General Rules

1. This league is recreational in nature. Players signed up individually will be placed on teams by program administrators in such a way so as to balance teams for even play. One "play with" request will be honored whenever possible.

2. Teams will be comprised of 16 - 22 players, 11 at a time. Since the league is recreational, more or fewer players are allowed as long as teams are even.

3. Players will be asked to rate their skills and abilities in order to select and balance teams.

4. The duration of the game will be 70 minutes with a 5-minute half time intermission; duration of games may change depending on how many teams are in the league

5. We will use U.S. Soccer Federation rules with slight modifications for local play. There will be no rule modifications for women players.

6. There will be no trophies. League champions will receive Championship T-shirts.

7. Each team will need a captain. Since the league is coed in nature, teams will need at least 3 or more females **when possible**.

8. Practices will not be scheduled by the City, but can be arranged by team captains.

9. Players must be enrolled in the program in order to play.

10. The clock runs straight through. There will be no time outs allowed.

11. Players from one team can substitute on another. Non-registered players are not allowed.

12. No slide tackles allowed.

13. Shin guards are **REQUIRED** to play. If a referee sees you playing without shin guards they can make you sit out the rest of the game.

14. No obstruction from the rear.

15. No pets allowed in the park during scheduled games.

16. There will be no roster substitutions after the 1st week of play. Violations will result in 1-week suspension for team captain.

17. Rosters and schedules will be sent via email to team captains the week prior to start of season.

18. **GAME TIME IS FORFEIT TIME!** Please show up before your scheduled play time. Your team will forfeit if you are not ready to play at allotted time