



THE TOWN OF

Holly
Springs

PARKS & RECREATION

ATHLETIC PROGRAMS

ADULT SOCCER HANDBOOK

WE Hunt Recreation Center

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Important Phone Numbers

WE Hunt Recreation Center	557-9600
Weather Hotline.....	557-2939
Kristen Denton-Recreation Programs Mgr.....	557-6293
Landon Carroll-Recreation Programs Mgr.....	557-9601
Adam Huffman- Asst. Parks & Recreation Director	557-2925
Len Bradley-Parks and Recreation Director	557-3934

I PURPOSE

The purpose of the League is to provide Holly Springs residents and members of the surrounding community the opportunity to play soccer in a safe, recreational environment. The League will promote, and regulate competitive play and good conduct among affiliated members. Holly Springs Parks and Recreation, as governing organization, will develop and administer rules that will uphold these standards.

II BY-LAWS

1. RULES

- 1.01** Any rule not specifically covered in this book will be governed by the official FIFA laws of the game.
- 1.02** All games will be played on a field with dimensions and goal size as listed below. A size five (5) ball will be used. Soccer game balls will be provided by the Parks and Recreation Department.
 - a. Field size: approx. 210' X 150'
 - b. Goal size: 7'H x 21'L x 7'D
- 1.03** Game time will be made up of two (2) twenty-five (25) minute halves with a five (5) minute half time, or as required by the referee due to adjusted game times. There will be no overtime periods during regular season.
- 1.04** The official will perform a coin toss to start the game and determine which team kicks off, which team defends and on which side of the field.
- 1.05** Teams will play with seven (7) players including the goal keeper. No more than six (6) players of either sex may be on the field at any time. Teams must always have one (1) man and one (1) woman on the field. If a team cannot comply, then they must play with a "man-down" or five (5) field players. Teams must have at least 5 players present to start the game.
- 1.06** Substitutions may be made with the consent of the referee at the following times:
 - a. Throw in – either team
 - b. Goal Kick – either team
 - c. Goal – either team
 - d. Injury – when the referee stops the play, the team with the injured player may substitute. The opposing team may substitute a single player after the injured player has been taken out of the game.
 - e. Yellow Card – the referee will allow for an immediate substitution of the carded player.
- 1.07** The off-sides rule will be enforced. An off-sides call will result in an indirect free kick for the opposing team.
- 1.08** A throw in will be awarded when the ball goes out of the field of play.
- 1.09** Slide tackling will not be tolerated and will result in a red card and a direct free kick for the opposing team. For the slide tackle rule to be enforced, both a slide and tackle must occur. Sliding without a tackle is not illegal.
- 1.10** Keeper Rules: Upon gaining possession of the ball with his/her hands, the keeper may not punt, drop kick or throw the ball across the mid-field line. The ball must hit the ground on the keeper's side of the field or hit a player before crossing the mid-field line. If this does not occur, the opposing team will be awarded possession of the ball at mid-field.

- 1.11 Yellow Card: Any player that receives a yellow card must sit out five (5) minutes of play. The affected team may substitute for that player.
- 1.12 Red Card: Any player or manager that receives a red card, or two (2) yellow cards in the same game, will be ejected from the game and suspended for the next two (2) scheduled games. Said player must leave the facility premises immediately. Any player that receives two (2) red cards during the same season will be expelled from the league for the remainder of the season. The affected team may not fill the open roster spot.
- 1.13 No jewelry can be worn during games. Medic alert bracelets or necklaces may be worn if taped down or covered by an undershirt.
- 1.14 Teams forfeiting two games will be required to pay a reinstatement fee of \$50.00 to continue league play. Forfeiture of three games may result in expulsion from the league.

2. REFUND POLICY

- 2.01 All refunds must be submitted in writing and addressed to the Recreation Programs Manager.
- 2.02 Request letters should state the reason for refund.
- 2.03 Requests made after the official start date of the program will not be refunded. Official start date is defined as player placement on team.
- 2.04 All refunds as assessed a fifteen (15) dollar service charge per participant per activity.
- 2.05 Late fees are non-refundable.
- 2.06 If the Parks and Recreation Department cancels a program, the total amount will be refunded.

3.00 PLAYER ELIGIBILITY AND TEAM ROSTER

- 3.01 All participants must be eighteen (18) years old prior to August 1 of the current year.
- 3.02 Teams using ineligible players will be subject to forfeiture of games in which ineligible players have participated.
- 3.03 Any player that is in violation of above regulations will be suspended for the remainder of the season and the team will forfeit all games in which the player participated.
- 3.04 Players listed on the official team roster must play in one regular season game to be eligible for the tournament.
- 3.05 No player who currently competes on a high school, college, or professional soccer team will be permitted to play in the Holly Springs Parks and Recreation Adult Soccer League.

4.00 PROTEST

- 4.01 The only legal protest is one involving the use of an eligible player.
- 4.02 The team protesting ineligible players is not required to notify the referee at the time of the game in question. However, this protest must be made in writing to the Recreation Program Manager within forty eight (48) hours of the game in question. Every documented protest must be accompanied by a fifty (50) dollar protest fee. If the protest of an ineligible player(s) is upheld, the protest fee will be returned and the team in question will lose by forfeiture ALL games in which said player(s) participated.

III UNIFORMS

Each team must wear like colored jerseys with non-duplicating numbers on the back. Goal keepers must wear a different color jersey than the team (number is not required). Shoes with metal cleats, metal tipped cleats or any other sharp edges are not permitted. Shoes with rubber, nylon, or blunt plastic cleats may be worn.

IV TOURNAMENT

All teams will compete in a single elimination tournament at completion of the season. Tournament seedings will be determined by regular season standings. In the event of a tie in the final standings, the tie will be broken looking at head to head competition. If head to head still results in a tie, a coin toss will determine the standings.

V GENERAL

All authority not covered in these rules and regulations shall be invested in the Holly Springs Parks and Recreation Department. The League will have jurisdiction over all captains and players. Amendments may be made to these rules by the League as circumstances dictate.

VI PLAYERS CODE OF CONDUCT

- 1.01 The Town of Holly Springs Parks & Recreation Department has a zero tolerance for unsportsmanlike conduct or behavior by an individual (players, coaches, officials, spectators, or parents) at any town function or event and said behavior will be subject to partial or permanent suspension.
- 1.02 Unsportsmanlike conduct is defined as but not limited to the following: harassment of officials or participants, use of profane language or gestures, and public threat or physical violence.
- 1.03 The length of the suspension will be determined by the Athletic Programs Manager.
- 1.04 Any player, coach, spectator or parent that enters the field of play and confronts and/or makes contact (i.e. cursing, shoving, pushing, etc.) with another an official or participant is suspended from the program and any Parks and Recreation related facilities for any practice, game, or activity for one calendar year from the date of the incident.
- 1.05 No player, coach or spectator shall refuse to abide by an official's decision.
- 1.06 No player, coach or spectator shall be guilty of objectionable demonstration of dissent at an official's decision.
- 1.07 No player or coach, other than the Head Coach, should discuss with an official in any manner the decision reached by an official.
- 1.08 No player or coach shall be guilty of using unnecessary rough tactics in the play of the game against an opposing player.
- 1.09 No player, coach or spectator shall be guilty of personal verbal abuse upon any official for any reason.
- 1.10 No player, coach or spectator shall be guilty of physical attack as an aggressor upon any players, official or spectator.
- 1.11 No alcoholic beverages are allowed on any Town of Holly Springs property. Anyone violating this rule is subject to arrest and expulsion from the League.

- 1.12 No player, coach or spectator shall use profanity. Offending players/coaches may be subject to ejection, possible suspension/expulsion from the league.
- 1.13 If ejected, a player or coach must vacate the premises. Failure to abide by this will result in forfeiture of the game.
- 1.14 Any player, coach or spectator ejected by an official or a supervisor will be suspended for the team's next two (2) scheduled games. Any ejection due to fighting will result in expulsion for one (1) year. A suspension from the game is also a suspension from the playing site. A second ejection in the same season results in a suspension from all remaining games for that season. If circumstances warrant, the suspension may include all competitive programs offered by the Town of Holly Springs Parks and Recreation Department. Seasonal suspensions may be appealed to the Recreation Superintendent.
- 1.15 Game suspensions may apply to regular season games and/or tournament play and may, at the discretion of Holly Springs Parks and Recreation, be carried over to future seasons.

VII Lightning Policy

- 1. Anytime Lightning is visible, then all players, coaches, fans and umpires should **Take Shelter Immediately!**
- 2. Flash (Bang) Method – Count seconds between lightning flash and thunder and divide by 5 – this gives the distance of lightning in miles. If count is 30 seconds or less **Take Shelter Immediately!**
- 3. **Safe** places for shelter would be fully enclosed metal vehicles with windows up, enclosed buildings or the low ground. Seek cover in clumps of bushes. **Unsafe** shelter areas include all nearby outdoor metallic objects like flag poles, fences, high mast light poles, metal bleachers, etc. **AVOID** water, **AVOID** open fields, **AVOID** using the telephone.
- 4. If you feel your hair standing on end or hear “crackling noises” you are in lightning’s electric field. Immediately remove metal objects (including baseball cap), place your feet together, duck your head and crouch down with hands on knees.
- 5. If anyone is struck by lightning **CALL 911 IMMEDIATELY**. People who have been struck by lightning do not carry an electrical charge and are safe to handle. Apply CPR immediately if you are qualified to do so.
- 6. Wait at least **30 minutes** after the last lightning flash before resuming activities.

VIII. Tornado Policy

Tornado Watch (which means that conditions are favorable for tornadoes to form), all activities will continue as scheduled when the National Weather Service issues a Tornado Watch for Wake County. All participants and staff should monitor weather conditions and announcements. Please monitor local media or weather radio for weather alerts.

Tornado Warning (which means that a tornado has either been sighted or considered to be imminent in the warned area), all activities should be suspended when the National Weather Service issues a Tornado Warning for Wake County. All participants should take shelter immediately and adhere to the following procedures:

- I. Seek shelter inside the facility.
- II. Go to an interior room on the lower level (closets, interior hallways). Interior hallways on the lowest floor are usually safest. Put as many walls as possible between you and the outside. Get under a sturdy table and use arms to protect head and neck. Stay there until the danger has passed.
- III. Do not open windows. Use the time to seek shelter.
- IV. Stay away from windows, doors and outside walls. Go to the center of the room. Stay away from corners because they attract debris.
- V. Get out of vehicles, trailers and mobile units immediately and go to the lowest floor of a sturdy nearby building or a storm shelter. Mobile units, even if tied down, offer little protection from tornadoes.
- VI. If caught outside with no shelter, lie flat in a nearby ditch or depression and cover your head with your hands. Be aware of potential for flooding.
- VII. Do not get under an overpass or bridge. You are safer in a low, flat location.
- VIII. Never try to outrun a tornado in urban or congested areas in a car or truck; instead, leave the vehicle immediately for safe shelter. Tornadoes are erratic and move swiftly.
- IX. Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.

All activities should be resumed once the Tornado Warning has cleared for the Holly Springs area and the conditions of the facility are safe. All participants and staff should continue to monitor weather conditions and announcements. Please monitor local media or weather radio for any additional weather alerts.