

01 January 2023

ANGIE FREEDMAN

NAS KEY WEST MWR

SPORTS COORDINATOR

SUBJ:  23 January 2023 Soccer League Rules

Participant,

1. The 2023 Captain’s Cup 7 vs. 7 Soccer league will commence on Monday, January 23, 2023, at the Sigsbee Multipurpose field. Games will be held every Monday evening with the start times of 18:00, 19:00, 20:00.
2. There is a minimum number of four teams needed to run the league.
3. The following league rules will apply in addition to USSF guiding rules:
	1. The maximum number of players on the field per team is seven; the minimum number is six. The goalkeeper does not count as a player on the field and can be either gender.
	2. Teams are coed in the sense that anyone may play. There is no requirement for a minimum number of women to be on the team or roster.
	3. The game will consist of two 25-minute halves with a running clock.
	4. Half time will be five minutes.
	5. Each team will receive two timeouts per half, which do not carry over. Time outs will also be called in the case of injury.
	6. A number 5 soccer ball will be provided for warm-up and the game.
	7. All players are to check in with the MWR representative prior to game time with a base ID.
	8. No game will begin without at least one qualified referee.
	9. A forfeit will be awarded if the opposing team is not ready to play at game time or fails to produce the minimum number of players after the scheduled start time.
	10. Home team will be pre-determined be the Sports Coordinator and will be noted on the schedule. The referee cannot change who is home team.
	11. For safety purposes, sliding is not permitted. Slide tackling is only permitted by the goal keeper inside the box. Once the goalkeeper comes out of the box he/she is considered to be another field player.
4. Rosters:
	1. There is no maximum of players per roster, but all players must be from the same command.
	2. Team rosters for the Captain’s Cup Soccer league must be comprised of at least 60% active-duty personnel for the team to be eligible to receive Captain’s Cup points.
		1. Team rosters may be compromised of active duty, retiree, military dependents (18+ and out of high school), DOD employees and Navy contractors from the division/unit sponsoring team.
		2. Each command may have multiple teams. If a command enters more than one team, members of each team must play for only their respective team.
		3. Once an individual has been entered on a roster, that person will not be eligible to participate with another team during the season.
		4. If an individual does not want to play for their command’s team (provided there is one), they must obtain written release from the team captain. He/she will be assigned a team by the Sports Coordinator.
		5. If a player is not on the roster prior to the game, they will not be allowed to play
		6. Rosters are due to the Sports Coordinator no later than January 10th, 2023.
5. Tied Score:
	1. There will be no overtime for games ending in ties.
	2. If after regulation time the game is tied, penalty kicks shall ensue to decide a winner.
	3. Each team will designate five players to kick from the penalty mark and a goalkeeper.
	4. Once a goalkeeper is designated, he/she may not be replaced unless injured.
	5. Each team will take an initial series of five kicks alternately.
	6. If the score is still tied after each team has taken five kicks, kicks shall continue with the same designated players; however, the order in which players kick may be changed.
6. Proper Attire:
	1. A player shall not wear anything that may be dangerous to another player.
	2. Metal/spiked cleats are not permitted, regular soccer cleats are to be worn, and bare feet are not allowed.
	3. Shin guards are not mandatory but are highly recommended and are the player’s responsibility, none will be provided.
	4. Teams can elect to wear an MWR jersey or wear matching-colored jerseys of their own.
	5. Each team should bring a different colored shirt for their goalkeeper
7. Sportsmanship:
	1. Outstanding sportsmanship is always mandatory.
	2. Referees are instructed to report any unsportsmanlike conduct to the Sports Coordinator immediately following the occurrence. This includes the conduct of the team’s spectators.
8. Ejection from the Game:
	1. A player may be cautioned for violating the rules of the game, for unsportsmanlike conduct, for incidental foul language or if by word or action a player shows unnecessary dissent to the referee.
	2. Players issued a caution (yellow card) can continue to play and do not need to sit out.
	3. A player shall be ejected from a fame for violent conduct, serious foul play, using abusive language, or if he/she persists in misconduct after having received a caution.
	4. A player may also be ejected without prior warning for intentionally fouling a player from behind on a breakaway.
	5. When a player is ejected from the game, he/she will automatically be suspended from further play until a scheduled meeting with the suspended player and Sports Coordinator occurs.
	6. The ejected player will need to leave the field and surrounding areas immediately.
9. Protests:
	1. There will be no protests during the game unless it involves player eligibility.
	2. In the event a protest occurs please contact the Sports Coordinator directly.
	3. Protests on judgment calls will not be honored.
	4. Protests regarding interpretation of the rules are the only rules regarding officiating that can be made.

Best regards,

Angie Freedman

Sports Coordinator

Morale Welfare & Recreation