



SOCCER RULES: Adult Co-ed

Summer 2010

It is the coaches and/or team managers responsibility to ensure that all players are aware of the rules.

Official FIFA "Laws of the Game" will be followed except as noted in the following. SportsCity has set forth the following rules to ensure that our facility is a safe place for players, spectators, and referees to enjoy the game of soccer.

No glass containers are permitted in the facility. No food, drinks, chewing tobacco or gum, sunflower seeds (or similar products), or metal cleats are permitted on the playing surface. Players are NOT to be drinking beer / alcohol before their game. Could result in their removal from the game. There is to be NO beer / alcohol in the players area.

ALL participants are to be aware of the rules. SportsCity reserves the right to change or add to the rules to handle any situation that may arise. SportsCity may re-bracket teams at any time in order to guarantee fair and equal play. Ignorance of the rules will not be accepted as an excuse for failure to comply with them. SportsCity may modify rules at any time to ensure equal and fair play.

Rules: General

AWARDS:

Will be given to 1st place teams. Teams receive a team coupon towards food / drink (excludes beer / alcohol), and choice of either \$50.00 off the next session or League Champ t-shirts which are not sport specific.

GAMES: All teams are guaranteed eight (8) games. There are no playoffs.

PLAYOFFS: None

POINT SYSTEM:

- * 3 points for win, 1 for tie, 0 for loss.
- * SportsCity will keep track of league standings which will be posted in the facility and on the web site.
- * Due to additional penalties actual standings may vary from the computer generated standings on the web site.

PRACTICES: SportsCity does not provide practice times.

PROTEST:

- * There will be **NO PROTESTS** allowed regarding the game.
- * The Site Director will resolve all disputes immediately. These decisions will be final.
- * If a team suspects an illegal player or other illegal activity associated with the other team, they should inform management immediately. If this activity is discovered after the game is completed, the team should file a formal protest to management.
- * Management will not overturn any calls made by the referee during the game.
- * Management will not take seriously any complaint directed at them immediately following a game - verbal or written.

REFUNDS: Refunds will only be issued should SportsCity not be able to provide a league spot for a team.

REQUESTS:

Request are not guaranteed. No verbal request will be taken – must be in writing. Teams are allowed 2 scheduling requests per session on the required form and submitted two (2) weeks before the start of the session.

RESCHEDULES:

- * SportsCity understands that unplanned things happen but in order to keep within the eight (8) weeks each session, **NO** reschedules will be done unless it's due to an error caused by SportsCity or for reasons beyond SportsCity's control.
- * SportsCity is only responsible for the initial schedule. It is not responsible for reschedules unless it has cancelled games.
- * If a team really needs to reschedule it is responsible for contacting the opponent and working out a new date / time then notifying SportsCity. SportsCity will then verify if the opponent has agreed to rescheduling, the date / time is available, and refs can be obtained. Until confirmed by SportsCity, game is not considered rescheduled.

RESCHEDULES: Bad Weather

Any games that are rescheduled due to weather will be rescheduled at the discretion of management. No refunds will be issued. SportsCity reserves the right to reschedule these games on days that the teams have not registered to play on depending on field availability.

SCHEDULES:

- * In order to keep games within the eight (8) week time period, and to accommodate any holidays during those weeks, games on additional days/evenings/weekends may be necessary. No guarantee or promise will be given on the number of teams that will be in a division. Until all teams have registered, there's no way to tell.
- * The schedule will be posted on the SportsCity web site www.sportscitykc.com. Any schedule changes will also be posted on the website. All efforts will be made to contact any teams involved in any schedule changes but the responsibility lies with the team coaches and manager's to double check the schedule on our web site one (1) day prior to their scheduled game.

SUSPENSIONS:

- * Suspensions will not be overturned unless it can be proven it was done for personal reasons.
- * Suspensions can range from one (1) additional game to banned from SportsCity.

TEAMS: The minimum number of teams for a division is four (4). No guarantee or promise will be given other than this.

TIE BREAKERS:

At the conclusion of each session, the following will be used to break any ties in the standings:

- * Head to head (not used if more than two teams are involved in the tie breaker)
- * Goal difference
(i.e. goals scored minus goals allowed with 4 goal maximum differential, e.g. 10-1 games will be deemed 5-1)
- * Most shutouts
- * Fewest goals allowed
- * Most goals scored (no maximum)
- * Sudden Death Penalty Kicks

WARM-UP: League fee does not include warm-up time nor is there any guaranteed warm-up time or space. Games are to start on time. See Forfeits.

WEB SITE:

- * Web site is available to everyone. To get full use of the MySam features:
 - * All participants with a current SportsCity waiver/registration and an active e-mail address on record with SportsCity can log in on MySam to view schedules, standings, send team e-mails, etc.
 - * To use this function go to the web site and click on MySam to open the GET PASSWORD page. Complete the information and send. A password will be sent to that persons e-mail normally within seconds. Once received go back into the web site, click again on MySam, and enter their password.
Email being used must be the same that is on file with SportsCity.
Web address: www.sportscitykc.com

Rules: Registering / Rostering

It is the **teams** responsibility to ensure ALL paperwork and money is in order and accepts any penalty that may be enforced as a result of failure to do so. Forfeits for illegal players will be based on paperwork on file at the time a roster check is done. **IF NOT SURE CHECK BEFORE DOING!**

COACHES or RESPONSIBLE PARTIES:

- * Coaches / responsible parties are not required to be licensed.
- * All coaches must have an assistant able to coach in their absence - **period**.
- * Are at least eighteen years old or older.
- * Will have someone eighteen (18) yrs or older on the bench during all games who will be responsible for and held accountable for the team and its actions. Failure to do so could result in a forfeit and/or teams removal from the league.
- * Are responsible for ensuring the team has a zero (0) balance before it plays its third (3rd) game.
- * Are responsible for, and will be held accountable for, the full league fee whether the team completes the session or not.
- * Are responsible for the collection of all required paperwork to register a team and its players.
- * Will provide valid contact info including an e-mail address.

ELIGIBILITY:

- * League is open to anyone sixteen (16) years and older.
- * Players under the age of 16 cannot "play up" to participate - no exceptions will be made.
- * Teams need not be established ones. **No "guest players" allowed.**
- * Players must be rostered to the team or team will forfeit even if the opposing team approves them playing.
- * In the event there is a dispute over a players age, SportsCity reserves the right to request verification of that players age. Proof of age in the Adult Co-ed league will be: state issued players pass, driver's license or passport. Those without proper ID will not be allowed to play and could cause the team to forfeit.

LEVELS of PLAY (Brackets): see also Rosters

- * Levels formed based on teams signed up per session. Sub-levels made if necessary.
- * SportsCity brackets teams based on information provided by the teams. Providing false information can result in a team forfeiting

all games up to the time a problem is found - including the entire session.

- * SportsCity reserves the right to re-bracket any team for any reason during a session.
- * In order to maintain equal and fair play within the different levels, teams should register accordingly:
 - * **A (competitive) level:** teams with skilled players and / or players participating on a club / league team, high school team, college team, or semi pro team though others may participate.
 - * **B (intermediate) level:** teams with players not A level but too strong for C level that participate on a club / league team, high school team, college team or semi pro team though others may participate.
 - * **C (recreational) & below level:** Strictly for FUN! Players must be beginners or have very limited experience other than indoor play. **NO** players eighteen (18) years and younger or players currently participating on a **club / league team, college team, or semi pro team.**

NOTE: Levels broken down into sub-levels still equal the main level. Meaning if B1 & B2 it still equals B level. If C1, C2, C3, or C, D, E, etc it still equals C level.

PAYMENTS / REGISTERING:

- * Required deposit, team registration/contract, schedule request (if any), and shirt order (if any) are all due by the deadline per session to register a team and guarantee a spot.
- * Teams not paying in full when registering are required to provide a credit card.
- * The person whose name is on that credit card must be the one signing the authorization giving SportsCity the right to charge it as needed.
- * Teams must have a zero (0) balance before they can play their 3rd game.
- * If team is not paid in full before it plays its third (3rd) game, it will forfeit its spot in the league and NO refund will be issued of any money paid.
- * If for any reason there is a balance due after the 3rd game, the credit card on file will AUTOMATICALLY be charged. If the charge is denied the team will be removed from the league and all games forfeited. There will be NO refund of any money.
- * Roster and all waivers (on active players) are due by the 1st game.

PLACEMENT of TEAMS: SportsCity has the right to:

- * If during the session it's found a team's record indicates possible sandbagging, whether that team needs to be moved to a higher level or not. If moved this will result in a new schedule but will not change the game results or standings of all teams involved.
- * If returning winners have to move up or not. Just because a team wins a division does not mean they are able to compete in the next level.
- * Form single age divisions if possible.
- * Combine ages, divisions or levels to form a league.

PLAYERS:

- * Must be at least sixteen (16) years old by the first game.
- * Must have a current SportsCity waiver on file. This waiver is good for one (1) year for any SportsCity event.
- * All players for a team must have like shirts, at least similar in color, with at least a 6" permanent number on the back.

REFUNDS:

- * NO refund of any money paid unless SportsCity is unable to place a team.
- * If not able to place a team, SportsCity will issue refund within thirty (30) days.

ROSTER CHECK: Management reserves the right to check identifications of any player.

- * **Photo ID (driver's license or school photo ID pass) required on hand at all times. No exceptions. In fairness, this applies to all players even those known by SportsCity employees or other players.**
- * If a roster check is done and a player cannot provide such ID:
 - * they will not be allowed to play nor roster to the team at that moment. **Period!**
 - * player is considered an illegal player and team will forfeit the game.

ROSTERS: Levels of Play **Games will not be scheduled around players on multiple teams**

- * Rosters are due by the first (1st) game.
- * Roster size: minimum of ten (10) / maximum of eighteen (18) players.
- * All players / subs, whether they participate or not, must be listed on the roster by the completion of the second (2nd) game. When or if they play doesn't matter as long as they are listed.
- * **Rosters are frozen after the completion of the second (2nd) game.**
- * No "To be Announced" players allowed.
- * An official roster **MUST** be submitted each session and prior to the teams first (1st) game.
- * Roster size: maximum of eighteen (18) players.
- * Players may only be added after the 2nd game if a player is injured and removed from the roster for the remainder of the session.
- * At the discretion of management, a team may claim hardship during the session and add players up to the amount needed to be able to field a team plus three (3) subs.
- * Anyone sixteen (16) years or older may roster to a team. Players under 16 cannot "play up" - **no** exceptions will be made.
- * **NO GUEST PLAYERS ALLOWED!** Players must be rostered to the team or team will forfeit whether reported to SportsCity or noticed by SportsCity staff.

Exception: If opposing team approves a non-rostered player participating in a game, the officials are to be told as the game is a forfeit and they are not to officiate forfeits. If the officials officiate the game - **the game results will stand.** No forfeit will

be given.

- * Rosters may be on the SportsCity Roster form or typed and may be faxed or emailed. If emailed must be Adobe or a Word 97 document. Please allow a one inch (1") left margin.
- * No high school aged or players playing college ball allowed in the C or lower levels.
- * Anyone currently playing with a club / league team or semi pro team cannot roster to play in the C or lower levels.
- * Players may only roster to play on one (1) team per level.
- * Players rostered in the A level, or normally play A level, cannot roster to play on a C or lower level team.
- * Teams in the B level may not roster more than two (2) A level players to their team.
- * Teams in the C or lower levels, may not roster more than one (1) B level player to their team.
- * Players in the B or lower levels rostering to play up will count as an upper level player towards the amount allowed on their lower level team.
Note: If a player is considering rostering up, they should notify their current team to make sure that by rostering up, they are not putting their team over the amount of upper level players they are allowed.
- * If a player's eligibility is questioned, SportsCity will determine whether they can remain rostered on the team or be removed. If they must be removed the team has the option of moving up in order to keep that player on their roster.
- * If the team refuses to remove the player from their roster or move up, they will forfeit all games for that session.

WAIVERS & RELEASE of LIABILITY FORM:

- * Required on **ALL** players **PRIOR** to them participating. Waivers are good for one (1) year for any event at SportsCity.
- * Players without a current waiver / release on file will **NOT** be covered by SportsCity insurance.

PLAYING RULES: Adult Co-ed Soccer

A woman must touch the ball on the offensive half of the field to be "live". A kickoff by a woman does not count as an offensive touch.

ABUSIVE ACTIONS:

Verbal or physical abuse/assault towards anyone, including but not limited to officials or players, will result in immediate removal from the game area. Fighting will be cause for immediate ejection and suspension for the remainder of that session, possibly longer. Anyone involved in fighting could be permanently banned from SportsCity.

BENCH AREA:

- * The only people that are to be in the bench area are: officials, rostered players, coaches, and person responsible for running the clock.
- * Home / Visitor is indicated above benches. Teams are to sit in the area according to if they are H / V on the schedule.

BLUE CARD: see also Time Penalties

A blue card will be an automatic two (2) minute penalty and that players' team will play a man down for the length of the two (2) minute penalty. Two blue cards equal a red. Any player receiving a 2nd blue card will be ejected from the match and serve at least a one (1) game suspension.

CASTS / ORTHOPEDIC BRACES:

These may be used if at the discretion of the referee they are not dangerous to any of the players on the field. They must be padded / wrapped to the referee's satisfaction. **Suggestion:** bubble wrap enclosed in ace bandage.

COLOR CONFLICT:

In cases where the referee deems there to be a color conflict the visiting team will be responsible for changing their uniforms.

DELAY of START:

Any team delaying the start of a scheduled game shall forfeit the game to the opponent. If games are running late the official will determine the starting time of the next game. Forfeits will be recorded with a 3 to 0 score.

EJECTIONS:

- * Ejected players are considered illegal players until their suspension has been served.
- * Ejections will not be over ruled unless proven it was done for personal reasons.
- * Ejections are automatic and apply to the team the player participated with when they received it.
- * Ejections are immediate. The player is out the remainder of the game and all of the next game.
- * Player cannot remain in the players bench area. They must leave the building.
- * Anyone ejected in the last game of a session will be prohibited from playing/coaching in the first game of the next session they participate in no matter what team it's for.

EQUIPMENT:

- * Shin guards are optional.

- * Only rubber molded cleats may be worn. No metal cleats, spikes, tips, etc. are allowed.
 - * Teams **MUST** wear matching shirts in color with at least a six inch (6") **permanent** number on the back. No taped numbers.
 - * Number must be large / wide enough to be seen from a distance. Number color cannot blend into shirt color. Must stand out.
 - * Any player without a numbered shirt, or non matching shirt color, must come to the office to get a pinnie. Cannot borrow a shirt.
 - * No duplicate numbers allowed on a team. **NO** offensive names on the shirts.
 - * The goalkeeper shall wear colors that distinguish them from field players and the referee. Any field player who replaces the goalkeeper must comply with this rule. The goalkeeper may wear protective headgear if it is deemed acceptable by the referee, (i.e., is not dangerous and does not interfere with other players).
 - * SportsCity is not responsible for jewelry that is lost or damaged.
 - * Players failing to comply shall be sent off the field of play to adjust their equipment and cannot return without first reporting to the referee. Upon approval the player may return to the game at the next guaranteed substitution.
- An "Unsporting Conduct" penalty shall be assessed to any offender who enters the game in breach of the conditions of this rule. If the game is stopped to administer the time penalty, it shall be restarted with a free kick taken by a player of the opposing team.

CASTS / ORTHOPEDIC BRACES:

These may be allowed if at the discretion of the referee they are not dangerous to any of the players on the field. They must be padded / wrapped to the referee's satisfaction. **Suggestion:** bubble wrap enclosed in ace bandage.

FIGHTING:

- * SportsCity has a **ZERO TOLERANCE POLICY** toward fighting. Anyone fighting will be ejected and they will be terminated from playing the remainder of that session (on any team). They will not receive a refund.
- * SportsCity reserves the right to ban permanently any player involved in a fight.
- * Anyone fighting will cause their team to be penalized with a forfeit.

5 SECOND RESTART VIOLATION:

Failure by a team to put the ball into play within five seconds, as signaled by the referee, results in a possession turnover.

FORFEITS: also throughout rules

- * Teams not able to field at least 4 players within five (5) minutes of start time, will forfeit.
- * Forfeits are beyond SportsCity's control and will count as a game.
- * Referees will not officiate forfeited games. Players with signed waivers may use the field time for practice or scrimmage.
- * "No Shows" or forfeits due to illegal players, will result in a 3-0 victory for the opposing team. No rescheduled game will be given.
- * If opposing team approves a non rostered player participating in a game, the officials are to be told as the game is a forfeit and they are not to officiate forfeits. If the officials officiate the game - **the game results will stand**. No forfeit will be given.
- * Games forfeited will cost the forfeiting team \$50.00 (cash) to be replayed. Opposing coach must inform SportsCity they have agreed to the game being replayed. Fee must be paid before game will be rescheduled.

GAME BALL: Each team is to provide a size 5 game ball.

GAME LENGTH:

Each game shall consist of 2 x 24 min. halves with a three (3) minute halftime. Games are to start on time so once your game is done, please collect all items your team brought and leave the playing area immediately so the next game can start. Team talks are not to be done on the field after your game.

GOALKEEPER PASSBACK:

Players will be allowed to pass the ball back to the goalkeeper's hands from anywhere within the defensive third of the field (marked by one of the three lines). Goalkeepers may not handle any pass that originated from outside of the defensive third of the field.

GOALKEEPER SUBSTITUTION:

Any teammate may change places with the goalkeeper as per regular substitution procedures. The goalkeeper must wear different colors from field players and referee.

GOALKEEPING RESTRICTIONS:

Following infractions shall cause the referee to stop play and award a free kick to the opposing team at the top of the penalty box and on the whistle.

- * The handling of an intentional back pass from a teammate's feet that originated outside of the defensive third
- * Five Second Distribution: A goalkeeper, in possession of the ball within the penalty area, must distribute the ball outside of the penalty area or to another player within five seconds of having received the ball within the penalty area. Possession shall be defined as control with hand or foot.
- * Illegal procedure Handling: A goalkeeper who receives or carries the ball outside of the penalty area by foot, shall not handle the Ball inside the penalty area prior to the ball being touched by another player or prior to a stoppage in play.
- * Intentional handball violations committed by the goalkeeper outside the penalty area to stop an opposition attack shall result in a time penalty. Any player and not necessarily the goalkeeper may serve this time penalty. Regular handballs by the goalkeeper will result in a normal free kick without the time penalty.
- * If a goalkeeper commits a foul that is deemed a red card offense by the referee, or if they receive two blue cards, he/she must serve the ejection. The team must play short for the five minutes with a different player in goal. At the completion the five (5) minutes the team may play at full strength but the goalkeeper that committed the foul must sit out the remainder of the game as well as serving a minimum of a 1 game suspension.

MERCY RULE:

If in the 2nd half one team is ahead of the other by ten (10) points, the referee is to ask the losing team if they want the game stopped thus awarding the win to the other team. If stopped the remainder of the game will be a scrimmage with no officials.

NUMBER of PLAYERS:

Six (6) field players plus a goalkeeper. Must have equal number of male / female field players. Goalkeeper is not considered a field player.

OVERTIME: None

PENALTY KICKS:

- * Only infractions that are deemed by the referee to be denying goal scoring opportunities (within the penalty area) will result in the penalty kicks. "Incidental" fouls within the penalty area will result in a free kick at the top of the penalty box and on the whistle. All fouls that were deemed intentional within the penalty area will result in a two minute penalty.
- * Players, other than the player taking the kick and the goalkeeper, must be behind the yellow line.
 - * Yellow line being the one used for restarts when the ball hits the top net.

RED CARD: (see also TIME PENALTIES)

- * A player or coach sent off the field during or after a game by a referee (red carded) will automatically be suspended from the next game in the session. In addition, a player will be banned from playing on any other team until the suspension has been served.
- * A player or coach red carded for the offense of "foul and abusive language" will be suspended as outlined above.
- * A player red carded for the offense of "persistent infraction" of the rules after receiving two (2) blue cards will be suspended as outlined above.
- * A player or coach receiving two (2) red cards in a single session will be suspended from playing for the remainder of that session.
- * A player or coach receiving three (3) red cards in a year will be suspended for one (1) year.
- * A player or coach red carded for the offense of "violent conduct" (including, but not limited to: spitting, threatening, continued rough play, etc.) will be suspended as outlined above and, in addition, will be suspended for one additional game and subject to further disciplinary action as decided by facility management.
- * A player or coach red carded for "assaulting an official" will automatically be suspended from any further activities at SportsCity.
- * Should a coach be unable to control his player's actions after a red card is issued, the coach will also be suspended as outlined above.
- * A player jumping from the player box onto the field to break up or participate in a fight will automatically be ejected from the game and will be subject to the same penalties as outlined above.
- * It is the responsibility of each player and the player's team representative to be aware of the total status of their player's infractions. Failure to comply may result in further disciplinary measures which may include suspension of the coach/representative and forfeiture of games in which that player participated.
- * If a player / players are issued a Red Card for fighting, they will be suspended for the remainder of the session (on any team).

REFEREES:

Referee authority applies to all rules of the game. All calls are the judgment of the referee and are final. Any and all calls made by the referee are NOT subject to protest (during the match). The referee has the ability to present a Red Card prior to, during, and after a match. It is the authority of SportsCity Management and the Rules set forth to determine player / team suspensions.

- * Have authority fifteen (15) minutes before and after a game.
- * Referees will not officiate forfeited games
- * Must be at least twenty-one (21) to officiate adult games.
- * A one or two man system will be used in all games. The number of referees at each game will be at the discretion of SportsCity.
- * Referees appointed to officiate each game have complete authority on the field of play, and their decisions on points of fact connected with the game are final.
- * Complaints regarding officials should be submitted in writing, contain points of fact, and have your name and the name of your team at the top.
- * Teams may fill out a referee complaint form and turn it into management. Management will take seriously all complaints written on a complaint form and turned in 24 hours after a game.
- * Management will not overturn any calls made by the referee during the course of a game.
- * Management will not take seriously complaints directed at them immediately following a game verbal or written.
- * **Do not discuss officiating or the officials with facility staff during or immediately after your game.**

REMOVAL FROM GAME

- * Removal from game can range from sitting out a minimum of two (2) minutes to ejection.
- * Cussing directed towards another player can be cause to remove the player from the game.
- * Cussing directed towards an official **will** be cause to remove player from the game.
- * Use of extremely foul language will be an automatic suspension of at least one (1) game. Spectators are to also be controlled or removed for use of offensive language.
- * Threatening a player or official will be cause to eject player from the game.
- * Fighting will be cause to eject offender(s) from the game. Additional suspension will be enforced.

- * Consuming alcohol before a game will be cause to remove a player from the game.

RESTARTS: see Start of Play

SHOOTOUT: None

SIDELINE CONDUCT:

Players, reserve players, managers, coaches, assistant coaches and fans are expected to conduct themselves within the letter and spirit of "THE LAWS OF THE GAME." The site directors have the authority and responsibility to remove any person or person from the facility for abuses to good conduct, in addition to any specific disciplinary action brought about by other authorities.

SLIDE TACKLING: not allowed

- * Slide Tackling will be defined as anything other than the feet touching the ground when attempting to take the ball away from an opponent.
- * Goalkeepers will be allowed normal play within their area as long as the starting/ending point of their slide stays within their area. **NO** part of their body may be outside their playing area.

START of PLAY:

- * The ball may be played in any direction from kickoffs.
- * A goal cannot be scored directly from a kickoff.
- * All fouls are direct in nature. The opposition **must** stand a minimum of 10 feet away from the ball on all restarts. Referees will determine what is 10 feet.
- * When a game is restarted after an injury or after a "referee discretionary stoppage" the restart kick will be taken by the team that had clear possession prior to the stoppage. If there is no clear possession, then the game will be restarted with a drop ball at the point where the ball was when the game was stopped.
- * If the game was stopped inside the penalty area, all restarts, whether by kick or drop ball, are from the top of the penalty box and on the whistle.

SUBSTITUTION:

- * Substitution "on the fly" may be made at any time. Guaranteed substitution may be made at the following times:
 - * After a goal is scored by either team
 - * After an injury
- * There is no guaranteed substitution in the last minute of the game and there is no guaranteed substitution after a foul.

THREE-LINE VIOLATION: There will be no three-line violation.

TIME PENALTIES:

- * For time penalties, the team will play short for two minutes (yellow or blue card) or five minutes (red card). Teams may play at full strength again after the two minutes are completed or after the opposition scores a goal.
- * The 5 minute red card violation must be served for the full five minutes regardless if a goal is scored. The red carded player must sit out the remainder of the game and serve a minimum one (1) game suspension. This applies to all players (including the goalkeeper) and the coaching staff.
 - Note:** if a coach receives the red card the team must designate a player to serve the time penalty. This player may return to the field after the time penalty but the ejected coach must leave the facility before the game may commence.
- * If a second blue card (which equals a red) is issued to the same player, the player is ejected from the game and the team serves a two (2) minute penalty. That player will also serve at least a one (1) game suspension.
- * Simultaneous blue cards on members of each team results in both teams playing short for the full two minutes regardless of goals scored.
- * Teams can only serve a maximum of two (2) time penalties at a time. If a third two minute violation occurs during a time that a team is already two players down, the third will be deemed a delay two minute: i.e. the player must sit out for his two minute as soon as one of the current two minute penalties have elapsed. In multiple two minute penalties a goal scored only cancels one penalty.
- * Should a woman receive a blue card, she will leave to serve her two (2) minutes. Another woman **must** take her spot. In order to play short a player (in place of a woman), a man must leave the field. Once the time has been served, both the woman and man may return to the game.

TIMEOUTS: None

WARM-UP: League fee does not include warm-up time nor is there any guaranteed warm-up time or space. Games are to start on time. See Forfeits.