



## Adult Soccer League Rules

- 1) NO offside.
- 2) All kicks will be indirect with the exception of penalty kicks.
- 3) Opening kick may travel backwards.
- 4) Any ball striking the netting will result in a goal kick, corner kick or kick in for the opposing team.
- 5) No Punts. Keeper cannot hand distribute over midfield in the air. Goal kick can travel over midfield in the air.
- 6) Sub on any dead ball.
- 7) RED CARD, out for next game.
- 8) If the Red Card is for fighting the player will be removed from the league.
- 9) Yellow card player must leave the field, then may re-enter.
- 10) Players will use benches provided.
- 11) Games will be (2) 25 minute halves with a 5 minute half time. 50 minutes total
- 13) Kick ins, not throw ins.
- 14) 6v6 Half field. Including 'Keepers.
- 13) NO cleats of any kind. Turf shoes are fine.
- 14) Only water is allowed in the turf area. Sports drinks can be consumed outside of the turf area.
- 15) No GUM in the turf area.
- 16) Players should be properly equipped-shin guards etc
- 17) Players, coaches, parents and fans should respect the referee. Shouting at referees is NOT allowed and could lead to player, coach, parent or entire team suspensions. We want our facility to serve as an opportunity for us to grow the referee pool and attract newer referees to the game.
- 18) No slide tackling.

*(Revised. 9/19)*