

RULES OF THE GAME

A. SISTAS RULES: In general, our rules are governed by F.I.F.A. Please see our rules below for exceptions and clarification.

- A substitution may be requested after goals, goal kicks, during throw-ins of either team, or when a player is injured. All substitutions must have the permission of the referee. There is no limit to the number of substitutions in a game. However, the referee has the ultimate authority for when a substitution may be permitted.
- Slide tackling is strictly prohibited. Any offenses will result in a yellow card or, at the discretion of the referee, a red card.
- As a reminder, a player is considered “off-side” if she is nearer the opponent’s goal line than that of the ball, unless: They are within their own half of the field; they are not nearer the goal line than at least two of her opponents. The off-side will not be assessed when the player receives the ball but rather at the time the pass is made. A player is not offside merely because of their position on the field. A player is not off-side as a result of receiving a goal kick, corner kick or throw-in/kick. Refer to the F.I.F.A. website for further explanation. In any case, the referee is not to be questioned on this call. He/she knows the FIFA rules and will always strive to do his/her best to call accordingly.

B. EQUIPMENT AND UNIFORMS

- *Proper shin guards are mandatory* (i.e. players with cardboard or socks tucked into other socks will not be permitted to play under any circumstances).
- *Plastic soccer cleats are mandatory.* Metal cleats or screw-in studs are illegal. Any player found wearing illegal equipment will be asked to leave the game and not permitted to continue until the illegal equipment is removed.

C. JEWELLERY

- All jewellery must be removed or taped over from visible parts of the body before the participants are permitted to play.
- Jewellery that is not removable for religious or medical reasons must be made as safe as possible. Medical alert necklaces or bracelets must be taped down with the medical information still showing.
- Some types of jewellery (such as rings and earrings) pose a significant safety risk to participants and as such absolutely must be removed. If a participant cannot remove these articles for any reason, he/she will not be permitted to play.
- Any braces must be fully padded with no moveable/sharp area showing

D. SPORTSMANSHIP

- Sportsmanship is key and vital for “Sistas in Soccer” to achieve the goals of their mission statement. Sportsmanship is a great tradition in sports and competition that means playing clean, handling both victory and defeat with grace, style, and dignity, respecting the judgment of referees and officials, and treating opponents with respect. Sportsmanship is a style and an attitude, and it can have a positive influence on everyone around you.

E. CONDUCT OF PARTICIPANTS

- All participants are expected to exhibit good sportsmanship, fair play, and abide by all rules of Sistas in Soccer. In those cases where unsportsmanlike acts occur, the following will happen:
- A No-Tolerance rule is in effect regarding language. Foul language will not be tolerated. Team captains will be warned on the first occurrence and the player(s) involved will be ejected from the game on subsequent occurrences.

- Any participant who intentionally injures or jeopardizes the safety of other participants will be ejected from the game immediately and is subject to further disciplinary action.
- Fighting is unacceptable at all times. A fight is defined as one punch thrown or landed. Attempting to instigate a fight is considered to be the same act as fighting.
- Any physical altercation between participants that does not result in a fight will result in further sanctions.
- Any player ejected from a game because of unsportsmanlike conduct must meet with a Sistas board member regarding their continued participation with the soccer program before they are eligible to participate again.

F. CONDUCT OF SPECTATORS

- It is the responsibility of participants to cooperate with Sistas in Soccer board members in controlling spectators or team followers. Spectators or team followers not acting in an appropriate manner will be asked to leave the playing area by the board member or referee.

G. WEATHER & FIELD CONDITIONS

- Games will continue to be played during all weather conditions except: if thunder is heard, games will be suspended for 15 minutes. If no thunder or lightning are seen or heard in the 15 minutes, games will continue. If lightning is seen, games will be immediately cancelled.

H. REFEREES

- Absolutely NO ABUSE of the referee will be tolerated.
- Their decision is final in respect to points of fact connected with play (They cannot rule on something they did not see).

- At any time if the referee believes that their continued presence presents any personal safety they may leave the playing area and will immediately report their departure to the Referee Convenor.

The Referee Shall:

- Enforce the rules of the game and the regulations of competition.
- Refrain from penalizing in cases where the offending team may gain advantage.
- Have discretionary power to stop, suspend or terminate the game for any infringement of the rules, interference by spectators, or any other cause.
- Caution any player or team official guilty of misconduct or unsporting behaviour and if the offender persists, suspend him/her from further participation in the game.
- Send from the field and its vicinity any player or team official who, in his opinion is guilty of violent conduct, serious foul play, or the use of foul and or offensive language.
- Control who enters and leaves the field of play.
- Stop play for apparently injured players.
- Signal when play is to commence, stop and recommence.
- Ensure the field of play, ball and all equipment is safe for play

I. FOULS AND MISCONDUCTS

The commission of any of the following offences will result in a free kick being awarded to the Opposing Team. In addition the referee may warn the offending player. Two warnings in any one game shall result in a suspension for that game and the following game. If any of the following offences takes place in the penalty area and the offender is that of the defending team a penalty kick shall be awarded:

- Kicking or attempting to kick an opponent.
- Tripping or attempting to trip an opponent (includes sliding tackle from behind).
- Charging an opponent from behind.
- Striking or attempting to strike an opponent.
- Holding an opponent.

- Pushing off with hand or arm (shoulder to shoulder play is acceptable, provided at least one foot is on the ground).
- Any type of violent or dangerous play.
- Handball (except for goalkeeper in their own penalty area).
- Charging the goalkeeper when they are in possession of the ball.
- Attempting to or kicking the ball while in the goalkeeper's possession. (The goalkeeper is considered in possession of the ball when they have control of the ball even with only one hand.)

J. RED AND YELLOW CARDS

Nor'West Full Field Referees will apply Red and Yellow disciplinary cards in accordance to FIFA - Laws of the Game -Rule 12.

A Yellow Card is applied to a Yellow Card offence. The Yellow Card is cautionary. Yellow Cards are on occasion mistaken as warning cards - this is not the case. There are Yellow Card offences and Red Card offences. A second Yellow Card in a game is a Red Card offence (see below). A player can and will receive an immediate Red Card for a Red Card infraction, thus resulting in immediate removal from the game.

Yellow Card Offences:

- Unsporting behaviour
- Shows dissent by word or action
- Persistently infringes the Laws of the Game
- Delays the restart of play
- Fails to respect the required distance when play is restarted with a corner kick, free kick or throw-in
- Enters or re-enters the field of play without the referee's permission
- Deliberately leaves the field of play without the referee's permission

A Red Card is applied to a red card offence. The Red Card represents immediate removal from the playing field.

Red Card Offences:

- is guilty of serious foul play
- is guilty of violent conduct
- spits at an opponent or any other person
- denies the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
- denies an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
- uses offensive or insulting or abusive language and/or gestures
- receives a second caution in the same match (two yellow cards - upon delivering the second yellow card the referee will then deliver a red card for immediate removal)

A player who receives a Red Card does not have to leave the playing area but cannot play in the remainder of the game.