



Co-Ed Soccer Rules

Revised: 17 September 2018

TEAM SIZE, ROSTERS & UNIFORMS

- A normal game consists of 7 players on the field at a time for each team.
- Teams may have no more than 5 men on the field at any time. Must have at least 5 total players for game to be legal.
- There are goalies.
- Each registered player will be given a t-shirt for uniform purposes.
- Metal cleats are not allowed. It is strictly forbidden to wear metal cleats on the synthetic turf field.
- Shin guards are mandatory.

FORFEITS

- Teams will have until 10 minutes past the designated start time to field a legal team. If a team does not have at least 5 players present the game will be ruled a forfeit*. If both teams have enough players to play after the grace period the referee/coordinator (at his/her discretion) can shorten the length of the halves in order to finish the game on time. *Exception: Teams may play a "legal game" with fewer than 5 players with the opposing teams consent. Teams who agree to play under these conditions will lose the option of receiving a forfeit win.
- If you know in advance that your team is going to forfeit a game, we encourage you to call our office in order to help us schedule your opponent a game. However, this does not mean that your team will not receive the loss as a forfeit.
- If your team forfeits a game during the season, the following rules apply:
 - First Offense: Loss of game and warning issued.
 - Second Offense: Loss of game and staff reserves the right to remove team from playoffs.
 - Third Offense: Removal from the league

GAME LENGTH & TIME

- Two halves. Each half is 22 minutes running clock.
- Clock can be stopped for injury and at referee's discretion.
- Halftime will be 5 minutes.
- During the regular season, there is no overtime. (See below for playoff overtime rules.)



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OUTCOMES & STANDINGS

- A win is worth 3 points.
- A draw/tie is worth 1 point.
- A loss is worth 0 points.
- Teams tied in the standings will be broken using head-to-head results, then total goals allowed.
- There is a 3 goal limit for each player.

FIELD DIMENSIONS & THE BALL

- The playing field will be 35 x 70 yards (or 35 x 57 yards depending on the location).
- All divisions will use a size 5 and inflation pressure is 7 lbs.

START OF THE GAME

- The referee will conduct a coin toss to decide kickoff and field side options.
 - The winner of the coin toss can select to have the ball or attack the goal of their choice. Teams automatically swap at the half.
- The kick-off will be at the center of the field on the referee whistle.
- Opponents must remain at least five (5) yards away from the ball.
- After a goal has been scored, the game restarts from the same midfield point.

SCORING A GOAL

- A goal shall be scored when the entire ball crosses the goal line in the air or on the ground between the goal posts and under the crossbar.

OUT OF PLAY

- The ball is considered out of play when the entire ball crosses the endline or sideline.

OFFSIDE

- There are no offsides.



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SUBSTITUTIONS

- Free substitution. There are no limits on substitutions.
- The substitute can only enter the field after a player that is being substituted for has left the field.
- Unfair substitution shall result in the decision of the referee.

REFEREES

- The game shall be officiated by 1-2 referees per game; their decisions are final.
- The referee will serve as timekeeper and scorekeeper.
- The referee is part of the field of play and their calls are final.

FOULS

- If any player commits any of the below infractions, there will be an indirect free kick (from which a goal cannot be scored directly against the defending side) taken from the spot of the infraction.
- The referee may award a yellow card to the player or players who commit the infraction. A yellow card is an official warning.

- It is considered foul to:
 - Kick or trip an opponent
 - Jump at an opponent
 - Charge an opponent
 - Strike or attempt to strike an opponent
 - Grab, push or obstruct an opponent
 - Touch the ball intentionally with the hand or arm
 - Slide tackle front or behind

INDIRECT FREE KICK

- The referee will award an indirect free kick (from which a goal cannot be scored directly against the defending side until another player touches the ball) where a foul has been committed.



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- Opponents will approach no closer than five (5) yards.
- If the infraction occurs within one (1) yard of the penalty box, the referee will place the indirect free kick five (5) yards from the point of infraction.
- A player wall must not exceed more than two players.
- A player who takes a free kick, or puts the ball in play, may not touch the ball twice consecutively.
- If any irregularity occurs when a free kick is being taken, the following will apply:
 - If the irregularity is committed by the team taking the free kick and the goal is scored, the shot will be repeated.
 - If the infringing team commits the irregularity, the free kick will be repeated unless a goal was scored, in which case the goal will stand.
- Indirect free kick for interference is taken from the center of the field by the team in possession at stoppage of play.

PENALTY KICK

- Penalty Kicks happen when a foul is committed in the 18 yard box. This results in a direct kick 10 yards from the goal line.

SLIDING

- There is no sliding/slide tackling allowed. Doing so is an automatic foul resulting in a turnover.

YELLOW CARDS

- A caution card may be given if a player:
 - Demonstrates unsportsmanlike behavior
 - Dissent - by word or action
 - Persistently infringes the laws of the games
 - Intentionally delays the start of the game
 - Does not assume the five (5) yards for a direct kick or corner kick
 - Any unfair play in the opinion of the referee

RED CARDS

- A player will receive a red card:



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- When a player receives two yellow cards Serious foul play
- Violent play
- Foul or abusive language
- Any unfair play in the opinion of the referee

UNSPORTSMANLIKE BEHAVIOR

- If a player commits a serious aggressive foul, or offends any spectator or participant of the game, the referee shall show them a red card and they shall be sent off the field without being able to re-enter the match.
- If a player receives 2 yellow cards in a match, then they will be ejected as well and he/she may not be replaced for the remainder of that game.
- The offending team must play shorthanded for the remainder of the game.
- The penalized player's name and reason for suspension will be reported to the League Director for possible additional sanctions.

CORNER KICK

- Shall be given when a player of the defensive team touches the ball out of bounds through the end line.
- The corner kick must be taken within a yard of the corner flag.
- A goal may be scored directly off a corner kick.
- Opposing players may not approach the player taking the kick closer than five (5) yards.

OUT OF BOUNDS RESTART

- Restarts will be by throw-in or kick-in at the point of infraction.
- A throw-in will occur when the ball crosses either sideline.
- A goal cannot be scored off a throw-in.
- A goal kick will occur when the ball crosses either endline.
- Opposing players may approach no closer than five (5) yards.

ALLOWABLE PASS OR SHOT HEIGHT

- There is no limitation on the height of passes or shots by foot or head.



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OVERTIME (PLAYOFFS ONLY)

- A playoff game that ends in a draw at regulation, will have a 2 minute break before continuing in overtime.
- The captains will participate in a coin toss to determine who gets the ball and which direction the teams will play.
- Overtime will be played as “first goal wins.”
- After ten minutes, if neither team has scored, there will be a 2 minute break before the next overtime period.
 - Similar to the beginning of the game, teams will automatically switch sides of the field and kick-off possession.
- This format will be repeated until the first goal is scored and the game has a winner.

WAIVERS

In order to participate in the league, each participant must sign the team waiver. Participants who register online electronically “sign” the waiver when they complete the transaction. Waivers are provided and must be completed and handed in no later than the first night of play. Players not present the first week of play will still be required to sign a waiver with our staff before participating.

PLAYER ELIGIBILITY

Any questions regarding rules, policies, or eligibility of players must be addressed before the start of the game. Any team that would like to challenge the eligibility of an opposing player must do so before the start of the game. Players who have been placed on the roster and signed the waiver are eligible for playoffs. A formal protest may be filed before a game if an opposing player’s eligibility is in question. The player in question will be required to provide his player information (name, address, phone #, signature) in writing to a

PLAYNOLA staff member prior to the start of the game. This qualifies as an official protest. Any protest made during a game or after a game will NOT be considered a formal protest.

The game will then be played in its entirety as scheduled. Teams will be notified of all rulings on the identified eligibility discrepancy by the following business day – decisions will not be made on site. If the protest is proven to be legitimate, it will result in the



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forfeiture of the game in question. Games subsequent to the protested game may be rescheduled. The above procedure will also apply for any other “logged” protests. All rulings by PLAYNOLA staff are considered final.

SPORTSMANSHIP

The idea of PLAYNOLA is to have fun: Meet. Greet. Compete. We hope that all participants keep that in mind when becoming involved. Although the games may become intense, you still can be competitive while maintaining good sportsmanship. With this said, any behavior deemed unacceptable by staff may result in suspension and/or ejection from a game or the league. Abuse of officials, referees, and other staff will not be tolerated. PLAYNOLA reserves the right to remove a player from a game or a league if they are considered to be bringing down the quality of the league. PLAYNOLA will not tolerate fighting! Fighting will be an automatic ejection from any game and in most cases ejection from the league for the remainder of the season.

STAFF

To coordinate and run the league, our refs and/or staff will be available at all times to help the league run as smoothly as possible. If you have questions regarding schedules, policies, rule interpretations, directions to the bar, etc. please ask.

LEAGUE CANCELLATION/RAINOUT

Leagues may be cancelled due to existing weather conditions, dangerous or unplayable field conditions, facility constraints, etc. PLAYNOLA staff makes every effort to play all scheduled games, thus we will not cancel games until absolutely necessary. Therefore, if you are calling concerning a decision on a cancellation, remember we will not have an answer until close to the start of the league.

If the league is cancelled, PLAYNOLA staff will update the website & voicemail immediately. If we do cancel, follow next week’s schedule unless otherwise notified, (i.e. If April 13 is cancelled teams should follow the April 20 schedule for their next game). The games that are cancelled will be made up towards the end of the season if time allows. In extreme circumstances, PLAYNOLA reserves the right to run a shortened season without a refund.

PLAYNOLA also reserves the right to schedule games on days other than your regularly scheduled league day/night if necessary.



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These policies are designed to make the league run as smoothly and safely as possible, and provide continuity for its participants. Each player in the league is responsible for this information: please advise your team of these rules and thanks for playing.

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