



Coed Adult Soccer Rules and Regulations

All rules will follow the FIFA rules with the following exceptions:

General

- 9v9: may change depending on size of field as long as both coaches agree.
- Players must be 18 years of age or older by the first game of the season.
- Substitutions: are “hockey like” you can switch players as long as you are not involved in the play.
- All players must wear shirts similar in color to their teammates.
- Field size- (75 X 40) yards.
- Goal sizes- High School Standard (24 X 8).
- Shin guards are REQUIRED. **NO METAL CLEATS.**
- A size five ball will be used.
- Rosters can have both men and women on them.
- Offsides will be called.
- NO slide tackling.
- Penalty kicks will be taken at 10 yards.
- On all free kicks (goal kick, corner kick, penalty kick, etc.) all opposing players should be at least 8 yards away from the ball.
- No abusive language or behavior to the players or officials.
- This league is a great way to get active, meet people, and have some fun!
- No heart attacks. If you feel tired or dizzy call for a sub, you’re not as young as you use to be.
- **All teams should clean-up after games and practices.**

Timing

- Game Length: Two 25 min halves with a 5-minute halftime.