

Adult Soccer Rules

1. Game Format
 - a. Game will consist of two (2), 20 minute halves.
 - b. Halftime will last no longer than five (5) minutes.
 - c. Tie scores are acceptable during regular-season games. During post-season play all tie games will mandate a five (5) minute golden goal period. If the game is still a tie, there will be a three (3) man shoot-out. No player can kick a second time in shoot-out period until every player on their team has gone once.
 - d. There is no offside!
 - e. Coed league – Goals scored by a woman will count as two (2) points.
 - f. Field size will range from 40 yds x 70 yds to 50 yds x 80 yds.
2. Equipment
 - a. Size five (5) ball will be used and will be provided by Provo Parks & Recreation.
 - b. Players must have similar color shirts.
 - c. Shinguards are highly recommended for all players.
 - d. Cleats may not have a metal cleat on the toe.
3. Number of players
 - a. No more than six (6) players on the field at any one time, including goalkeeper.
 - b. Minimum number of players on the field is four (4)
 - c. Substitutions are allowed at any stoppage with the referee's permission.
4. Forfeits
 - a. Teams must have at least four (4) players present to begin a game. If there are not four players present, the opposing team will be given the option of waiting ten (10) minutes or taking the forfeit immediately. The game clock will begin running at the posted game time.
5. Personnel
 - a. Every player on the team must sign the team roster before playing.
 - b. Each player must have played in three (3) regular-season games to be eligible for post-season play.
 - c. Coed teams must have two (2) women on the field at all times.
6. All fouls for misconduct will be penalized with a direct free kick. Yellow cards and Red cards will be enforced. If you receive a Yellow card, you must sit for 2 minutes, and a substitute is allowed to replace you. Those who receive a Red card must exit the game and may not be replaced on the field. Remember that you are here to have fun within the spirit of competition. Help create an enjoyable experience for everyone.
7. Any guidelines not listed in the aforementioned rules will follow, with direct interpretation, the United States Soccer Federation league laws.
8. Rainout information 801-852-6629. It will be updated by 4pm on weekdays and 8am on Saturdays.