INSA CO-ED RULES

General

- Unless a rule is otherwise outlined below, INSA has adopted and resolves to follow FIFA rules when applicable.
- Each player must agree to the Player Code of Conduct ("Code") upon registration with a team. Any violation of the Code that is observed or reported to another player, a team captain, or an INSA board member will be subject to suspension upon review by the judicial chair.
- All players must hold current US Club Soccer membership and be registered to play in the INSA CoEd Division.
    - Any team captain that fields an unregistered player will be suspended upon review by the judicial chair.
- Team captains will be held to a higher standard of conduct, accepting more responsibility in accordance with INSA rules, than regular players. In the instance that a team cumulatively incurs rule violations or other reports of misconduct, the captain will be subject to review by the division commissioner and judicial chair, with input from other team captains in the division.
- Women must be 25 years or older before the first game. However, each team is permitted to register up to two (2) women aged 21-24.
- Men must be 30 years or older before the first game.
- Each game will consist of two (2) forty-five (45) minute halves, unless otherwise agreed upon by the captains before the start of the game.
- A minimum of seven (7) players are needed on each team to start a game, and seven (7) players on each team must finish the game or that team will forfeit their game.
- There must be at least five (5) women playing at any time. No more than six (6) men are allowed on the field at one time, unless otherwise agreed upon by the captains before the start of the game. If not agreed upon, the team with less than five (5) women will play down.
- The rule for substitutions is the same as FIFA, except the number of substitutions shall be unlimited.

Slide Tackling:

1. Prohibition

A slide tackle is not permitted in the Coed divisions.

2. Permitted Sliding

A player may go to ground and slide **provided no opponent is within playing distance or challenging for the ball**. This includes situations where a player is:

- Preventing the ball from leaving the field of play, or
- Playing the ball to pass or shoot

Such action must not be careless, reckless, or use excessive force, nor place an opponent at risk of contact.

3. Goalkeeper Exception

A goalkeeper may slide or dive in an attempt to gain possession of the ball, provided the action:

- Is directed at the ball, and
- Does not trip, charge, or otherwise bring down an opponent before making contact with the ball

A goalkeeper who makes contact with an opponent before playing the ball will be penalized in accordance with this Law.

4. Offence and Disciplinary Action

A player who makes a slide tackle that challenges an opponent for the ball, or results in contact with an opponent, commits an offence under this competition rule and shall be **cautioned (yellow card)** for unsporting behavior.

5. Restart of Play

Play is restarted with a **direct free kick** to the opposing team from the position of the offence.
If the offence occurs inside the offender's own penalty area, a **penalty kick** is awarded.

6. Referee Authority

The referee has full authority to determine:

- Whether a player has committed a prohibited slide tackle
- Whether an opponent was within playing distance or challenging for the ball
- Whether the action was careless, reckless, or used excessive force
- The appropriate disciplinary sanction

The referee's decision is final.

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- In instances where two players of opposite sex make a challenge, the contact must be physically matched to the best of the players' abilities. This includes, but is not limited to, bigger players matching smaller players' level of contact or male players matching female players' level of contact.
- All penalty kicks must be taken by a woman.
- All drop ball situations must be taken by a woman.
- Women may play the ball with crossed arms over their chests as defensive play only.
- All players are required to wear shin guards.
- Captains shall provide a current roster to the referee prior to the beginning of EACH game for verification. A captain may use a printed roster or an electronic version, although a paper copy is preferred.
    - In the instance that a captain cannot attend a game or anticipates being late, the captain shall designate another player to provide a roster to the referee. It may be in the captain's best interest to email the roster to the entire team so that they are prepared in the event that the captain is absent.

    - If a roster is not provided, the game will not be played and the team captain may be subject to suspension upon review by the judicial chair.
- In the first game they intend to play, all players shall present a government issued photo ID to the association representative, which will be used to verify legal name, date of birth, and accurate photo to be matched to the roster provided. For every game after, players may use the roster as their “player card” for proof that they are registered for that team and eligible to play.
- Players from within the CoEd Division may guest play on another team only with prior permission from the opposing team’s captain at least one (1) hour before the scheduled game time. If a player subs on another team, they shall show the referee and opposing captain their team’s active roster as proof they are registered with INSA and eligible to play.
- Players from outside the CoEd Division are not permitted to guest play. Teams may use one player pass per player that the team is considering adding to the roster, but who has not yet been registered. Player passes are available on the INSA website.
    - The pass or receipt for the pass shall be sent to the CoEd Commissioners AND the opposing team captain at least one (1) hour before the scheduled game time. Guest player passes must be approved by the CoEd Commissioners.
    - A team in violation of these rules, may subject the team captain to suspension upon review by the judicial chair.

Red Cards and Appeals

- Any direct red card presented to a player shall result in a minimum two (2) game suspension from all INSA Divisions for that player, added to the remainder of the game in which the red card was presented. However, if a player receives a red card as a result of two (2) yellow cards in one game, they shall be suspended from all INSA Divisions for the next game only, in addition to the remainder of the game in which the player was presented with the second yellow card.
- Upon review of ANY offense, the league may impose additional game suspensions to the previous one or two game suspension described above. For example, fighting or any other similar violent act will most likely result in additional games suspension, or even permanent disqualification from participation in the league.
    - Foul, abusive, or provocative language towards a ref that warrants a red card results in a five (5) game suspension of play from all INSA Divisions. Any repost of violent physical contact with a referee results in a lifetime ban from all INSA Divisions, effective immediately.

    - If a player receives a red card and does not leave the fields immediately following, the player will receive a five (5) game suspension from all INSA Divisions.
- Any player issued a red card may appeal the game suspensions that accompany the card. To begin the process, the player must email the judicial chair at: judicial@inlandnorthwestsoccer.com. The judicial chair, after gathering reports and witness statements, will determine the seriousness of the offense based on the circumstances surrounding the red card. If able on their own, the judicial chair will make a ruling on the suspensions within five (5) business days.
    - Players have 24 hours to dispute a red card given after the most recent played game.

    - If there are significant conflicting factors (i.e., contradictory statements, conflicts of interest), the judicial chair shall gather a three (3) person committee of board members and commissioners to review and make a ruling within five (5) business days.
- Any suspension issued to a player as a result of receiving a red card shall carry over between seasons in the instance that the allotted suspension was not completed prior to the season ending.
- If any suspension is not honored, in other words, if a suspended player plays in a game, that player AND their team captain shall be additionally suspended upon review by the judicial chair.
- **RE Unregistered Players:** Should an unregistered player happen to play in a game and receive a red card warranting a suspension, the team captain shall be held responsible by being suspended in the unregistered player's place. This type of suspension is not up for appeal.

Unidentified Player Misconduct

- In the instance that fighting and/or other aggressive or violent conduct is caused by an unidentified or unknown player, the captain must identify the player within three (3) business days of the game. This rule stands regardless of whether a card was issued. If the captain is unable to identify the player or refuses to do so, the captain shall be responsible for the offense, receiving a two (2) game suspension as if they received a red card.
- As stated previously, upon review of ANY offense, the league may impose additional game suspensions, fines, or other fitting punishment.
- If a captain or a later-identified player receives a punishment under this rule, it is not appealable.