

Rules and Regulations for AAL

1. FIFA rules and regulations will apply except were modified or changed for the purpose of this league. As in the case of a slide tackle. We do not allow slide tackles.
2. In Order to play in the AAL you must complete volunteer hours. Hours may be completed as an official coach/asst. to a youth team, refereeing and/or field marshaling.
3. Substitutions for both teams will be allowed at anytime during stoppage of game. Referee must be notified prior to a substitution. Players must come off the field prior to a substitution being made.
4. Games are to start promptly at 8:00 am and 9:40 am with two halves of 40 minutes each and a 5-minute break for the half. There will be a 15 minute break between games. Referees will request score cards 5 minutes prior to the start of each game. The clock will start at the designated time whether the team(s) are ready or not. If a team can not start within 10 minutes of the designated time the game will be forfeited (a friendly game can be played with the players that are present and guest players can be added, however it will still be a forfeit for the team(s) that could not field enough players).
5. The games are played 11 players a side. To field a team you must have a least 7 players. You cannot bring in players that are not on your roster, the only exception are the goalies.
6. The team captains are the only players that should address the referees. If a player has a concern, problem, suggestion, etc. it should be discussed with their captain.
7. There is absolutely no slide tackling for the purpose of dispossessing the ball from a player. If a player slides tackles they may receive a yellow card or a warning, which will again be at the discretion of the referee. Sliding for the ball is allowed so long as it is not in the possession of another player.
8. Yellow and red cards will issued at the discretion of the referee; however, the severity and the consequences of the cards issued will be mandated by the League Disciplinary Board (LDB).
9. Yellow Cards: Two yellow cards issued to a player in the course a game will result in that player's ejection for the remainder of that game. Four yellow cards accumulated during the season will result in a one game suspension. Habitual offenders may be brought up before the Disciplinary Board for additional consequences.
10. Red Cards: Will result in the ejection of that player(s) for the remainder of the game and a minimum of a one game suspension. The length of suspension or the possibility of expulsion from the league will be determined by the League Disciplinary Board (LDB). This does not include Red cards that were issued by the accumulation of two yellow cards.

DISCIPLINARY GUIDELINES

- 1) Two (2) yellow cards during a single game = red card. Player will be allowed to play the following game, but the LDB will keep track of number of yellow cards issued to players.
- 2) Accumulation of yellow cards during the season will be treated as follows:
1st 4 cards = 1 game suspension
next 3 cards = 2 games suspended
next 2 cards = 2 games suspended
next card = player suspended from remaining season. Case to be review by the LDB.
- 3) Red cards will have a minimum of one (1) game suspension. Player will sit following game after receiving card. Each case will be evaluated by the LDB to confirm or increase the suspension.
- 4) Two (2) direct red cards during a single season will constitute a reason for expulsion from the League. Each case will be evaluated by the LDB .
- 5) Captains are required to handled a copy of the AAL Regulations signed by every player on roster, prior to 3rd official game to the DBL. No player will be allowed to play at that time or after unless his signature is registered.
- 6) Captains are required to submit their objective opinion when requested by the LDB.
- 7) Special cases will be evaluated by the LDB.

By the League Disciplinary Board (LDB)

Reasons for expulsion from AAL:

1. A referee or another player is intentionally struck or threatened by a player.
2. A player receives 2 red cards during the season.
3. A player has committed a foul with the intent to injure.
4. A player(s) is involved in a fight in which blows have been thrown, even if the blow does not land.

Note: Reasons for expulsion from the league will be reviewed by the LDB to verify the validity of the expulsion as to insure fair and impartial punishment if required. Each case will be handled separately. Witnesses and Captains may be contacted for the purpose of gathering accurate information.

Player Agreement

I have read the above rules and regulations for the AYSO Adult League (AAL) and agree with the terms and conditions stated. I further agree to abide and accept any punishment that is levied by the AYSO Adult League.

Name (please print):

Player Signature and Date