



Greenfield Area Soccer Club – TigersFC Recreational League



19U COED LEAGUE RULES

Revised: March 2023

Number of Players: 11v11

Exceptions: Maximum number of players eleven (11) per side (11v11). The minimum number of players (7) per side (7v7) in alignment with the Laws of the Game. One player must be goalie. If one team does not have the minimum number of players, they can play a player from the same division or lower, if that player is already registered with GASC. Substitutions outside of the team roster are not allowed during tournament.

Registration: All players must have properly completed registration forms for the Tigers FC Recreational soccer program.

Equipment: During cold weather, league shirt must be shown over garments.

- Shin guards are mandatory.
- Size 5 ball.
- League shirt
- Socks over shin guards
- Cleats are recommended (no baseball cleats). Tennis shoes are allowed
- **No jewelry of any type.** Soft (non-metallic) sweatbands, rubber bands, scrunches are allowed. No metal hair clips.
- Water bottle

Field Dimensions: 120 yds. X 70 yds.

Goal Dimensions: 8 ft. x 24 ft.

Game Duration: Two 35 minute halves. Five (5) minute half-time.

Game Rules: (all rules will conform to FIFA, except where the league has instituted a change)

- Unlimited substitution with referee's permission. Players MUST be at center line at the time of stoppage of play for substitution. Any substitute must leave the field of play at the nearest sideline point, unless the referee determines he can quickly make his way back to the team's designated touchline area.
 - Prior to a throw-in by either team
 - Prior to goal kick by either team
 - After a goal by either team
 - After an injury on either team when referee stops play
 - At half time and quarter break
- Offside call will be called according to FIFA rules.
- Throw-ins occur when ball goes out of play over the touchline.
- Goal kicks or corner kicks occur when ball goes out of play over the goal line without scoring a goal. A goal-kick is no longer required to leave the penalty area before a teammate touches the ball, meaning once the goalkeeper touches the ball for the kick, it is immediately considered in play. Opponents must remain outside the penalty area when a goal-kick takes place.
- TEN YARD RULE. Start of play and Free kicks will take place with all players at least 10 yards (radius of center circle) away from the ball.
- Fouls can result in direct and indirect kicks.
- THERE SHALL BE NO ROUGH AND OUT OF CONTROL PLAY.
- Regular season games can end in tie.
- Cursing will be a red card and player will be suspended from remainder of game.
- Physical or rough play will follow normal red card rules with present and next game suspensions.
- All teams will have 1 female on the field during game. If team only has 1 female on team, they will play 1 player down while female is resting.

Coaches: Stay off playing field unless called on by referee. Stay on your bench half of field. NO coaching from behind the goals.

Referees: Center referee and two AR's will be assigned.