

Number of Players/Rosters

- Number of players on a roster: 12 maximum
- 7 players, 6 field players plus a goalie
- Coed divisions require 2 girls on the field at all times (if only 1 is available, the team must play a player down)
- Games cannot be played with fewer than 4 players
- A team roster and waiver must be completed and turned in prior to the beginning of the league; Date will be announced.
- Players cannot play on multiple teams.
- Players can switch teams if so necessary, but cannot go back to the team they left.

The Game

- A size 5 ball will be used during all matches and the ball will be provided.
- The game will be played in two 20 minutes halves with a 5minute halftime break and sides will be switched.
- The offside rule does apply.
- Each team will have their own color, pennies will be provided if needed.
- All players must wear shirts (no shirts vs. skins).
- Any slide tackle, intentional or not will result in a yellow card.
- Teams have to shake hands after the game is over.

Substitutions

- Teams can only sub when the ball is dead, meaning only on corner kick, free kicks, goal kicks or throw ins.
- The player coming off the field of play must be completely off the field before the new player comes onto the field of play
- The player and Sub have to tag each other at the center of the side line.
- If subbing on the fly becomes an issue during any game, the referee can impose a rule that he/she must approve all subs.

Players Equipment

- Shin guards are not mandatory but are recommended and must be completely covered by socks.

Playoffs

- For playoff games if they end in a tie, two five-minute periods will be played.
- If the score is still tied after the two periods, then a three round penalty kick competition will take place. After 3 rounds it will be a sudden death penalty kicks (first team to make it wins).
- In the coed division, the penalty kicks must be taken by alternate sexes (male / female / male or vice versa). All team members on the roster must kick (unless injured - ref determines) before a player takes a second shot, except coed where all females rotate and males rotate accordingly.

Rescheduling Games

- Games have to be rescheduled before their previous scheduled start date and time.
- Games can only be rescheduled within the game week.

Forfeits

- A forfeit will be awarded if an opposing team is not ready to play within 30 minutes of a scheduled start time.
- A forfeit will go down as a 3-0 win for the team that is there and ready to play
- If both teams do not show, or are not ready to play – neither team will be awarded points

Start of Play

- Opposing players must be at least 5 yards away prior to kick offs.

- Restarts do not have to go forward after goals & to start periods. No drop balls in penalty area.

Fouls & Free Kicks

- All fouls apply.
- All free kicks are direct free kicks.
- Opposing players must remain at least 5 yards from the ball.
- Once the referee signals for play to continue, the kicker has 5 seconds to play the ball.
- Yellow cards will be awarded to players who slow down the flow of the game by not providing the mandatory 5 yards.

Goalkeepers

- A goalkeeper, having control of the ball in hands, and having released it from his/her hands to be played, either by himself/herself or a team-mate, shall not handle the ball again until it has been touched by an opponent, or a stoppage of play occurs.
- The goalkeeper can dive for the ball leading with his hands/upper body to intercept the ball in the box but he is not allowed to slide in with his feet first.

Good Slide



Bad Slide



- Keepers may not use their hands when a ball is passed back to them by a teammate, unless it is played back to them off a header.
- Once the keeper has handled the ball they have six (6) seconds to put the ball back in play.
- Any violations by the goalkeeper will result in a yellow card.
- Goal kicks are taken inside the penalty area.
- Keepers may not use their hands when receiving a throw in
- Goal kicks must exit penalty area to be considered in play.

Off-side Rule

- An offensive player must have two opponents including the goalkeeper between himself and the goal line at the moment the ball is passed to him. Offside is determined when the ball is passed to the player, not when the player receives the ball.
- The offside rule **does not** apply for throw ins and corner kicks.
- The offside rule **does** apply to goal kicks.

Penalty Kicks

- A penalty kick shall be taken from the penalty spot.
- All players except the kicker and the opposing goalkeeper must stand outside the top of the penalty area, 15 feet away from the kicker. Players are not permitted on either side of the area.
- Yellow cards will be awarded to players who slow down the flow of the game by not providing the mandatory 5 yards.

Throw In

- The player throwing the ball in must have both feet on the ground and both hands on the ball over his head. Both feet must remain on or behind the touchline. The thrower must throw the ball with equal strength from both hands from the back of the head and over the top of the head.
- The thrower must not play the ball again until another player from either team has touched the ball.

- Once the ball is retrieved and set, the player has 6 seconds to play the ball.
- A yellow card can be given if the referee feels there is an unacceptable attempt to delay the game.
- When throwing in the ball, both feet must remain on the ground, the ball must go over the player's head and both hands must be on the ball.

Corner Kicks

- Goals can be scored directly on corner kicks.
- Opposing players must be at least 5 yards away.

Misconduct

- Players ejected from a match for a red card will be suspended for the following match.
- Ejections for violent actions including but not limited to fighting may result in suspension for any further play.
- Should a player accumulate (2) yellow cards in one match their team will play down one player for the remainder of that match, He/she will also be suspended for the following match.
- Any sliding is discouraged, for example trying to save the ball from going out of bounds. It will be up to the referee to determine if slide was dangerous (other players close by) and warrants a yellow card or just a warning.

Referees

- We will try to have three referees. One main ref, and two sideline refs.
- Only captains can assume the role of main ref.
- Sideline referees have to be from different teams than one another and the main ref.

Inclement Weather

- The only condition a game will be rescheduled because of weather is when it is raining with ≤ 25 mph winds.

Scoring

- WIN = 3 points
- TIE = 1 point
- LOSS = 0 points
- FORFEIT = 3-0 win (worth 6 points)

Tiebreakers

1. Most wins
2. Goal differential (=goals scored - goals conceded)
3. Least # of goals allowed
4. Most goals scored