

2025-2026 Rules for Indoor/ Outdoor League Play



****NO METAL CLEATS/SPIKES ALLOWED AND SHIN GUARDS ARE MANDATORY****

Uniform: -all players must wear soccer shin guards

-no metal cleats or spikes are permitted

-no hats except for goalkeepers

-knee braces must be inspected and approved by the referee prior to the start of the game

-only hand and arm casts are allowed. Casts must be padded and inspected and approved by the referee prior to the start of the game

-the referee can order a player to remove any unauthorized or dangerous equipment (including jewelry)

The Game: The game shall consist of two (2) twenty-five minute (25 min.) (2) minutes in between halves. The rest period will be shortened if the game fails to start on time. Games ending in a tie remain tied –NO OVERTIME! Any game terminated because of the weather will be completed at a later date from the exact point at which the original game stopped. If a game reaches halftime the game will be considered complete. Teams are required to play make-up games as scheduled or accept a forfeit.

Number of Players on the Field: 8 (7 + keeper/Coed 2 girls) The minimum number of players to start a game is 6 players or else it is considered a forfeit (3-0). We recommend in the interest of the league that the teams divide equally and play a “friendly” game. If a team wants to forfeit, they can pick up players from other teams in order to have enough to play (this must be decided before the game begins).

Kick Offs: Kickoffs are direct and a goal can be scored on a kickoff.

Goalkeepers: -Cannot pick up the ball if intentionally played back by own team with their foot or by a throw in

-Allowed to punt, dropkick and kick over half!

-Wasting time will not be allowed. If a referee feels that they is doing so intentionally, this will result in an indirect kick at the top of the box.

-A ball may not remain in the goalkeeper's hands for longer than **6** seconds during active play.

Penalty Kicks: 10 Yards

Offsides: No Offsides

5 Goal Rule: Whenever a team is leading by 5 goals, the opposing team may add another player until another goal is scored.

Free Kicks: Free kicks are **direct or indirect depending on the infraction** and the defending team must be a minimum of **8 yards** away.

Substitutions: At anytime. On the fly substitutions may be done while the ball is in play. Players entering the field must wait until a player exiting has stepped off the field. At the Referee discretion.

Yellow Card: All yellow cards will result in a man down situation for 2 minutes or until the opposition scores, whichever comes first . Any player with two (2) yellow cards in consecutive games cannot play the next game. Any player with four (4) non-consecutive yellow cards cannot play the next game. Two (2) yellow cards in the same game means an immediate red card.

Red Card: All red cards will result in immediate ejection; **AT A MINIMUM, the player will sit out for the rest of the game AND the following game.** All red cards will be subject to review to determine the length of the suspension. If the ejected player attempts to play during their suspension, then he/she will be suspended indefinitely. On a red card the team will play a man down for the remainder of the game, even if goals are scored.

Two Minute Penalty: A two minute penalty can be assessed at the discretion of the referee for minor violations regardless of whether a yellow is given.

If a player on your team receives a card and refuses to give their name to the referee, your entire team will forfeit their remaining schedule. If a fake name is given, your entire team will forfeit their remaining schedule AND will be banned from the Adult League permanently. In any case of suspension or expulsion, NO refunds will be issued.

Other Rules: Balls can't be thrown directly into the goal from a player or a goalie. **NO Slide Tackles!** Fist fighting, swearing, Gum chewing and racial remarks will NOT be tolerated. **The referees and Afrim's Sports staff have the right to suspend anyone from the league at any time for any behavioral issues.**