



# 2025 WOMEN'S SPRING SOCCER

## Rules League governed by United States Soccer Federation Rules

Yellow & Red Cards: Yellow will be a firm warning. When a player receives a yellow card, they must sit out for two minutes and their team will play down a player. Red will be an ejection. The team will play down a player for the remainder of the game. *If a player is ejected from a game, they are suspended for the next game as well.* Two ejections and the player is retired from the league and future play. All conduct issues will be handled based on the **Player Code of Conduct** which is posted on the web site. Please make sure your players review it.

1. Seven players will be on the field at a time. **Any less than FOUR players will result in a forfeit.** One of the seven players will be a goal keeper. The goal keeper may roam the field, but may only use their hands inside the goalie box.

2. \*\*\* **FORFEIT RULE** \*\*\* **Any more than two (2) forfeits will result in your team being left off of the tournament schedule.**

3. All penalty kicks will be direct kicks. The following are penalties: hands, goalie using hands out of the box, tackling, tripping and fighting. **All penalties related to the penalty area will be a direct kick from the penalty spot and without a wall. Any Fouls involving bodily contact, will be a penalty kick.**

4. Players are free to roam the field. There will be no off sides penalties. Game official will cover as much ground as possible. Please be honest when ball is out of play. Your integrity is more important than a missed call.

5. There are free substitutions at all times. The player substituting out must be off the field prior to another player entering. A penalty kick will be assessed for too many players on the field. The official will work with you on subs as long as you are not abusing the situation. **Substitutes may leave at the nearest touch line.**

6. Games will have (2) twenty-five minute halves and a three minute half time. Each team will have one time out per game. League games can end in a tie! In tournament, if a game is tied after regulation, a round of three penalty kicks per team shootout will follow. The goal keeper that was in the goal at the end of the game must remain in the goal for the shootout. If the game is still tied, teams will go to 1 to 1 penalty kicks. No player can kick a second time in penalty kicks until each player on the field has taken a turn. **Only the players on the field at the end of the game will be allowed to kick penalty shots.**

7. Only players that are on your roster may play in games. Please don't try to bend this rule. **Deadline to make roster changes is Thursday, May 1st.** After this date, rosters will be frozen. There will be roster checks the first week, week before the deadline, week after deadline and before start of city tournament. All players should have their I.D. available at every game in case of random roster checks.

8. A maximum of two high school aged players are allowed per team. **Maximum of 16 players total per roster.** Players must play in at least 4 regular season games to be eligible for the end of season Tournament.

9. Games will be played with a #5 ball that will be provided by the city. The playing field will be 40/50 x 80 yards or 120/150 x 240 feet. Flags will mark corners.

10. **NO SLIDE TACKLING!** All slide tackles will be called fouls. Players who continue to slide will be carded — yellow card for second offense and red card for third. Fouls and cards will be enforced on an individual basis. Sliding to kick a loose ball or win a free ball are not slide tackles.

11. Remember that we are playing for fun. Do your best to enjoy the game and help others to do so as well. Players that are not on your official team roster, will not be allowed to play. Violation of this rule will disqualify your team from the post season tournament.

## 12. Field Location & Key: Centennial North Field & Centennial South

Games played at Centennial Park ..... 600 S. 600 E. **(No Pets!)**