



SOCCER PLAYING RULES

All rules are governed and are derived from the FIFA Rule Book. Certain rules below have been modified by GO Sports Unlimited.

GAME

1. The game will consist of two (2) 25 min halves with a 5 min halftime.
2. The clock will run continuously and only stop during injury time-outs. Any delay tactics will constitute a warning and/or yellow card, and the referee at their discretion will stop the clock.
3. For playoff games that are tied at the end of regulation, a five (5) min OT period will be played. The first team to score will win. If the game is still tied after OT, a shootout will take place. Shootouts will consist of three (3) players from each team, with at least one (1) being a female. If after the first three kickers for each team it is still tied, then it will become sudden death. Each team will alternate kickers until there is a winner, and every 3rd kicker must be a female.

ROSTERS, PLAYERS & SUBSTITUTIONS

1. Team rosters may have as many players as desired, but must have a minimum of 3 females.
2. The standard lineup is 7 players (4 males/3 females). No more than 4 males may be on the field at any time.
3. Each team should designate one player as the Goalkeeper.
4. Teams must have at least 5 players to start a game (min. 1 female). During the regular season teams may "pick up" players to avoid playing short handed; however a minimum of 5 players must be rostered players. Pick ups must be current participants of GO Sports Unlimited.
5. Substitutions may enter the game during any stoppage once the referee beckons them on the field.
6. During playoffs, players may be asked to provide ID prior to games. Questions regarding player eligibility must be made prior to the start of the game, or at the time the player enters the game if they are a late arrival.

GENERAL

1. No jewelry may be worn on the field.
2. Shin guards are encouraged!
3. Screw-in cleats are allowed, but NO metal screw-ins - wearing metal cleats will result in an ejection.
4. There are no Offsides.
5. All free kicks will be considered INDIRECT Kicks, except for penalty kicks.
6. Goalkeepers may throw or punt the ball once they have possession, but drop-kicks are not allowed. Any punt by a goalkeeper must land or touch a player in their own half before crossing the mid-field line.
7. No Slide Tackling is allowed. A yellow card will be issued to the offending player plus a free kick awarded.
8. No Bicycle kicks are allowed. A yellow card will be issued to the offending player plus a free kick awarded.
9. Players ejected from a game either with a red card or two yellow cards must sit out the remainder of that game plus at least ONE additional game. At the discretion of the League Director, ejected players may be removed from league play.
10. **FORFEITS:** GO Sports Unlimited reserves the right to remove teams from playoffs that have forfeited 2 or more regular season games. Teams with a forfeit on their record will automatically drop to the bottom of any tie breakers.
11. **SCORING:** Goals by female players count as 2 points.