

## **A. THE FIELD**

1. Dimensions: Recommended 100 yd. By 60 yd.
2. Markings: Distinctive lines recommended. a. Halfway line the width of the field, marked equidistant between the goal lines b. Center circle with a ten (10)yard radius in the center of the field c. Corner arcs with a two yard radius at each corner of the field d. Goal Area / Penalty Area in front of each goal measuring 18 yd. by 24 yd.
3. Goals: Maximum 8 feet high by 24 feet wide (8 ft x 24ft.)

## **B. THE BALL**

Size five (5)- Each team shall provide a properly inflated ball for each game.

## **C. NUMBER OF PLAYERS**

1. Maximum number of players on the field at any time: eleven (11); one of who shall be a goalkeeper. Minimum number of players nine (9)
2. Maximum number of players on roster: (20)
3. Playing time: Minimum of 50% of the total playing time for each player. Free Substitutions allowed.
4. Co-ed teams are encouraged and should be promoted at this level of play
5. Every effort will be made to balance teams.
6. Each team must field at least 3 women players in co-ed competition, and must field the same number of women players as the other team at any given time.

## **D. PLAYERS' EQUIPMENT:**

Footwear: Soft-cleated soccer shoes

Shinguards: MANDATORY for both practices and games

Players shall wear matching team uniforms. The referee may exclude non-uniformed players.

## **E. REFEREE:**

1. The referee shall be either a: a. registered USSF referee b. registered USASA player
2. Referees should emphasize: a. fun b. fairness c. safety NOTE: Referee decisions are final and must not be questioned by participants.

## **F. ASSISTANT REFEREES**

May be used

## **G. DURATION OF GAME:**

1. Two 45 minute periods

2. Halftime break of ten minutes
3. Every effort should be made for players to play three quarters of the game.

#### **H. THE START OF PLAY:**

No change from regular play except that opponents must be ten (10) yards from the center mark while kick-off is in progress.

#### **I. BALL IN AND OUT OF PLAY:**

No change from regular play

#### **J. METHOD OF SCORING**

No change from regular play

#### **K. OFFSIDE**

Enforced as in regular play.

#### **L. FOULS & MISCONDUCT**

No change from regular play except:

1. Direct free kick for all fouls, with the opponent's ten (10) yards away from the ball.
2. Goalie's handling of the ball will be according to the regular rules of play.
3. Profanity is banned at all times during play - this is a family league and it will be kept that way.
4. Slide tackling is not explicitly banned, but if the tackle is seen to be dangerous by the referee it will be called as such and penalised accordingly. If the tackle is cleanly executed and the ball is played and not the player then play will be allowed to continue.

#### **M. FREE KICKS**

1. No change from regular play. Opponents eight (10) yards away from the ball.
2. Free kicks awarded the attacking team inside the defending team's goal area should be taken from the nearest point on the Goal Area / Penalty Area line.

#### **N. PENALTY KICKS**

No change from regular play. Penalty taken from line of Goal Area / Penalty Area. (10 yd. From goal line)

#### **O. THROW-IN**

No change from regular play.

#### **P. GOAL KICK**

1. May be taken from any point inside the goal area
2. Opponents must be ten (10) yards away from ball

**Q. CORNER KICK**

No change from regular play, except that opponents must be ten (10) yards from the ball

**R. Miscellaneous**

On goal kicks, goalie punts and service the ball must bounce on the goalie's side of the field. Otherwise, opponents receive throw in at midfield. Games shall end on time. "Guest " players are not allowed in competition.