

Socca Pro League Main Rules

(Simplified Version)

1. **Yellow Cards** – A yellow card is an automatic 2 minute sin bin offence. The team with the yellow card will be a man down for 2 minutes, or until the opposing team scores a goal. The player serving the 2 minute sin bin penalty, will sit on the sin bin chair positioned at the centre of the field on the sideline, near the League Director. Two Yellow Cards for a single player, coach, team staff or member **equals a red card and a sending off**.

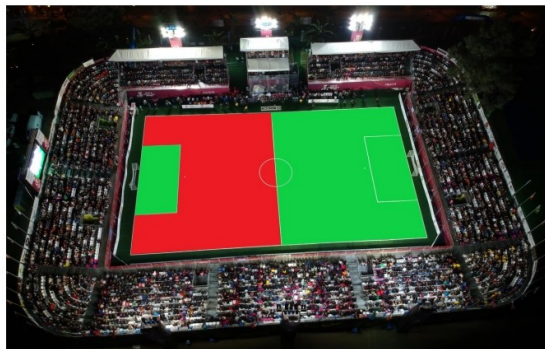
2. **Red Cards** - A red card is an automatic 10 minute offence for the team, with the player, coach, team staff or member committing a red card sent off for the rest of the match + an automatic 1 match ban for the following game. Another player from the team, will serve the 10 minute sin bin penalty, which is **continuous**, and the team plays 1 man down for those 10 continuous minutes. The full 10 minutes must be served, whether or not the opposing team scores a goal.

3. **Socca Penalty** – A Socca Penalty is taken from the halfway line one on one against the keeper. The keeper will start on the goal-line, but may leave his box. The player will start his run-up, and has 10 seconds to score, timed by the Head Referee. The goalkeeper can only play the ball with his hands in his box. If the keeper exits his box and plays the ball with his hands, it is an automatic goal. If the keeper commits a foul, it is an automatic goal. If the player commits a foul, it is no goal. If the initial shot is saved but the ball remains in play and time remains, the player may retrieve the ball and attempt to score.

4. **Kick-Ins** – A kick-in is awarded to the team which did not last touch the ball, when the ball leaves the field of play over any of the side lines. The ball must be placed on the ground **stationary on the line** at the place where it went out. If the ball is not stationary, the play is dead and a re-take of a kick-in will take place. **If the ball is not on the line on a kick-in, it is a foul and the kick-in is given to the other team.** Goal kicks can be placed anywhere inside the goal area.

5. **Goalkeeper Pass-Back Rule** – A goalkeeper, whether primary or flying, is allowed to touch the ball with his feet within the green areas (shown in diagram below) under any circumstances, (for example; making a tackle, making a save, clearing the ball, dribbling out with the ball, receiving a pass from a teammate or shooting at goal.) as many times as they want without restrictions. This allows the goalkeeper to leave his area while dribbling the ball to create for a more exciting game.

Within the red area, the goalkeeper (primary or flying) is allowed to touch the ball with his feet under any circumstances, (for example; making a tackle, making a save, clearing the ball, dribbling out with the ball, shooting at goal) as many times as they want but they are **NOT** permitted to receive the ball via a pass from a teammate. This will result in a free kick to the opposing team. This rule is to prevent slow play from the team in position of the ball.



6. A Socca Pro League match is 2 x 20 minute halves, divided by a maximum of 5 minutes break.

7. The minimum amount of players per registered club is 7, with the maximum of 15, and up to 3 team staff members (Coach, Assistant Coach, Physio). A coach can also be a player.

8. The minimum amount of players to start a match for a team is 4, with a 5 minute grace period.

9. **Prohibition of Slide Tackling** (except for goalkeeper inside his box): Slide tackling against or next to an opponent is always considered a foul. A player cannot challenge a player with a sliding challenge/tackle within 1 meter of the player in possession of the ball.

Example: A player who places a knee on the ground within a 1-metre radius of an opposing player who is attempting to take a shot, dribble, or make a pass, will be considered to have made a slide tackle, regardless of whether contact is made with the opposing player or the ball.

- Slide Tackling to prevent the ball from going out of play or into the goal is **allowed** when there are no nearby opponents within a 1-metre radius.

- Within the goalkeeper box, the goalkeeper is allowed to make a tackle or slide tackle to challenge for the ball, but if the goalkeeper commits a foul in the process, it will be deemed a Socca Penalty.

10. **Match Attire:** Each team must have at least 1 matching team kit: consisting of jersey, shorts, socks, and a player number, and must notify the League Director of their kit colours prior to the start of the Socca Pro League. Every participating player must wear a full matching kit when playing in any Socca Pro League match, or any of our tournaments and competitions. The jersey, shorts and socks must be identical on each player. If a player's match attire does not meet the set standards, that player will not be able to participate in the match. For safety reasons, jewelry may not be worn by any player.

11. It is compulsory that shin pads are worn by all players in ALL International Socca Federation and Socca Canada competitions. **No exceptions.**