAGUE RULES

FOR OPEN MEN'S DIVISION

Special Rules for Open Men's League:

- o Teams play with 4 field players and a keeper
- o Teams are limited to 12 players on a roster
- o Team rosters are frozen after 2nd game of season
- o AFTER THE THIRD YELLOW CARD ON AN INDIVIDUAL PLAYER IN ANY NUMBER OF GAMES DURING THE SEASON, A RED CARD WILL BE ISSUED AND THAT PLAYER WILL BE INELIGIBLE FOR THE NEXT GAME.

Rules are subject to be updated throughout the season