

## **SNSA Adult League Coed 8v8 Format Summary of Specific Rules and Regulations**

1. Players must be at least 17 years of age in order to play in adult open divisions. (Law 3)
2. Coed teams must have a minimum of three (3) female players on the field at all times (or play short) unless exception conditions are met. (Law 3)
3. Field player substitutions are unlimited and can be made on the fly (with the ball in play). The goalkeeper may only be substituted on a dead ball with referee approval. (Law 3)
4. A team that falls behind by five (5) or more goals may add an additional field player, male or female. If the goal differential falls below 5 goals the additional player is removed. (Law 3)
5. Shin guards are required. (Law 4)
6. A player who receives a yellow card 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. (Law 5)
7. All games are played in two 30-minute halves with 5-minute half-time interval. (Law 7)
8. Use a minimum eight (8) yards spacing for all free kicks. (Law 8, 13, 14, 17)
9. Goals scored by females count as two goals. (Law 10)
10. A player may score a maximum of three goals (three points for males, six points for females) per game. Any goal scored by a player who has already scored three goals will result in a goal kick. (Law 10)
11. Offside rules are enforced. (Law 11)
12. Slide tackles and sliding in the proximity of another player are prohibited, except for the goalkeeper in the penalty area. (Law 12)
13. Male players **MUST YIELD** to female players in any 50/50 ball situation, except the goalkeeper in the penalty area. (Law 12)
14. Free kicks on the offensive half of the field (except corner kick and penalty kicks) must be taken by a female player. (Law 13)
15. 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!**