

## LTRC Adult Over 40 Pick-Up Soccer League Rules

Please know and apply the following league rules for Adults over 40 to pick up soccer. Your continued participation in the activity depends on it.

- Over-riding the skill brilliance rule below, all games are 3 touch maximum. This does not mean three and settle, or 4 or 5. If you touch it three times, back off the ball. For those who have trouble counting, your first touch counts as one regardless of the body part used.
- No slide tackling under ANY circumstances. This includes goalies if we are using them on a full-field game, which is VERY rare.
- Each player is to bring a dark and white jersey EVERY week. Forgetting is not an acceptable excuse. PLEASE DO NOT WEAR GRAY OR PARTIAL COLORS TO CONFUSE THE OPPOSITION! Everyone is now older and cannot see as well as they used to.
- THERE IS NO SUCH POSITION AS GOALIE IN SMALL FIELD SHORT-SIDED GAMES. PLEASE DO NOT STAND BETWEEN THE CONES OR WITHIN 10 FEET OF THE CONES AND PRETEND YOU ARE A GOALIE.
- In small field short side games, we all know that some players with amazing skills can take and sometimes make really long shots. The purpose of small-sided soccer is to pass and get a lot of touches, and score goals only if necessary from short-range shots. If you shoot from outside of 10-15 yards you are way too far away.
- We are all out on the field to have fun and get a little exercise. Treat the game that way and recognize that we all have to go to work the next day.
- If you are headed towards a challenging 50-50 ball, ALWAYS defer to the amazing technique of your opposing player.
- Please do not hack away at other people's ankles...they are a necessary part of the body to keep healthy as you get older.
- If you are not sure who a ball is out on, give it to the other team. Don't waste any seconds in your life worrying about such a mundane thing. Also, please do not complain or argue about a call, or you will go to the penalty box on your first offense, and be suspended for future offenses..
- Please do not coach the other players. It is okay to talk about basic soccer (i.e. square, through, on your back, etc.), but we are playing pick-up soccer, so treat it as such. We all get enough coaching at home, especially from our families.
- If you make an amazing run and your teammate mishandles the pass because he is not as good as you, be thankful for the extra exercise you got.
- If someone is within a yard or two of being onside, don't raise your hand and call him offside. Just run after the person and accept the exercise. We are not

keeping the score. Likewise, do not offend the game by being a cherry-picker. It is not acceptable to be 5 yards offside.

- For those of you who are more skilled than the others are, we all know you can dribble through everyone and score 7 goals a night. Take joy in passing the ball, even if you don't get it back. **PLAY LIKE WILL!** If you hog the ball, you will not be invited back.
- **IF YOU THINK ANY OF THE RULES ABOVE DON'T APPLY TO YOU, YOU ARE WRONG.**
- Lastly, please don't take yourself or your game too seriously, because no one else does. It can ruin the experience for everyone.