



- i Two (2) 30 minutes halves, with a 5 minute half time period.
- i Minimum of 5 players on the roster must be present (COED 4 males and 1 female) in order to start the match at game time. If the minimum cannot be met 10 minutes after the scheduled game start time, the match will result in a forfeit by the short team.
- i For COED, a minimum of **2 females should be on the field at all times** (no maximum), and **a maximum of 6 men**. At least one female must be present on the field in order for the match to be played. There can be more women players than men players.
- i The offside rule shall not apply
- i All goal kicks must touch the ground or be touched by any player in the defensive half of the field before it goes over the midline or there is a loss of ball possession. Play starts with an indirect kick at the midline for any infraction.
- i After a save when the goalkeeper restarts the ball it must touch the ground or player in the defensive half of the field before it goes over the midline or there is a loss of ball possession. Play starts with an indirect kick at the midline for infractions. Once the ball is released from the goalkeeper's hands to the ground, it can be played with the feet across the midline without infraction. A drop kick, volley or half volley does not constitute as a release from the goalkeeper's hands.
- i **Slide tackles are prohibited at all times.**
- i **Substitutions are on the fly from the midline.** No substitution shall be made in a manner that is an advantageous play on the ball.
- i Any player or manager receiving a **Yellow Card** must sit out 2 minutes, with a substitute being allowed.
- i Any player or manger receiving a **Red Card** will be immediately ejected from the game and the team has to play a man down for the remainder of the game. The player will have to serve a one (1) game suspension for the following game. The player may have to sit additional games pending review of the game report by the league. Excessive red cards or dangerous play may result in expulsion from the league.