

BISA ADULT COED RULES

BISA's Adult Coed program is designed to allow adult players access to a local program. However, this is for recreation and is intended to provide enjoyment of the game and to promote sportsmanship. BISA uses FIFA's Laws of the Game as they are written with the exception of those differences noted below. It is the responsibility of the player to be familiar with these Laws. Each player is also responsible for understanding that BISA uses a Cumulative Card System. This can be found on BISA's website. By signing up to play, each player agrees to abide by BISA's rules, the code of conduct, the Rules of Competition, and understands the consequences of the Cumulative Card System.

3.14 NTSSA RULES OF COMPETITION

The Rules of Play for Adult and Youth competition of NTSSA and its affiliated members shall be the FIFA Laws of the Game.

FIFA Laws of the Game Modified for BISA Adult Coed Program:

3.14.1 Law I – Field of Play

Age Groups Field Width Field Length Goal Size

Adult

Min 50 yards by min 100 yards

3.14.2 Law II – The Ball

Size #5

3.14.3 Law III – Number of Players and Substitution

Seven (7) verses seven (7) with 2 players being female. If 2 female players are not present or able to play, the team will be required to play down the number of female players not playing. The number of female players not playing does not affect the maximum number of male players being 5. Each recreational player, when present for the game, shall be required to play the minimum of 50% of the time.

Substitution Rule – Adults: FIFA rules for substitution will apply with the exception of the number of players and the frequency of their substitution.

Substitutions will be made:

- a. At a throw-in by team in possession; if this opportunity is taken and the opponent wishes, they may also sub
- b. Either team, at a goal kick
- c. Either team, after a goal is scored
- d. Either team at an injury, when the referee stops the play
- e. At halftime
- f. When a caution (yellow card) is given, that player will be immediately substituted and cannot return to the field of play until the next available substitution for their team

3.14.4 Law IV – Player's Equipment

Each player shall have a permanent number on the back of his jersey not less than four (4) inches high. Shin guards shall be mandatory. NO JEWELRY may be worn while on the field unless it is a medical alert necklace or bracelet which must be taped down for safety reasons.

3.14.5 Law V – Referee ***No Changes

3.14.6 Law VI – Assistant Referee ***No Changes

3.14.7 Law VII – Duration of Game

Each half shall be 30 minutes

3.14.8 Law VIII – Start of Play ***No Changes

3.14.9 Law IX – Ball in and out of Play ***No Changes

3.14.10 Law X – Method of Scoring

In Adult Coed play, two (2) points will be awarded for a goal by a female, one (1) point for a goal by a male. There is a maximum of 3 goals per player, including women.

3.14.11 Law XI – Offside ***No Changes

3.14.12 Law XII – Fouls and Misconduct

Slide tackling is prohibited. Sliding to keep a ball in the field of play is allowed, unless there is another player playing the ball. It will be at the discretion of the referee to issue a card. It is not intentional "hand ball" offense for any player to attempt to protect the vital areas of his or her body (chest, crotch, face) by placing hands or arms across them to protect them from being struck at close range by the ball. The match referee shall be the sole judge of whether the hands or arms were used to deliberately propel the ball.

3.14.13 Law XIII – Free Kick ***No Changes

3.14.14 Law XIV – Penalty Kick

Must be taken by a female and is worth one (1) point

3.14.15 Law XV – Throw in ***No Changes

3.14.16 Law XVI – Goal Kick ***No Changes

3.14.17 Law XVII – Corner Kick ***No Changes

Additional Information

Referees are assigned to games based on their ability, not their age. All three (3) referees are in charge of the game. As they are human, there may be mistakes made. Arguing with any referee will not be tolerated nor will unsportsmanlike behavior. These may result in a card given.

Player ID cards will be given to the AR by individual player. Name and jersey number must match card to play. The AR will check the ID and the player number. The number must be affixed to the jersey. No marker or tape numbers will be accepted.

Foul language will not be tolerated. A card may be given even if the language is not directed towards a referee. **The F word is an automatic red card.** A player receiving a red card must leave the complex and there is no substitution.

If there is a conflict of jersey colors, the home team will change color. Goalkeepers will wear a different color than either team.

When a player receives a red card, that player must attend the next game out of uniform and provide a sit out form to the center referee prior to the start of the game to prove attendance. This is required as well as a \$50 fine and a potential decision by the A&D committee for the player to return to play.