

GENERAL RULES

Equal Playing Time - equal playing time is expected. For leagues with quarters, substitutions only occur in-between quarters.

Open Subbing - Player MUST be at halflines before the stoppage of play to sub into the game.

Playing Position Rule - for all leagues except 7/8 and HS, each player must play at least 1 quarter at offense (forward, midfield) and 1 quarter at defense (midfield, back / goalie) each game. (The referees are NOT responsible for enforcing the playing time or position rules.)

1st and 2nd Grade: Goal kicks - On goal kicks the opposing team must go to the half-line and can run into the attacking half of the field when the goal kick is taken.

1st and 2nd Grade: Re-starts on fouls - All restarts on fouls will be an Indirect Free Kick. For fouls in the "box" the ball will be placed on the closest spot on the "18-yard" box.

Coaches are limited to the sideline on their half of the field, and are required to stay on the coaches' side of the field. Limit the number of adults on sideline to a total of three. Coaches are NOT allowed on the field during a game.

No coaches, parents, or spectators are allowed at the ends of the fields, particularly around the goal areas.

Equipment

a) Shin Guards are required - no exceptions. These are to be worn under the uniform socks.

b) Uniform shirts are to be worn on top of any other clothing, tucked in, and are not to be modified without approval.

c) Players are required to wear soccer style shorts (black preferred).

d) Cleats are not required, but are permissible. Rubber cleats only, no steel studs, no baseball or football style cleats (cleat in the front of shoe)

e) Earrings, hats with hard brims, watches, bracelets, necklaces, or any other items that could cause injury to the player or other players are **NOT ALLOWED**. Exception is for 1st and 2nd Leagues. New earrings **ONLY** can be covered completely with bandaid or tape and padding on the post.

Abuse of the referees by players, coaches or spectators WILL NOT BE TOLERATED. Referees and CDC representatives have the right to eject any abusive individual from the facility. See the [CDC Code of Conduct](#) for clarification.

Rain Delay or Rain Out - If half of the game is played, it is considered an official game. Game must be completed before start time of the next scheduled game unless last game of day then must be complete within 90 minutes of start time.

Yellow Cards - Player must leave field of play and may return at next dead ball at referees discretion. Team may sub player if they have one.

"MERCY RULE" - after team a team leads by the number of goals listed above they must shoot outside the penalty area (big box), any goal scored inside the penalty area does not count and results in goal kick for the opposing team. There is no Mercy Rule in tournament games.