



OFFICIAL RULE BOOK

SOCCER

Revised - January 2016

www.PlayMoreSJ.com

1. EQUIPMENT AND FIELD

- I. PlayMore asks that all players participating wear their PlayMore issued shirt.
- II. PlayMore will provide game balls. (Game balls must be used unless both teams agree to use a different ball.)
- III. The size of the field will vary depending on the facility being used.
The number of players (and coed ratio) will be dependent on the size of the field being used.
- IV. Shin guards are mandatory.
- V. No metal spikes are allowed.
- VI. All jewelry must be removed before each game.

2. PLAYER CONDUCT

- I. If a player receives two (2) yellow cards or one (1) red card in the same game, that player will be ejected for the remainder of that game.
- II. If a player is ejected from a game, that player is put on probation for the following two (2) games. A player will be ejected from a game if charged with one (1) yellow card or one (1) red card during his/her time on probation.
- III. If a player is ejected from a game for a second time during the same season, that player will be suspended. If either ejection was a result of that player being penalized for physical contact made, that player will serve a two (2) game suspension. If a player has been ejected from two games without having either ejection occur because of physical contact, that player will serve a one (1) game suspension.
- IV. Once a player serves his suspension, that player is allowed to continue playing but will be on probation for the remainder of that season (including playoffs). If a player is ejected from a third game during a season, that player will be suspended for the rest of that season.
- V. A punch thrown by any player, unless determined by PlayMore to have been thrown in self-defense, will result in a permanent ban from PlayMore.

3. GAME PLAY RULES

- I. PlayMore follows all FIFA laws of the game are recognized except for the noted changes.
- II. The game will consist of (2) twenty-three min halves. The clock will not stop unless of a time-out or injury.
- III. If a team is unable to play with the required amount of girls, they must play with less players (not replace a girl with a guy). If a team cannot produce at least 1 girl, that team will be forced to forfeit. These same rules apply to the opposite gender; at least 1 guy must be present for play.
- IV. Substitutions can be made on the fly or at a stoppage.
- V. Each team is allowed one timeout per half. Timeouts are not to be carried from one half to the next.
- VI. No Slide Tackling will be permitted. This is a cautionable offence (yellow card). It is considered a slide tackle if there are two opponents playing for the ball. If you are by yourself and slide to save the ball it should not be considered a slide tackle, but is under the discretion of the referee.
Indoor: {No Punts} Goal Kicks / Kicks by Keeper must touch a player or the ground before midfield.
Outdoor: Punts / Goal Kicks / Kicks by Keeper don't have to touch a player or the ground before midfield.
A violation of this rule will result in an indirect free kick at the center spot.
- VII. When penalty kicks take place, defensive players must be no closer than 8 yards away. This rule is because of a smaller field.

Tie Game

- I. *Is there overtime during the regular season?* **No.**
- II. During the playoffs, here is the overtime format:
- III. First, Sudden Death Period of 5 Minutes.
- IV. If no team scores during the sudden death period, a shootout will take place, with the following criteria:
 - a. Each team will select five players to start the shootout.
 - b. These players must alternate gender. (3 Males & 2 Females / 3 Females and 2 Males in the first five rounds)
If the shootout needs to go into the sixth round, an alternating gender format must still be played.
 - c. Players cannot go for second time until every player of that gender has gone.
 - d. Goalies can and will participate in shootout.
 - e. (If your team does not have the required amount of males or females to elect the initial five shootout participants, you will take a missed shoot for the particular player.)

STANDINGS

- I. Teams will be awarded 3 points for a win and 1 point for a tie.

FORFEIT POLICY: The score will be recorded as 5-0 for the winning team.