



Adult Soccer Rules

Game Time and Procedures (UHSAA Rules will prevail over all other rules and regulations. Exceptions to those laws are listed below.)

- This league has a 7-game guarantee and will not have a tournament.
- Games will be played with two, 25-minute halves with a 3-minute half time. No additional time.
- Games can end in a tie. No overtime period or penalty shootout.
- Each team will be granted one (1) timeout during each game where the clock will be stopped. Timeouts will be (1) minute long.
- Games will be played with seven (7) players (6 field players and 1 goalie). Four players are required to start and finish the game.
- COED Rules - The goalie can be either male or female. A team can have more than 3 female field players. A team cannot have more than *3 male field players (this does not include the keeper). If there are not enough females at the game, the team still cannot exceed 3 male field players (this does not include the keeper).
 - e.g. If a team has 2 female players and 6 male players, they can play 1 male keeper, 3 male field players, 2 female field players, and have 2 male subs (6 vs 7). If a female wants a break, she can sit out, but a male player cannot come on to replace her (5 vs 7).
- When there is a 6-goal deficit, the losing team may play with 1 additional player (8 vs 7). If the deficit gets smaller than 6-goals, the original league rules apply (maximum 7 players).
 - *COED Rule - The 8th player can be a male or female (max of 4 male field players).
- Shirts/Jerseys:
 - All players on the team shall wear shirts/jerseys of a matching color. Numbers are not required on the shirts/jerseys.
 - The first team listed on the schedule is the home team. If the visiting team has the same shirt color as the home team, the visiting team will wear pinnies.
 - If a team wears the same shirt/jersey color as the referee(s), that team will wear pinnies.
- Teams may occupy a sideline. The first team present has the choice of sides.
- Shin guards are optional.
- Players who are subbed out or spectators will be expected to retrieve any soccer balls kicked out of bounds.

Playing Rules

- Substitutions - Live substitutions may occur (while the ball is in play)(do not need approval from the referee). The player exiting the field must be completely off the field before the new player may enter the playing field. The players exiting and entering must be within arm's reach of each other.
- When the ball crosses out of bounds on the sideline it will be put back into play with a kick-in.
- All restart kicks, except for penalty kicks, will be indirect including free kicks, kick-offs, kick-ins, corner kicks, and goal kicks. To avoid delay of game problems, players on the non-kicking team will immediately give 8-yards for any restart kick without being asked.
- Players cannot score from their defensive half. The ball must be touched by any player on the attacking half of the field.



- Offsides - There are no offside penalties.
- Players attempting to head the ball own the space directly above their head. The goalie owns the space above their head while attempting to catch the ball. No other player from either team may invade that space. This is to help limit the risk of injury. Contact from opposing players can result in a yellow or red card.
- Goalkeeping
 - Goalkeepers can use their hands inside their own penalty area.
 - Goalkeepers cannot dropkick the ball. The ball may be thrown, rolled, or placed on the ground and kicked. If a dropkick is attempted, play is restarted with a corner kick.
 - Goalkeepers cannot throw the ball across the midfield line unless the ball bounces or is touched by another player prior to the ball crossing the midfield line. Violation of this rule results in an indirect kick from where the ball crossed the midfield line.
 - On a goal kick, the ball can be kicked to any location on the field.
 - Goalies may slide/dive, within their penalty box. Goalies are not allowed to slide leading with their feet/legs when the slide is directed at another player (can lead with their feet/legs if the slide is not in the direction of another player). This is to help limit the risk of injury.
- Field players may slide when there are no other players in the vicinity. Slide tackling is illegal for all field players and can result in a yellow or red card. "Tackle - the use of the feet to take a ball away from a player in control."
- Lunging for the ball does not constitute a slide.
- Bicycle kicks, scorpion kicks, slide tackles, and other high kicks that are dangerous are illegal and can result in a yellow or red card. Dangerous plays inside the penalty box, with no player contact, will result in an indirect free kick from the nearest edge of the penalty box. Dangerous plays with player contact, fouls, & hand ball violations inside the penalty box will result in a penalty kick.

Receiving a Yellow or Red Card (More Details in Code of Conduct)

- When a player receives a yellow card, they must "sit out for five minutes. A substitute may replace the player during this time." -Code of Conduct
- When a player receives a yellow or red card, the coach/captain of that team needs to report the name of the player to the site supervisor.
- 3 yellow cards or 2 red cards by a team in any single game will result in a forfeit of that game.

Standings

- If teams are tied during the regular season, final standings will be decided in the following manner:
 - Points will be assigned based on the number of wins (3 points), the number of losses (0 points), and the number of ties (1 point).
 - If tied for a position in the standings, whichever team defeated the other during the regular season will then get the higher position.
 - If still tied, whichever team received less yellow/red cards (red card counts as 2 yellows) will get the higher position.