



ST. THOMAS SOCCER CLUB

X-Pitch League Rules

1. All standard rules of play are to follow FIFA's current Laws of the Game.
2. 7 players per team on the field (6 + keeper). No less than 5 may be used to start a game.
3. Substitutions are made on the fly.
4. There are no off-sides.
5. Teams are responsible to hang one net, and put out 2 corner flags prior to kick-off. Teams must also take down their net and return it and the corner flags to the equipment to the store-room immediately after the game.
6. Teams should be ready to start the game at kickoff time. Referees will wait no later than 5mins to start the scheduled game provided the previous game is running on time. Games will consist of 2 x 25mins halves.
7. Shin pads must be worn as protective equipment. All jewelry must be removed prior to all games.
8. All free kicks outside of the penalty area are indirect. Opposing players must be no more than 6yrds from the ball. Fouls in the penalty area will result in a penalty shot from 10yrds from the goal line. The goalie must stay on their line until the ball is kicked. The ball is in play if it rebounds off the goalie or the goal posts.
9. Slide tackling is illegal. The goalie may slide within the penalty area but not feet first. A player may slide to control the ball as long as it is not in the direction of another player and was not dangerous in the referee's judgment.
10. The goalie may not control the ball with their hands if it is passed to them, from the foot, by their own player, as well as for throw-ins.
11. 3pts are awarded for a win and 1pt for a draw. There is no overtime or shoot-out during the regular season.
12. Tie-breaker for season ending standings will be head-to-head, most wins, goals against, adjusted goal differential, goal differential, then goals for.
13. Any player (including the keeper) who receives a Yellow Card will be forced to substitute off until the next opportunity to substitute.
14. 3 yellow cards accumulated throughout the season will result in a 1-game suspension.
15. Any red card will result in at least a 1-game suspension. Any red card for fighting, punching or kicking an opponent will result in a minimum 3-game suspension.
16. All players must be added to the roster no later than July 31. All players on the roster are eligible for the Year-End Cup games.
17. Teams are permitted to roster a maximum of 1 Player who is carded to any Adult competitive league – WOSL, LAWSL (except Rec Div), OWSL, etc. All players from other Adult Rec leagues (MMSL, LAWSL Rec, MSSSL, LOSL, etc) as well as Youth Competitive/Rec leagues (EMDSL) are permitted without restriction.
18. Age minimum is players in their 17th year of birth (ie for 2019 season, players must be born in 2002 or earlier)
19. All registrations and waiver signatures must be completed before a player can play on the field.
20. Players are only eligible to play for the team they are registered with and may not be registered with 2 teams. Any team who fields an ineligible player will be given a default 3-0 loss.