

Adult Co-Ed Soccer Rules

- Goal kick has to hit a player or the field before reaching the midfield line. If ball goes over midfield on a fly - it's an indirect kick for the other team at midfield. Goalkeeper has six (6) seconds to kick the ball once it has been placed in the box.
- On saves the goalkeeper can throw or punt the ball anywhere on the field - no restrictions.
- Any ball that is kicked or headed and strikes the overhead cable, light fixture or roof will be an indirect kick for the opposing team at midfield.
- Goalkeeper may not pick up a ball which is kicked back by a teammate. He may pick up a ball that has been headed or chested back by a teammate.
- Absolutely no slide tackles are allowed at any time. Slide tackle with no contact is a warning, slide tackle with contact is a Caution (yellow card) and the second infraction is a yellow/red and the player is ejected from the game.
- If a team is short players they may use another player from another team but they must address this with the other captain prior to the start of the game. That captain can then let it go and play as normal or play but automatically take the win. It is all up to that captain.
- Any cursing or derogatory remarks directed at another player will result in a yellow card. If considered highly derogatory, the player can be ejected.
- Any cursing directed at an official is an automatic red and ejection from the game for unsportsmanlike conduct.
- All yellow cards will serve as a Caution. Two yellow cards equal a red. If red card is issued, player is ejected for remainder of game plus next game.
- There is no off-sides.
- On corner kick – players cannot infringe on goalkeeper until ball is kicked.
- Maximum of six (6) men on field at one time.

Just Play!