



19U COED LEAGUE RULES

Revised: October 2019

Number of Players: Recommended number of players nine (9) per side (9 v 9). Maximum number of players eleven (11) per side (11V11) with coach's agreement. The minimum number of players (6) per side (6 v 6). 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 for interleague games. (30 minute halves for recreational games). 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 but only in inter league games. Normal Recreational games will have no offside.
- Throw-ins occur when ball goes out of play over the touchline. Second tries will be given for the first two games.
- 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.
- EIGHT YARD RULE. Start of play and Free kicks will take place with all players at least 8 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.
- All players shall not engage in heading in practice or in games.
- If a player deliberately heads the ball, the referee will award an indirect free kick (IFK) to the opposing team from the spot of the infringement. An indirect free kick awarded inside the goal area must be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred

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. Coaches and assistant coaches may referee their own games if an assigned referee is not available. In the case of no referee, the kickoff's team's coach shall do the first half. The receiving team's coach shall do the second half. Assistant referees may be used if assigned.