



## 6 vs 6 – Outdoor Soccer Rules

### Number of Players

- \* A team on the field shall consist of not more than 6 players (one of whom is a goalkeeper and 2 of whom female). If a team has only one woman, a maximum of 4 men can play at once.
- \* All players must be listed on their team's official roster in order to be eligible to play. We recommend a 10 player roster with at least 3 women. Rosters must be set by the third week of the season. Players must play in 3 regular season games to be eligible for the playoffs.
- \* Teams must have a minimum of 4 players to start a game (including one female) from their own roster. In the regular season if teams need to pick up players, the opposing team captain must be notified and approve of the pickup. Teams cannot pick up subs. The opposing team has a right to declare a forfeit if need be.

### Duration of Games and Substitutions

- \* Two 25 minute halves, running clock. Regular season games can end in a tie.
- \* Halftime: 3 minutes
- \* For playoff games ending in a tie, penalty kicks will determine the winner – 1<sup>st</sup> round = 5 kicks (minimum 2 kickers must be female); 2<sup>nd</sup> round = 5 kicks (min. 2 kickers must be female); 3<sup>rd</sup> round single elimination, male/female order.
- \* Substitutions can be made on the fly. The player must come off at the team's bench before the new player comes on.
- \* There are no off sides

### Out of Play

- \* The ball restarts with throw-ins on the sidelines, goal kicks, and corner kicks.

### Fouls and Misconduct

- \* A player who intentionally kicks or attempts to kick, trip, jumps, charges, strikes or attempts to strike, holds or pushes an opponent or handles the ball - (e.g. carries, strikes or propels the ball with the arm) has committed a foul. All fouls shall be penalized by awarding a Direct Free Kick.
- \* THIS LEAGUE DOES NOT ALLOW SLIDETACKLING
- \* Should a player intentionally commit one of these offenses within their own penalty area, it will result in a penalty kick.
- \* The following offenses are penalized with a **(Yellow Card) two minute penalty, or (Red Card) game misconduct (Based on referee discretion):** *Slide Tackling, or sliding to play the ball (except the goalie), Intentional hand balls, Kicking a ball wildly out of play, Foul or abusive language, Encroachment (players must stand three yards from all free kicks).*
- \* **Break-away fouls** will result in a penalty kick and an automatic Yellow Card for the offender.

### **Serving Penalties**

- \* A player who commits an offense and is penalized for two minutes shall serve the penalty in full, even if the opposition scores. The referee will notify the opponent when it has been served.
- \* Flagrant or intentional offenses which occur during the final two minutes of regulation or overtime will result in automatic ejection from the game (Red Card), and an additional one-game suspension.
- \* Any ejection (Red Card) results in a one-game suspension. A Second ejection results in league suspension. (Both of which are at discretion of referee and CBS)

### **Goalkeeper Restrictions**

- \* Goalie throws and Goal kicks must hit the ground or a player before crossing mid field or a Free Kick will be awarded to the opposite team at mid field.
- \* Goalkeepers may play the ball over mid field only by dribbling forward.
- \* Goalkeepers have 10 seconds to distribute the ball after gaining control.
- \* A goalkeeper may not touch or pick up any ball which he/she dribbles into the penalty area.
- \* Goalkeeper may not handle a ball that has been footed or played back by a teammate.

### **Equipment**

- \* Shinguards are mandatory!
- \* No Metal Spikes
- \* The field is 60 yards by 40 yards
- \* Goal measurements: 7' x 12'

Casco Bay Sports reserves the right to add, change, or modify any rule at any time.