Rules and Regulations

* **Youth** games will consist of 22 minutes with a running clock and a 1min half time to switch sides. The matches are played as an 8v8 for U8-U9 including a goalie and 7v7 for U10-U14 including a goalie.
* **For Men Open, Coed, and Veteran leagues**, games will consist of 25 minutes with a running clock and a 3min half time to switch sides. The matches are played as an 6v6 including a goalie EXCEPT Coed. Coed will be played as a 7v7.
* Games will start on time unless stated otherwise by league management
* Only 2 coaches per bench are allowed. If there are more than two coaches on the bench, a 2 -minute blue card will be given to violating team and a player must exist the match.
* To participate in the league, every player on your team must sign a waiver prior to playing.
* FINAL team rosters are due on the 3rd week of the session. No players will be accepted after the third week so please make sure all players are registered.
* All players on your team must have an ID. If a player does not have an ID by the third week, he/she will not be able to participate in the league. Coaches will have the right to ask for opposing team’s ids any time after the 3rd week
* Each team is responsible for having 2 jerseys! The main thing is to have a Dark Color and a Light Color, and in case that the teams have a similar colored uniform the AWAY team always changes. Goalkeepers need to have a different colored jersey that doesn’t match their teams or their opposing teams color.
* Absolutely NO CLEATS ALLOWED. Make sure to wear indoor soccer shoes, turf soccer shoes, or running shoes.
* Sliding is ALLOWED however SLIDE TACKLING is not allowed. Sliding for the ball at an appropriate distance to stop a pass or a goal is fine, but you cannot slide at another player to gain possession of the ball.
* No heading of the ball except for U13 & U14
* If an offensive player with possession of the ball is corralled against the wall by two opposing defenders the referee will award a free kick to the offensive player.
* Shinguards are MANDATORY. If a player does not have Shinguards they cannot play. If the referee sees a player without Shinguards they will give a 2-minute blue card to the offending player.
* There will be absolutely no fighting! Any players involved in a fight will be escorted out the building and banned from the facility.

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