



Active Sports Active Social (ASAS)
Football Game Rules and Regulations

埃赛士体育大联盟 足球比赛规则

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1. Objective 联赛宗旨

The objective of ASAS is to promote and conduct a positive leisure time activity, which encourages fitness, healthy competition and an atmosphere conducive for fun and fellowship.

我们（埃赛士体育大联盟）的目标在于提供丰富的业余生活，我们鼓励积极健身和健康向上的运动，提倡充满乐趣及团队精神的竞赛气氛。

2. Sportsmanship 体育道德

ASAS encourages a fun-first, winning-second attitude in all leagues. Any player or team who are involved with unsportsmanlike acts will be subject to penalty.

REPORTING SPORTSMANSHIP CONCERNS

- If during the game you have a concern with the other team, address the issue respectfully with the Event Coordinator (EC) at the appropriate time (at halftime or after the game).
- If at the end of the game you do not feel that the issue has been resolved, report the details of the issue to ASAS by 5pm the next day by email to services@asas.com.cn

我们提倡娱乐第一，比赛第二。任何球员或球队如被发现非体育道德的行为将被联盟惩处。我们欢迎你向我们提出投诉或建议。

- 如果在比赛中你需要投诉对方球队，请在适当的时间向赛场经理说明。（中场休

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息时或比赛结束后)。

- 如果在比赛结束后你认为问题仍旧未被解决,请在比赛后一天下午五点前通过邮件形式将你的投诉发到 services@asas.com.cn

3. Waiver 免责声明

It is mandatory that all participants read and sign the ASAS official release and waiver form prior to start of the ASAS activities. Failure to sign the waiver form may result in a rejection of the player from the league. Team captains are responsible for all his/her team players to sign the waiver form before the games.

所有参赛者必须在赛季前阅读并签署ASAS官方联盟球员责任条款。未签署责任条款的参赛者不得参加我们所组织的任何活动。各参赛队队长的责任为确保所有该队队员在比赛前已经签署责任条款。

4. Insurance 保险

ASAS provide no insurance of any kind. Players participate with the “Assumption of Risk”. Assumption of Risk states that players know that injuries can occur during the course of a normal game with no fault to any party. Players are encouraged to purchase private insurance.

我们不提供任何形式的保险。参赛者自愿“承担风险”。承担风险即表示参赛者了解在比赛过程中可能会受伤,此类事件并非任何一方所造成。我们建议参赛者购买私人保险。

5. First Aid 医护协助

First aid is the responsibility of the team captain. ASAS are happy to assist in any way we can. There may be a first-aid kit on-site at some venues, but please be prepared for all situations.

医护协助是球队队长的责任。ASAS很乐于在我们的能力范围内进行协助。在某些赛场我们会提供医护箱,但请做好面对各类突发状况的准备。

6. Facilities 赛场设施

Cleanliness of our venues is invaluable. Captains are responsible for delegating litter pick-up assignments when his/her team leaves the venue.

Lost and Found: ASAS will keep all lost and found items for up to 7 days. After this time, the item(s) will be discarded or donated. ASAS are not responsible for any lost or stolen items.

赛场的清洁至关重要。球队离场时,参赛队队长负责分配队员清理球员座位席。

失物领取：我们将保存所有遗失物品七天。逾期后，遗失物品将被丢弃或捐献。我们不对任何遗失或被窃取物负责。

7. Schedule 赛程表

Season schedules are posted online and sent to all captains by email 48 hours prior to the first game. We reserve the right to adjust league schedules. Games postponed by us for any reason will be rescheduled. When possible such games will be rescheduled at the mutual convenience of the teams involved.

Reschedule Request

- If a team wants to reschedule a game, they need to submit reschedule request email to services@asas.com.cn one week before the game.
- When we receive reschedule request, we will provide reschedule game time and check with the opposing team to see if they are willing to accept reschedule. If the opposing team does not agree with the reschedule game time, the request team will have to play the game with original plan or forfeit the game.
- If both of the teams agree with the reschedule arrangement, the request team will afford the reschedule game cost if any.

Rain Out

Event Coordinator (EC) will contact team captains informing them of the rainout. To inquire if your game is rained out, call EC at the day of game. EC may also call a rainout due to unsafe field conditions.

我们将在第一场比赛开始48小时前将赛程表上传至网站并邮件发送给所有参赛队长。我们有权对赛程表进行调整。当赛程表需要被调整时我们将在第一时间通知球队。由于我们所造成的任何原因而延期的比赛，我们将重新安排。这些比赛将被尽可能的安排在双方球队都适宜的时间。

请求调整比赛时间

- 如果有球队要求比赛调整比赛时间，必须在该场比赛一周前通过邮件形式将改赛请求发到 services@asas.com.cn。
- 当收到请求后，我们将提供改赛时间并和该场比赛的对手球队协调。如果对手球队不愿意改赛，提出请求的球队必须按原赛程进行比赛或弃权比赛。
- 如果双方球队均同意调整比赛时间，提出调整比赛时间请求的球队需负担调整所产生的一切费用。

因天气原因取消比赛

如果需要取消比赛，赛事经理将会第一时间通知球队。如需要询问比赛是否天气原因而取消，可在比赛当天联系赛事经理。在不安全的天气情况下我们将停止比赛。

8. Forfeits 弃权

If a team is not ready to start 5 minutes after the scheduled game time, with at least 5 players, the game will be a forfeit and a 3-0 win will be awarded to the opposing team.

If team forfeits during the season, the following rules apply:

First Offense: Loss of game and warning issued.

Second Offense: Removal from the season.

If you know in advance that your team is going to forfeit a game, we encourage you to call EC or our office to help us inform the opposing team ahead of time. You will not get the forfeit warning or removal penalty if you informed us 3 days before the game.

如果球队在比赛时间5分钟后到场球员少于5人，将被视为自动放弃并作0:3告负。

对弃权行为的处罚：

第一次违规：比赛作负并警告

第二次违规：直接取消该赛季剩余所有比赛参赛资格。

如果你能提前预见到你的球队将弃权，我们希望你提前告知赛事经理，这样我们可以及时通知对方球队。提前三天通知我们的球队将不会收到警告和取消参赛资格的处罚。

9. Roster 球队名单

A team must have a minimum 10 players and a maximum 30 players in the roster. All team captains must complete team roster before the roster deadline. All the names in the roster have to be full names. During the season, there are roster update periods. Teams are only allowed to update their team roster in those periods. For fair play, players are not allowed to join two teams in the same season.

You can only report the roster issue of your games by 5pm the next day, providing a false name is a serious offense. If any players that are not listed in the team roster join the game, the following rules apply:

First Offense: Loss of game and warning issued.

Second Offense: Removal from the season.

球队名单人数必须在10-30名之间，不得低于或超出此范围。球队队长必须在截止日期前上交球队名单，所有球员必须提供全名。在赛季中，我们会提供调整球队名单的机会。球队仅可在该期间调整球员名单。为了公平竞争，球员在同赛季不可同时参加两支球队。

你只可以对自己的比赛对手球队名单提出质疑，并在比赛后一天下午5点前提出。报假名单是严重违规行为。如有发现任何与球队名单不符的球员，我们将对该队做以下相应的处罚：

第一次违规：比赛作负并警告。

第二次违规：直接取消剩余所有比赛参赛资格。

10. Standings 联赛排名

It is the captain's responsibility to check website to make sure all games and stats were recorded correctly. The rankings of teams are based on the following rules.

- Final Rankings will be based on season points.
- If there is a tie between 2 or more teams, the ranking of the tie teams will be ranked by Head-to-Head match between the tying teams, then, goal differential of the season between the better teams, then, scored goals of the season will determine the final rankings.

球队队长负责核实网站上所有的比赛及数据是否纪录准确。联赛排名规则如下

- 最终排名取决于整个赛季所得到的分数。
- 如有两（多）球队整个赛季所得到的分数相同，则看此两（多）球队相互之间比赛的成绩，然后看整个赛季的净胜球，最后看此两（多）球队整个赛季的进球数。

11. League Specific Rules 联赛特定规则

Overview

ASAS will follow the international football rules and regulations (FIFA). However, a few ASAS Rules will be added to insure additional safety and fairness of the game. Should there be any conflict between FIFA and ASAS Rules; ASAS Rules will supersede the FIFA Rules.

Game time

A game shall consist of two 25-minute halves, with a 3-minute period between halves. The referee will keep the official game clock. Teams will be given a countdown warning as time begins to expire.

Substitutions

Unlimited substitutions at any stoppage at the discretion of the referee. Both teams may substitute if players are at the center mark.

Jerseys and shoes

The league requires team jerseys. Every player from the same team must play with the same type (color, style, design) of jersey and the number has to be same as the team roster. The goalkeeper must wear a different colored outfit than all other players on the field, including the officials. Players are not allowed to wear metal/plastic hairclips, piercings, or any other jewelry that can cause injury. Metal cleats are not permitted.

Game Balls

ASAS official ball is used during all the games. If both captains agree to use another ball, they may do so but it must be decided before the game starts.

Yellow cards and Red cards

No slide tackling is allowed in the league, includes goalkeepers when they are outside the penalty area. Slide tackling will result in an automatic yellow card or red card depending on the circumstances. We are not playing the world cup.

If a player receives a red card he/she will be automatically ejected from the game and will serve a one game suspension from the next game. If the player in suspension still plays the game, then it becomes a forfeit game.

Referees

Our referees are the officials of the games and have the authority to order a player, captain, or spectator to do or refrain from doing anything, which interferes with the league rules, policies or flow of the game. ASAS have the authority to make decisions on matters or questions not specifically covered within the established rules. Only captains will be allowed to approach the Event Coordinator (EC) with questions concerning the game.

Expectations of players

- All players participating in ASAS leagues are expected to play with respect and a "fun first" attitude.
- All players are expected to know the rules and manage their actions on the floor.
- Players should promote fun and safety throughout the game by: helping an opponent up if they fall during play; talking to their players who are not following the rules.
- Players are expected to act in a respectful manner if approached by EC or an opposing team captain regarding their style of play and to make any requested changes.
- Teams are expected to shake hands (show of sportsmanship) to their opponents at the end of a game. It is also encouraged to shake hands (show of sportsmanship) to the referees and thank them for refereeing the game.
- Players can provide constructive feedback to the ASAS as needed, regarding venue conditions, unsportsmanlike play, or helpful comments.

PENALTY AND EJECTIONS

The purpose of having penalties in ASAS Football is to temporarily or permanently removes players from the game who are contributing to an unsportsmanlike or dangerous environment. While fouls and cards are intended to discourage rough or unsportsmanlike play, it is sometimes more effective to remove players from the game. ASAS has the right to add more penalties and suspensions depending on the circumstances.

Penalty – Unsportsmanlike play

First Offense: Warning issued.

Second Offense: One game suspension.

Third Offense: Removal from the season.

Unsportsmanlike play includes:

- Showing displeasure at a play by: throwing equipment in a non-threatening manner or swearing out loud (not directed at another person).
- Wearing wrong jersey.

Penalty - Threatening Behavior

First Offense: Warning issued.

Second Offense: One game suspension.

Third Offense: Removal from the season.

Threatening behavior includes:

- Verbally threatening an opponent: this includes swearing or yelling directly at an opponent or verbally challenging them to a confrontation.
- Physically threatening an opponent: Kicking, tripping, pushing or checking an opponent with a clear intent to injure.

Penalty – Disrespecting referee or ASAS staff

First Offense: Warning issued.

Second Offense: One game suspension.

Third Offense: Removal from the season.

The referees are certified level referees for social football leagues. The referees and staffs are valuable assets to the sports programs and without them there would be no ASAS leagues. As with all other ASAS participants, referees and staffs should be treated with respect. Players may disagree with the way a referee is calling their game, but must refrain from challenging a referee during the game.

Disrespecting referees or ASAS staff includes:

- Players keep challenging calls. Once a referee has made a call, the play will resume with no further discussion.
- Swearing at a referee or staff. Will be resulted in a one game suspension immediately at the first offense.
- Physically threatening or confronting a referee: Will be resulted in removal from the season immediately at the first offense.

Penalty – Fighting

First Offense: Removal from the season.

If player/team engages in a fight with other players/teams (or referees, fans, etc.), the player/team in fault will be liable for any damages incurred, such as, but not limited to,

losses to the event, damages to equipment and facility, medical recoveries, etc. In addition, the player/team will not be refunded the registration fee.

概述

在执行国际足球联合会FIFA规则的同时我们增加了一些ASAS规则。 如当FIFA规则与ASAS规则间出现了任何分歧， ASAS规则将替代FIFA规则。

比赛时间

比赛由上下半场各25分钟组成，中场休息3分钟。裁判掌握比赛时间。场边记录员会给予倒计时提醒。

换人

在球出界及得到裁判允许的情况下，球队可以在中线处进行无限制换人。

队服和球鞋

所有比赛队员必须身着队服。各球员队服必须为相同颜色、样式，不同号码。号码必须和球队名单相同。守门员必须穿着与同队队员、裁判不同颜色的服装。所有球员禁止穿戴金属、塑料及任何可能导致其他球员受伤的物品。金属鞋钉同样不被允许。

比赛用球

比赛使用ASAS指定用球。如果比赛之前经过双方队长同意，比赛可使用非指定用球。

红黄牌

严禁铲球（包括守门员在禁区外）。铲球的球员将立刻得到一张黄牌。明显对其他球员有造成伤害的铲球以及做出其他危险动作将立刻得到一张红牌。请记住，我们不是在踢世界杯。在比赛中得到红牌的球员将被逐出场地，并且停赛一轮。如有在停赛期中的球员参赛，则该场比赛做弃权处理。

裁判

裁判员是比赛规则的执行者。 当有球队队长、参赛者或观众干涉联赛规则制度及比赛进程时，裁判员有权进行一切判罚。同时，我们有权对规则中未明确涉及的任何判例或问题做出决定。只允许队长向赛事经理询问有关比赛的问题。

优秀球员的表现

- 尊重他人，拥有娱乐第一比赛第二的态度。
- 充分理解比赛规则。
- 帮助其他球员了解比赛规则，创造比赛乐趣。
- 礼貌的和对手或赛事经理沟通。

- 在比赛结束后和对手球队，裁判握手。
- 合适的向我们提出建设性的建议。

处罚和禁赛

对联赛带来负面影响的球员和球队，我们将严惩不贷，以净化联赛氛围。在必要的情况下，我们将给出追加处罚。

1. 对非体育道德行为的处罚

第一次违规：警告

第二次违规：禁赛一场

第三次违规：取消参赛资格

非体育道德行为包括：

- 用不适当的方式表示不满：丢掷物品，大声吵闹。
- 未穿着正确的球衣。

2. 对违反赛场纪律行为的处罚

第一次违规：警告

第二次违规：禁赛一场

第三次违规：取消参赛资格

违反赛场纪律行为包括：

- 辱骂或语言挑衅对手。
- 在比赛中有明显伤害对手意图的行为。

3. 对不尊重裁判和工作人员的处罚

第一次违规：警告

第二次违规：禁赛一场

第三次违规：取消参赛资格

我们的裁判都是通过一定的考核的。裁判与工作人员都是比赛的一部分，所以裁判和工作人员都需要被尊重。可能你会在比赛中对裁判的吹罚提出质疑，但请不要在比赛中挑战裁判的权威。

不尊重裁判和工作人员的行为包括：

- 不断地对裁判的判罚提出意见。
- 辱骂裁判或工作人员。（直接禁赛一场）
- 动手威胁裁判或工作人员。（直接取消参赛资格）

4. 对打架行为的处罚

第一次违规：取消参赛资格

打架的参赛者须为自己的行为负责，对于损坏的公共设施赔偿，给受害方造成的生理上的伤害在医疗方面的赔偿等。同时，我们将不予以退款。