

SNSA Adult League Coed 5v5 Format

Summary of Specific Rules and Regulations

1. Eligibility: female players must at least 25 years of age and male players must be at least 30 years of age to be eligible to play. (Law 3)
2. Coed teams consist of (2) female field players, (2) male field players, and (1) goalkeeper (male or female), unless exception conditions are met. (Law 3)
3. A team that falls behind by 5 or more goals may add an additional field player, male or female. If the goal differential falls below 5 the additional player must be removed. (Law 3)
4. Shin guards are required. (Law 4)
5. A player who receives a yellow card for inappropriate behavior shall be temporarily dismissed for a period of three (3) minutes and cannot be substituted until the end of the temporary dismissal period. The dismissal period ends after 3 minutes. A player who receives a red card may be replaced by a substitute player after a 3-minute temporary dismissal period. (Law 5)
6. All games are played in two 25-minute halves with 5-minute half-time interval. (Law 7)
7. Use a minimum five (5) yards spacing for all free kicks. (Law 8, 13, 14, 17)
8. Goals scored by females count as two goals. (Law 10)
9. A player may score a maximum of 3 goals (three points for males, six points for females) per game. A goal scored by a player who has already scored 3 goals results in a goal kick. (Law 10)
10. Slide tackles and sliding in the proximity of another player are prohibited, except for the goalkeeper in the penalty area. (Law 12)
11. Male players MUST YIELD to female players in any 50/50 ball situation, except for the goalkeeper in the penalty area. (Law 12)
12. A goalkeeper may not use a punt to release the ball from his penalty area. (Law 12)
13. A goalkeeper throw must touch the ground or a player before crossing the halfway line (Law 12)
14. A goalkeeper may not cross the halfway line into his team's offensive half of the field. (Law 12)
15. Free kicks on the offensive half of the field (except corner kicks, touchline kick-ins and penalty kicks) must be taken by a female player. (Law 13)
16. A ball crossing the touchline is returned to play with a kick-in, which is an indirect kick. (Law 15)
17. A ball crossing the goal line outside of the goal posts is returned to play with a throw by the goalkeeper from within the goal area. (Law 16)
18. The referee has the final say in ALL matters related to the game.

PLAY UNDER CONTROL, RESPECT THE REFEREES, RESPECT YOUR OPPONENTS, AND HAVE FUN!