

# Wellington Recreation Official Adult Co-ed Soccer Manual



Wellington Recreation modifications to the FIFA Laws of the Game.  
FIFA Laws of The Game can be found at [www.fifa.com](http://www.fifa.com)

## Purpose of League Play

The purpose of the league sponsored by Wellington Recreation is to combine the interest of both men's and women's soccer teams in the community towards **friendly competition and clean sportsmanship**.

## Law I-The Field:

- A. Dimensions:** The field of play shall be rectangular, its length not more than 80 yards nor less than 40 yards, its width not more than 40 yards nor less than 30 yards. The length in all cases shall exceed the width.
- B. Markings:** Distinctive lines not more than (5) inches wide.  
A halfway line shall be marked out across the field.  
A center circle with an eight (6) yard radius.  
Four corner arcs each with a three (3) foot radius.  
Goal area: Six (6) yards from each goal post and six (6) yards into the field of play joined by a line drawn parallel with the goal line.  
Penalty Box area: Ten (10) yards by twenty six (26) yards.
- C. Goals:** Four (4) feet high and eight (8) feet wide.

## Law II-The Ball: Size five (5).

## Law III-Number of Players:

- A. Maximum number of players on the field at any one time is five (5 v 5) including the goal keeper. There shall be a minimum of two (2) female players on the field (not including the goalie) at all times. There may be more than 2 female players on the field.**
- B. There is no maximum number of players that can be on a roster though each player must have signed the official team roster. In no event, will a player, who has not signed the official team roster be allowed to participate.**
- C. One goal keeper will be used. Keepers must wear a jersey that signifies them as different from the other players.**
- D. Substitutions must be made "on the fly" and ONLY in the designated substitution area near midfield. Substituted players must be off the field before new player enters field. Penalty for too many players on field at one time will be a caution (yellow card) to the illegal player, and an INDIRECT free kick from the point the ball was at the time the infraction is noticed. Note: application of this rule is at the discretion of the referee only who determines if infraction has affected play. Advantage rule applied when appropriate. Goalie substitution: Only during play stoppage and with the consent of the official.**

## Law IV-Players Equipment: Conform to FIFA with the following exceptions:

- A. Footwear:** Tennis shoes or soft-cleated soccer shoes.
- B. Shin-guards are MANDATORY.**
- C. Teams shall wear jerseys of like color with minimum six (6) inch numbers. Numbers shall be unique.**

## Law V-The Referee: Wellington Recreation will provide The Referee. The Referee may be a volunteer.

## Law VI-Assistant Referee: One linesman provided by each team. Linesman will switch sides at the half.

## Law VII-Duration of the Game: The game shall be divided into two (2) equal halves of twenty five (25) minutes each. There shall be a half-time break of three (3) minutes.

**Law VIII-The Start of Play:** Conform to FIFA, with the following exception:

**A.** Opponent must be outside the center circle on their half of the field while kick-off is in progress.

**Law IX-Ball in and Out of Play:** Conform to FIFA. Ball must completely cross line to be out of play.

**A.** There are no punts or drop kicks. The goal keeper may only distribute ball by foot when ball is not bouncing. When goalie has control of the ball they may only distribute ball by kick (while ball not bouncing) and/or by hand/throw on their side of the field.

**B.** Pass Violation: Ball cannot cross the halfway line in the air from goal kick by any player. Violation will be an indirect free kick from the midfield by opposing team. The ball may bounce or roll across the halfway line. This will promote passing and not long kicks.

**C.** Restarts: All restarts (kick-off, goal kick, etc) shall be indirect.

**Law X-Method of Scoring:** Conform to FIFA. Ball must completely cross goal line between posts and beneath crossbar to count.

**A.** The goalie can score from own half.

**B. Mercy Rule:** Once a team goes ahead by 3 goals, the winning team must remove a player from the field and shall abide by the female to male player ratio. When score is tied the removed player may come back on the field. Both teams will then play with five (5) players. Deliberate own goals will not count.

**Law XI-Off-Side:** There will be no off-sides for small sided play.

**Law XII-Fouls and Misconduct:** Conform to FIFA with the following exception:

**A.** All fouls shall result in a free kick with opponent eight (8) yards away.

**B.** Slide tackling is illegal and shall result in a free kick at the point of the foul. Slide tackling will result in a yellow card.

**Law XIII-Free Kicks:** Conform to FIFA with the following exception:

**A.** Opponents must be eight (8) yards away.

**Law XIV-Penalty Kicks:** Conform to FIFA with the following exception:

**A.** Opponents must be eight (8) yards away.

**B.** Penalty shots: Shall be taken at midfield (no goalie). It is the only direct kick. All players must be behind the midfield line. No player can move until ball is kicked.

**Law XV-Throw-In:** Conform to FIFA.

**Law XVI-Goal Kick:** Conform to FIFA with the following exceptions: The ball cannot go over mid-field in air from **goalie clearance for age 16 and older**. Infraction will result in an **INDIRECT** kick for opposing team from the mid field line.

**Law XVII-Corner Kick:** Conform to FIFA with the following exception:

**A.** Opponents must be eight (8) yards away from the ball.

**Miscellaneous:**

- Playing Conditions: Field supervisor will determine if games will or will not be played. Games will be called if safety is a concern.
- Opposing coaches and players should shake hands after each game.
- Parent/coaches, non-playing players and spectators should be there to enjoy and encourage the activity of the players.
- No alcoholic beverages or tobacco products will be allowed or used in the parks during games or practices.
- Swearing will not be tolerated by fans, participants, or coaches. A spectator or participant that is loud, obnoxious, or disrupts the event will be asked to leave the premises and will be expected to comply immediately.
- Elastic Clause: The league director shall have complete charge of the Adult Sports League. Any and all situations not specifically covered by these rules shall be acted upon by the League Director and all actions by the league director will be final.

- The league director reserves the right to change or amend any of the rules or regulations contained in this manual. Any questions concerning Adult Sports should be directed to:

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