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## 2026 ADULT SOCCER LEAGUE RULES & INFORMATION

ALL LEAGUES ARE GOVERNED BY THE A.A. CO. REC. & PARKS  
GUIDELINE AND REFERENCE MANUAL **UPDATED 2/20/26**

The league will use **FIFA rules** as modified for play in Anne Arundel County, substitution is allowed. **No Slide Tackling will be allowed for the any adult soccer leagues. Slide tackling penalty will be as follows: Coed Leagues – Automatic Red Card. All other leagues are Automatic Yellow Card.** All leagues are prohibited from wearing metal spikes on his/her cleats. Age specific leagues will have some age specific rules based on the age of the league. The Department of Recreation & Parks does not provide insurance for individuals participating in soccer leagues. It is recommended that each team carry some type of insurance for coaches, players and managers. No alcoholic beverages are allowed on or near the fields at any time. Please take your team's trash with you when you leave. Please keep all vehicles off County Park or School property. Park only in parking lots. Each team is responsible for enforcing these rules.

**TOBACCO-FREE POLICY:** A person may not use any form of tobacco:

- a. In a restroom, at a spectator or concession area, dog park, aquatic facility, or playground in any County park;
- b. Within 100 yards of an organized activity at a County park. "Organized activity," means an event that has a defined time for starting and ending and is in a designated or permitted area of a County park. "Organized activity" includes athletic events, concerts, and special events such as art fairs. "Park" includes recreational facilities "Tobacco" to include but not be limited to cigarettes, cigars, snuff, pipes, and spit tobacco. Any person who violates the tobacco-free rule will be requested, by a Recreation & Parks staff member, to cease the use of tobacco and will be given a verbal warning. If the person refuses to cease, staff authorized by the Director may request that the person leave the park.

## **Divisional Requirements:**

- a. All players in the **Men's "Unlimited" Divisions must be 18 years old by the first day of the season. No Exceptions. No slide tackling is allowed. Slide tackling results in an automatic yellow card.** Identification must be available for Age Verification upon request. Any challenge to any player's age/eligibility must be done on site prior to the start of the match or during halftime. If any player cannot show age verifying identification, he is illegal to continue in that match. Name of the player must be turned in to the office for further review.
  
- b. All players in the **Coed "Competitive/D1" Division must be 18 years old by the first day of the season. No exceptions. All players must be 18+ at the start of the regular season. Players can only be on 1 Coed roster in the Coed league. (Players Can't Play Both Competitive & Recreational). Slide tackling will result in an automatic red card and ejection. Identification must be made available for Age Verification upon request.** Any challenge to any player's age/eligibility must be done on site prior to the start of the match or during halftime. If any player cannot show age verifying identification, he is illegal to continue in that match. Name of the player must be turned in to the office for further review. If referees fail to show up for the match it will be recorded at a 3-3 tie. **\*\*RULE UPDATED 2/11/26\*\***
  
- c. All female players in the **Coed "Recreational/D2" Division must be 18 years old by the first day of the season. All male players must be 30 years old by the end of the season** with the following exceptions: Two male players can be 25-29 years old on each team. **Players can only be on 1 Coed roster in the Coed league. (Players Can't Play Both Competitive & Recreational). Slide tackling will result in an automatic red card and ejection.** Identification must be made available for Age Verification upon request. Any challenge to any player's age/eligibility must be done on site prior to the start of the match or during halftime. If any player cannot show age verifying identification, he is illegal to continue in that match. Name of the player must be turned in to the office for further review. If referees fail to show up for the match it will be recorded at a 3-3 tie. **\*\*RULE UPDATED 2/20/26\*\***
  
- d. **Coed Female Player Rule: There must be 3 women on the field at all times (not counting the goalie). Teams may play with less than 3 women. However, they must play down 1 player for each woman that is not on the field. At least 1 woman is required to start a game and she cannot be the goalie. \*\*RULE UPDATED 2/11/26\*\***
  
- e. All players in the **Men's "30 & Over" Division must be 30 years old by the first day of the season** with 1 exception: **each 30 & Over team may have 2 players that are 28 years of age at the start of the season.** Players can only be on 1 roster in the over 30 leagues. **(Can't play both A and B). No slide tackling is allowed. Slide tackling results in an automatic yellow card.** Identification/Proof of age for 30 & over leagues must be provided upon request. Any challenge to any player's age/eligibility must be done on site prior to the start of the match or during halftime. If any player cannot show

age verifying identification, he is illegal to continue in that match. Name of the player must be turned in to the office for further review.

- f. All players in the **Men's "40 & Over" Division must be 40 years old by the first day of the season** with 1 exception: **each 40 & Over team may have 2 players that are 38 years of age at the start of the season.** Players can only be on 1 roster in the over 40 league. **(Can't play both A and B). No slide tackling is allowed. Slide tackling results in an automatic yellow card.** Identification/Proof of age for 40 & over leagues must be provided upon request. Any challenge to any player's age/eligibility must be done on site prior to the start of the match or during halftime. If any player cannot show age verifying identification, he is illegal to continue in that match. Name of the player must be turned in to the office for further review.

### General League Rules:

1. **Rosters**  
**All Rosters must be turned in prior to the first game. NO NEW PLAYERS may be added after the roster has been submitted unless a Sports Add/Drop Form is received. Roster is limited to 25 players.** In the event that a player's eligibility is questioned, the player(s) must provide proof of Identification. A valid state issued identification card with picture (**Driver's License, Military ID, Passport or State ID card**) will be accepted as proof. **Coaches are required to have a copy of their roster on hand and be given to the officials if a player's eligibility is questioned.**
2. **Player Identification: All Leagues: Identification may be checked prior to the start of the game.** Players **must** carry proof of Age/ID to every game. Failure to provide identification upon request will result in player not being allowed to participating in the game.
3. **Uniforms:** Team shirts must be **identical with 6" numbers clearly Visible on the back of each jersey.** Numbers must be permanent; no tape. Shin guards are mandatory. Jewelry is not allowed during games (at the discretion of the game officials). This includes hair jewelry, piercings and rings. This is a safety precaution.
4. **Game Balls:** Each team must provide 1 ball and 2 corner (visible) markers/post for each game. Any team not adhering to this is in jeopardy of forfeiting the game.
5. **Start Time:** Clock will start at scheduled game time. Teams must have a minimum of 7-players (**Coed at least 1 women on the field**) to begin a game. If a Team cannot field the minimum number of players after 15 minutes, the Game will become a forfeit. **In COED games/matches ONLY If the referees do not show up by 9:30pm, the game will be recorded as a 3-3 tie.**  
**\*\*RULE CHANGED 2/7/23\*\***
6. **45-min halves for All Divisions. Half time will be 5 minutes.** Half game constitutes a whole game and the final score is what exist at the point

game ended.

7. **Substitutions allowed on own throw-in, goal kicks and injury (one For one). Sub on possession throw-ins (piggy-backing is allowed in all leagues).** **\*\*RULE CHANGED 8/5/22\*\***
8. Women may protect themselves by crossing their arms across their chest to avoid injury from players or kicked balls. Discretion should be used by the referees to avoid unnecessary hand ball violations in the circumstances.
9. **Illegal Players:** Any team that allows an illegal player to participate in any of their games will forfeit all games that the illegal player has played in and the coach of the team will be given up to a 2-week suspension.

**Sportsmanship is not an Option!!!! Threatening the Official, Fighting or Profanity will not be tolerated and WILL receive disciplinary action.**

**Goal Scoring: All goals scored either by male or female players (COED) will only count as 1 point.**

#### **Score Reporting:**

All coaches are responsible for reporting the game results *within 24 hours* after the game with the following:

1. Score/Result of game
2. Red Cards given to players
3. # of officials

Games results not reported may result in a loss for each team.

Standings can be found on the web site: [www.aacounty.org/recparks](http://www.aacounty.org/recparks).

#### **Point System:**

Call in or email your game results. Games results not reported to the office may result in a loss for each team. **Email:**

[rpchan88@aacounty.org](mailto:rpchan88@aacounty.org) or text: 443-336-1554.

- a. Game Won = 3 points
- b. Game Tied = 1 point
- c. Game Lost = 0 point

#### **Tie-Breaker Rule:**

In the event of a tie between 2 or more teams the following tie-breaker rule will be in effect. First would be record/points. Second would be Head-To-Head. Third will be goal differential. Fourth will be Total Goals Scored. Fifth will be Coin Flip. **\*\*RULE CHANGED 7/22/25\*\***

**Forfeits: Forfeited games will be scored as 3-0 per FIFA rules. Any team forfeiting 2 games can be removed from the league.**

Each team is responsible for paying the referee on the field prior to each game. The fee is listed on the league schedule. The team that forfeits will be responsible for the payment of both officials. The fee must be paid before resuming play in the league. They must be paid at the Bachman Sports Complex, 570 E. Ordnance Road, Glen Burnie, MD 21060 during business hours. If a team decides they need to cancel a game, they must notify the Program/League Supervisor (410-222-0017) at least five (5) calendar days in advance. The games will be rescheduled only if time permits. If less than five (5) calendar days, the team canceling must first get the opposing team to agree to the cancellation. Next, both teams involved must contact the Program/League Supervisor. If the Program/League Supervisor is not notified at least 48 hours in advance, the team canceling the games will be charged with forfeits and will be responsible for paying the forfeit fees. These games will not be rescheduled.

### Yellow and Red Cards:

- a. **Yellow Cards** - Any player who receives a yellow card must leave the field for 5 minutes. A player may be replaced. (2 yellow cards = 1 red card) Any player receiving 2 yellow cards in a game will be ejected from the game and will receive a 2-week suspension. The suspended player must leave the park during the suspension. Additional suspensions may be given. Good Sportsmanship is not an option!!!
- b. **Red Cards** - Any player receiving a red card will be suspended for 2 weeks from ALL LEAGUES. The suspended player or coach must leave the park during the suspension. Any player or coach receiving 2 red cards will be suspended from all soccer leagues for the remainder of the season. Additional suspensions may be given. During any suspension, the suspended person will be prohibited from all A.A. Co. R & P events. It is the coach's responsibility to report the player or coach to the Sports Supervisor. Any coach not reporting the cards/ejections will be subject to suspension.

### Playoffs:

A Single Elimination playoff will be offered after the regular season. Playoff brackets will be posted on the website after the regular season of league play. Tie Breaker Rule for Play-offs.

- a. Coin Toss determines goal team will defend,
- b. 2 -10 minute Sudden Death Overtime. First score wins the game.
- c. Penalty Kicks (alternating teams after each kick), 5 kicks per team. If tied after the 5 kicks, 1 kick per team until tie is broken (i.e. 1 to 1). Note: players who kick must be on the field at the ending of the game. Players may not come off the bench to kick.

### Language Rule Guidelines

1. Any foul language, which can possibly be heard in the stands or through the field area, will result in an ejection from the game and a suspension per the rules and regulations. The team will not play short. Any player receiving a red card will be suspended for 2 weeks from ALL LEAGUES. The suspended player or coach must leave the park during the suspension. Any player or coach receiving 2 red cards will be suspended from all soccer leagues for the remainder of the season.
2. **Foul Language that is regarded, as incidental, under the breath, or reflex action, will result in a verbal warning. A second instance of the above (2), by the same person, will result in a yellow card.** The team will not play short. Any player who receives a yellow card must leave the field for 5 minutes. A player may be replaced. (2 yellow cards = 1 red card) Any player receiving 2 yellow cards in a game will be ejected from the game and will receive a 2-week suspension from all leagues. The suspended player must leave the park during the suspension. Additional suspensions may be given.

These guidelines give the officials the tools they need to eliminate the foul language. It also allows room for warnings. If a player continues to use the foul language, he/she is "penalized", by the 5-minute penalty or ejection. The team is not necessarily penalized since they do not play short.

**Inclement Weather:** Weekend Leagues: Call the Recreation & Parks Hotline #410-222-7312, or check the web site at [www.aacounty.org/recparcs](http://www.aacounty.org/recparcs) **Weekday Leagues: Call the Bachman Sports Complex Rain Line at 410-553-8996.** If the game has not been canceled (the hotline will not be updated), the official will decide playability at the game site. Games will not be played if there is lightning.

### **Masters 40 & Over Soccer League (Specific Rules)**

1. **FIFA Substitution Rule (Substitution on Dead Ball)**
2. **Substitution on All Throw-ins and Goal Kicks.**

### **Senior 50 & Over Soccer League (Specific Rules)**

1. The 50 & Over Soccer League will follow the following rules and guidelines for league play.
2. League will be run twice per year with Spring & Fall leagues.
3. Schedule will be posted on the recreation website. Game days will be on Thursday nights at 9:10pm on various turf fields within the county.
4. Format will be: 11 v 11 with a 25-man roster that must be turned in before or by your 2nd match. All teams are required to have matching, same color jerseys with numbers on the back.
5. **Starting in 2022 all players on all teams must be 50 years old during the calendar year.** All teams will be allowed up to two 40 and Over goalies every year but that will be the only position those players can play! **Match will consist of 20-minute quarters (80-minute match + 5-minute halftime).**
6. Kickoffs will be done at the start of EACH QUARTER!

7. **Weather related cancelations will be rescheduled based on time and availability.**
8. Coaches insure honor and honesty of player's behavior, age eligibility and sportsmanship.
9. **FIFA rules will be used for all matches with the following exception: Sub on possession throw-ins (piggy-backing is fine!), all GK's, No CK's injury sub 1 for 1 and stoppage of clock after goals.**

#### **60 & Over Masters Soccer League (Specific Rules)**

1. The 60 & Over Masters Soccer League will follow the following rules and guidelines for league play.
2. League will be run twice per year with Spring & Fall leagues.
3. **Schedule will be posted on the recreation website. Game days will be on Tuesday/Wednesday nights (depending on field availability) at 9:10pm on various turf fields within the county.**
4. **Format will be: 5 v 5 with no goalkeepers. The league will use futsal like rules with zero contact, no slide tackles and no throw-ins. League will be open to male and female players but must be within the age limitations. A minimum 5-man and up to 10-man maximum roster that must be turned in before or by your 2nd match. If a 5-man roster is used there must be a minimum of 2 players that are 60 years old (1964), 2-4 players that are 55 years old (1969) and 1-2 players 50 years old (1974). If a 10-man roster is used the minimum/maximum age specific players would be doubled. Teams must have a minimum of 4 players to start a match. The grandfathered ages for players under 60 will age up each year. All teams are required to have matching, same color jerseys with numbers on the back.**
5. **Starting in 2024 all players on all teams must be 60 years old during the calendar year. All teams will be allowed up to four 55-year-old players and two 50-year-old players! Match will consist of 20-minute quarters (80-minute match + 5-minute halftime).**
6. **Kickoffs will be done at the start of EACH QUARTER!**
7. **Weather related cancelations will be rescheduled based on time and availability.**
8. Coaches insure honor and honesty of player's behavior, age eligibility and sportsmanship.

**UPDATED 2/20/26**