

SPORTING OVER 40 LEAGUE RULES AND REGULATIONS

PLAYERS & EQUIPMENT

1. Each and every player must sign and complete a Sporting waiver PRIOR to participating in league play (this is part of PlayMetrics registration). Failure to do this will result in a forfeit for the team in any game in which an ineligible player participated.
2. Each and every player must be entered into the PlayMetrics System and have at minimum: player first and last name as it appears on their government issued photo ID, player date of birth, player phone number, player email address.
3. Each team shall consist of 8 players each (including 1 goalkeeper). Each team must have a minimum of 5 players in order to begin a game.
4. Due to injury, a team may continue with less than the minimum number of required players. An ejection that leaves a team with less than the minimum number of required players will result in a forfeit by that team.
5. One game ball will be provided by **each** team to the referee prior to the start of the game. Game balls shall be FIFA certified or approved for play by the center referee.
6. Goals will be 8 x 24 feet.
7. Players must wear shin guards.

GAME FORMAT

1. The field will be approximately 50 yards wide by 80 yards long. The penalty area is 36 x 14 yards. The penalty spot shall be 12 yards away from the goal line and centered on the goal.
2. An arc will exist at the top of the box in a 10-yard radius. The center circle at the midfield line will have a 10-yard radius.
3. Each game will consist of (2) 35-minute halves with a running clock. The clock will only stop for injuries.
4. One water break of (5) minutes will occur halfway through each 35-minute period.
5. Halftime break will be 10 minutes.
6. No off-sides penalties.
7. No slide tackles allowed; infractions will result in a yellow card and 5 minutes sideline penalty for that player (a sub can back fill during the 5-minute period).
8. During the regular season and the group stage of the tournament, a tied game will remain tied and count for one point for each team.
9. During the semi-finals or finals matches of 8 v 8, a tie game will lead to (1) 10-minute period being played, followed by a shootout until a winner is determined.
10. The shoot-out will proceed as follows:
 - The referee shall choose the goal for all penalty kicks by both teams.
 - Each captain will select any five different players on the field, including the goalkeeper, to take the penalty kicks.

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SUBSTITUTIONS

1. All substitutions are 'on the fly' at the rectangular substitution box at the midfield line.
2. The player being subbed must leave the field in the rectangular substitution area at the midfield line.
3. The player entering the game must wait for the active player to leave the field at the midfield line before crossing over the sideline and entering the field of play.
4. If any infractions occur during a substitution, an indirect kick shall be awarded to the opposing team at the spot where the ball was at the time the referee blew the whistle.
5. An infraction is defined as a player entering the field before the exiting player has entered the substitution zone.
6. No substitutions may be made during a penalty kick or if a throw-in occurs in the substitution zone.
7. The goalkeeper may change positions with a field player during a stoppage of play. The center referee must be notified prior to the change.
8. Each player must wear a legal and complete team uniform.

MIDFIELD LINE RULE

1. The ball may not be played from inside the 14-yard line over the midfield line without touching another player. This rule applies to all players.
2. All infractions of the midfield line rule will result in an indirect free kick for the opposing team at the spot on the midfield line where the ball crossed over it.

REFEREES

1. All referees must be certified and trained.
2. One-two referees will be assigned for each game.

TEAM ROSTER LIMITATIONS

1. The maximum number of eligible roster players for this season is 18.
2. All players must be at least 40 years of age at time of play.

PROBATION POLICY

1. The purpose of this policy is to promote sportsmanship, fair play, and respect for

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officials, opponents, and league administration. The probation and disciplinary system is designed to manage misconduct by individual players and teams through a structured Card Point System and progressive consequences.

2. **Authority** - This policy is enforced by the Board of Captains. The Board reserves the right to review incidents and issue additional discipline when necessary to protect the integrity of the league.
3. **Card Point System**
 - a. Overview - This scoring system is designed to manage misconduct within the league by assessing disciplinary points to individual players and teams.
 - b. When Points Are Assessed
 - i. Disciplinary points will be assessed to individuals who receive:
 1. A yellow card
 2. A red card
 3. A Board-issued punishment (during or after a game)
 - c. Point Values
 - i. **Yellow Card** = 1 point
 - ii. **Red Card** = 5 points (2 yellows in one game = red = 5 points)
 - iii. **Board Punishment** = 1 or 5 points, depending on the severity of the offense
4. Team Point Accumulation
 - a. All player disciplinary points are added to the respective team's total disciplinary point score.
 - b. Team disciplinary points accumulate throughout the current phase of the season.
5. Team Point Deductions
 - a. Point deductions from the current phase standings will occur immediately when a team reaches any of the following total disciplinary point thresholds:

Team Disciplinary Points	Standing Deduction
≥ 15 points	-1 point
≥ 20 points	-2 points
≥ 25 points	-4 points
≥ 30 points	-8 points

6. Playoff Exception
 - a. If a team reaches any of the above disciplinary point thresholds during the semi-finals or finals, the corresponding point deductions will be applied to the team's next season standings.
7. Team Probation
 - a. A team will be placed on league probation when:
 - i. The team reaches 20 or more disciplinary points in a single phase, or
 - ii. The Board determines the team has shown a pattern of unsporting behavior, dissent, or misconduct.
 - b. Length of Probation
 1. Two consecutive seasons.

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c. Removal from Probation

- i. A team may be removed from probation when:
 - 1. After two consecutive seasons where disciplinary points are reduced below probation thresholds, and
 - 2. No serious misconduct occurs during the probationary period.

8. Player Probation

a. Player Probation Criteria

- i. An individual player may be placed on probation if they:
 - 1. Accumulate 8 disciplinary points, or
 - 2. Commit a serious offense as determined by the Board.

Indiv Disciplinary Points

- ≥ 5 points
- ≥ 8 points
- ≥ 8 points (on probation)

Action taken

- Expulsion from current game
- Expulsion from remaining season;
And added to probation list
- Expulsion from league

b. Player probation

- i. Players receiving ≥ 8 points in a season will be placed on probation and be expelled for the remaining season.

c. Probation term

- i. Player probation will be for a 12-month period from the date of the qualifying infraction.

d. Any of the following will result in banishment from the league:

- i. Receiving 8 points while on probation.
- ii. Engaging in serious foul play.
- iii. Fighting