



ADULT SOCCER League Rules

1. Level of Play: Advanced men's division for players with strong technical ability and experience at the high school, college, or competitive men's level. Expect physical, organized, high-intensity matches.
2. Player Eligibility: All players must be 18+. Teams need a minimum of 5 players to start. Rosters are capped at 12, and all players must complete a waiver before their first game.
3. Game Format: Matches are 6v6 or 7v7 including goalkeepers, with two 25-minute halves and a short halftime. No slide tackles. Rolling substitutions allowed from midfield.
4. Uniforms: Teams must wear matching jerseys or pinnies. Pinnies will be provided in case of color conflicts.
5. Scoring & Standings: Win = 3 pts, Draw = 1, Loss = 0. Tiebreakers: Goal Differential → Goals For → Head-to-Head → Coin Toss.
6. Kickoffs & Restarts: Kickoffs can go any direction. No offsides. All free kicks are indirect (except penalties). Kick-ins replace throw-ins. The ball must be stationary before every restart.
7. Goalkeeper Rules: Goalkeepers may use hands only inside the box. No punts. Throws must touch the ground or a player before crossing midfield. No picking up passes from teammates' feet.
8. Fouls & Discipline: No sliding or reckless contact. Yellow card = 2-min penalty (team plays down). Red card = ejection + 1-game suspension. Fighting or referee abuse = expulsion.
9. Scheduling & Forfeits: Teams must arrive 10 minutes early. Fewer than 5 players to start the match = forfeit (3-0 loss). Games only rescheduled for weather or facility issues.
10. Playoffs & Sportsmanship: Playoffs are 1 and done. Overtime = PKs. Only rostered players with 2+ appearances may play. Respect opponents, referees, and staff – poor sportsmanship will not be tolerated.

