

I. Players and Team Composition

1. All players must register online, including filling out a league waiver and paying the coed league fee to the Jewish Community Center (“JCC”) and annual NM State Soccer Association registration fee to Albuquerque Soccer League (“ASL”). Players who are currently participating in ASL have already paid their fee through their ASL registration. Players who have not played in ASL since September 1, 2019, must pay an annual fee of \$20 that will cover the year from the date on which the payment is made to ASL. Payments can be made online through the ASL player registration system. Every player must complete an ASL liability waiver as well.
2. There must a maximum of 4 players on the field. Coed leagues must field 3 men (max) and 2 women (minimum of 1). A game can start with 3 players on the field and one must be the goalkeeper and one must be a woman.
3. JCC rules allow a team to play with 4 people (minimum 1 female). There is no maximum limit to the amount of females which must be on the field.
4. PLAYER CARDS: Player cards are required for this competition and will be produced by ASL on completion of the player profile with picture and date of birth in the team folder.
5. WEEKLY REGISTRATION DEADLINE: Players must complete the registration process by 2 p.m. on Thursday to be eligible to participate in games the following Saturday. No Saturday registration will be accepted for playing on the same day.

II. Rosters

1. Rosters are kept online on team pages on the ASL website.
2. A team will forfeit any game in which it is determined that a player has participated who is not listed on the final team roster or is not of legal age.

III. Equipment & Uniforms

1. All game balls are to be provided by the JCC.
2. Shin guards are required.
3. Molded cleats or tennis shoes are the only allowable footwear. NO METAL CLEATS ARE ALLOWED. Shoes must be worn at all times.
4. Players must all wear the same color shirt and the shirt must clash with the opposing team. It’s recommended that each team bring a white shirt and a colored shirt to avoid game time problems with colors.
5. The goalkeeper must wear a jersey contrasting that of the referee, his or her team and the opposing team.

IV. Playing Rules

1. COMPETITION RULES - FIELD: The field size is approximately 40yds x 20yds. The goal size is approximately 4ft x 6ft. The goalkeeper crease is approximately 4 yards from each goal post. The field is a synthetic turf surface. Regular cleats can be worn.

2. BALL SIZE: Size 5 ball to be provided by JCC.
3. TEAMS: Consist of a goalkeeper and three field players.
4. SUBSTITUTION: Free substitution is allowed during running play.
5. OFFSIDES: There are no offsides in 4v4.
6. BALL OUT OF BOUNDS OVER THE TOUCHLINE: Any time the ball goes out of bounds over the touchline, it results in a kick-in for the opposition. The defending team must be 4 yards away on all kick-ins.
7. BALL OUT OF BOUNDS OVER THE GOAL LINE:
 - If the ball goes out of bounds off the attacking team, the game will be restarted by the goalkeeper. Goalkeepers have only four seconds in which to play the ball, with either their hands or feet, and may not handle it again if it has been deliberately played to them by a team-mate without an opponent playing or touching it. A goal may not be scored directly from the goalkeeper putting the ball in play. The goalkeeper may throw the ball over the halfway line.
 - If a ball goes out of bounds over the goal line off the defending team, the game will be restarted with corner kick.
8. FREE KICKS: All free kicks are direct. Defenders must be 4 yards away. If the free kick is closer than 4 yards from the edge of the goal line, then the defenders must stand on the goal line.
9. KICK-OFFS: Kick-offs can go backwards. A goal cannot be scored directly from a kick-off, therefore, it is indirect.
10. NO SLIDING or SLIDE TACKLING.
11. PENALTY KICKS: A penalty kick is taken from the kick-off line and may not be contested by the other team. All players on the field must stand behind the penalty taker. If the kick goes in, it is a goal. If the kick misses or hits the post, the result is a goal kick.

V. Game Duration

1. Adult teams will play two 24 minute halves with a three minute half time.
2. There will be a coin toss at the start of every game. The team that wins the coin toss at the start will have first choice to kickoff or choose a goal to defend.
3. The referee will start each game time as scheduled. If the players are not ready, the clock will still start as scheduled. Play will begin as soon as the minimum of 4 players (min. 1 female) are on the field.
4. Time will run continuously, except for serious injuries.
5. Teams will be given 10 minutes after the scheduled start time of the match to present the minimum of 4 players required for a match.
6. If a team fails to present the minimum of 4 players (min. 1 female) after the 10 minutes have passed, they will be issued a forfeit.
7. There will be no overtime periods, or shootouts in the regular season, only during playoffs.

VI. Referee

One referee will officiate each game. All referee decisions are final.

VII. Other Rules

PLAYERS, COACHES, & SPECTATORS: Only players are allowed on the main field. All substitute players and spectators must stay on the perimeter of the field.

POINT SYSTEM: 10 point scale will be used. Win=6 points. Tie=3 points. Loss=0 points. Shutout=1 point. 1 point for each goal scored up to 3 goals.