



11 v 11 Coed Soccer Rules

Coed Rules: No more than 7 men on the field at once.

- 1) You can play with as few as 9 players (3 women), any less is a forfeit.
- 2) Teams may pick up additional players from the prior games to field a full team. You may not add players to go above 11 total players and you must have a minimum of 9 players (including 3 women) from your regular roster. Please inform the opposing captain.

Time: Two - 35 minute halves with 5-minute half time (running time). Regular season games can end in a tie. For playoff games ending in a tie, penalty kicks will determine the winner:

1st round = 5 kicks (minimum 2 kickers must be female); 2nd round = 5 kicks (min. 2 kickers must be female); if tied after 2 rounds penalty kicks go to sudden victory.

Substitutions: All substitutions are made at mid field, teams can sub on the fly

Roster Note: To be eligible for the playoffs, you must play 3 regular season games

Slide Tackling: Slide tackles are illegal and will be penalized appropriately (referee discretion). Goalies are allowed to slide feet first, but only to play the ball.

Equipment: Shin guards are mandatory, no metal spikes allowed

Basic Soccer Rules Review

- 1) Fouls and Violations - a player who attempts or deliberately a) kicks, b) trips or reckless slide tackles, c) jumps at, d) charges violently, e) charges from behind, f) strikes, g) holds, or h) pushes an opponent, or i) intentionally handles the ball shall be penalized by a direct free kick.
- 2) The Goal Keeper - a) has 6 seconds to release the ball once they have picked up the ball in the penalty area, b) once the goalkeeper has released control of the ball, they cannot touch it again with his hands until it has been touched by an opponent. c) the goalkeeper can not use their hands on balls that have been directed by a teammate. Violation will result in an indirect free kick.
- 3) Free Kicks –
 - a) "Direct Kick" - from which a goal can be scored directly against the offending team.
 - b) "Indirect Kick" - from which a goal cannot be scored unless the ball is touched by any player before entering the goal.
- 4) Goal Kick - When the ball has completely crossed the goal line, after being last touched by a player from the attacking team, it is put back directly into play with a kick by the defending team from any point within the goal area.
- 5) Corner Kick - When the ball has completely crossed the goal line, after being touched by the defending team, it is put back directly into play by the attacking team in the corner.
- 6) Off sides - A player is in an "offside position" when they are ahead of the ball and closer to the goal line than the second-to-last defender. A player is penalized for being in an "offside position" only if they are interfering with play or an opponent, or seeking to gain advantage at the moment the ball is played by a teammate. An indirect kick is awarded for an offside penalty, at the spot of infraction. There are no off sides on a throw in or on a goal kick.