

Goalkeeper Playing Rules:

- 1) No pass back pick up. Ball must stay on ground and handled by goalies foot.
- 2) 5 Second Distribution Rule, after 5 seconds, free kick from opposing team
- 3) Goalies may use their hands to block shots or to pick up ball from shot attempt only
- 4) Goalie punishment, can be enforced to other members of team
- 5) If a foul is committed in box, free kick will be awarded in penalty box
- 6) Three line rule enforced on goalie kicks, punts and throws, 3rd line (red line)

General League Rules and Details:

- 1) No spitting, no gum, tobacco, smoking, no alcohol
- 2) Soccer cleats, turf shoes or athletic shoes only, no metal or adjustable style cleats
- 3) Team jerseys must be like colored shirts or jerseys
- 4) High School and below divisions must wear shin guards
- 5) Adult divisions have the option to wear or play without shin guards
- 6) No profanity, degrading talk, fighting or abusive language allowed

High School Coed & Adult Coed Rules:

- 1) 6 Players on field plus 1 goalie at 7 total players - at all times
- 2) Must be 3 females on field at all times
- 3) Females will take all free kicks, penalty kicks and kick offs
- 4) Females may sub for males, male cannot sub for girls to offset ratio
- 5) Only 4 females max on field at a time in the playing field, does not count towards goalie
- 6) Ball must be touched by female on offensive side of play (red line) before team is allowed to score

Respect The Game Policy:

- 1) Ejection Policy:
 - a. Player guilty of serious foul or play
 - b. Foul language
- 2) Fighting Policy:
 - a. Defined as pushing, shoving, punching, taunting to provoke players, fans, staff or referees
 - b. 1st Fight ejection, 2 game suspension
 - c. 2nd Fight ejection, one-year ban, possible team suspension upon evaluation without refund
- 3) Code of Conduct:
 - a. All players to be respectful to others
 - b. No taunting, poor sportsmanship
 - c. Verbal abuse or arguing with players, or referees
 - d. All decisions made by referee are final, no challenges
- 4) Yellow cards or excessive foul play will be penalized with a 2 minute (down a player) penalty