

Soccer Season Rules

IFAB Rules with the following exceptions:

- Game Length: 22 minute halves (suggested half time 5 mins)
- Game Ball: Must use size 5 ball
- Game Procedure: Home Team must wear Regional color, away team wears white
- Game Reports: Home team is responsible to report score within 24 hours of game
- Goalkeepers are NOT allowed to punt the ball. No drop kicks. Restart will be an IFK for opponent from the spot of the infraction. (Note: For first week of season referee will only warn the Goalkeeper instead of calling for IFK).
- Substitutions: Any Throw-in, own player has injury, any goal kick, any kick-off, or for any cautioned player
- No Substitutions on: free kick (direct or indirect), corner kick, penalty kick
- No slide tackling an opponent. A slide tackle results in an indirect free kick. This will be up to the referee's discretion.
- During free kicks (and kick offs & corner kicks) opponents must remain at least 8 yards from the ball unless they are on their own goal line between the goalposts.
- The referee reserves the right to stop the clock at his/her discretion for player(s) actions that violate the spirit of the game.
- Yellow Card: Player must leave the field and can be subbed back on at next opportunity
- Coach Dismissal- First offense = 1 game, second offense = suspended for season
 - *first offense subject to review by executive board
- Player Suspension- First offense = 1 game, second offense = suspended for season
 - *first offense subject to review by executive board
- If a team has less than 7 players show up to the game, the head coach must make a decision between two options
 - Option A: Play the game down players (Ex: 5v7)
 - Option B: Forfeit. 0-1 loss. But must play the game and borrow players from the other team
- Mandatory playing time: A player must play the equivalent of one half (22 minutes in total) every 2 games.
- Sportsmanship Rule: If your team is winning by more than 7 goals, the coach must make sure they manage the game properly.

- Examples of ways to manage the game:
 - All the best players subbed out and allow other players opportunity to play
 - Minimum of 5 passes before scoring
 - Can only score on a cross
 - Attacking players to defense or Goalkeeper
- Penalty Kicks if the game ends in a tie. Both teams will be rewarded 1 point for the tie. The winning team of the shootout will receive an additional point.
- AGE LIMITS ARE 13 TO 19 YEARS OLD

*** Please note: **Offside WILL BE called** ***