

Kernersville Soccer Association
Adult Soccer League SUMMER 2010
Recreational (25+Co-Ed) Division

The recreational (co-ed) division is defined as teams with no more than 12 players consisting of both males and females of at least 25 yrs old. The co-ed division is designed so that at least one female is on the field at all times.

This division is recommended for beginning to average skilled players.

Rules Overview: All matches will be played in accordance with current FIFA "Laws of the Game" except where noted below.

1. Seven (7) Players on the field per team, one designated as a Goalkeeper. The minimum number of players allowable is five (5), one designated as a Goalkeeper.
2. Two (2) twenty five (25) minute halves with a five (5) minute half-time. A Running Clock will be maintained by the referee. The clock will continue to run during injury time-outs. All matches are to start at their scheduled time. If a team is not ready to start a ten (10) minute Grace Period will be provided. A forfeit can be called if the Grace Period expires and they can not field the minimum number of players.
3. A team must have at least 1 female player on the field at all times. If they cannot play a female player and the opposing team is playing a female, then they must play 1 (one) man down. This should be accomplished on the honor system by each team, but the referees can and will keep watch and issue warnings to teams that do not follow the guidelines.
4. Midfield kick offs at the beginning of each half. Midfield kick off after a GOAL is scored.
5. Keeper saves and goal kicks. The keeper may distribute the ball with a throw or kick. Goal kicks can be taken by any player. These distributions must be grounded or played by any player before crossing midfield. An Indirect Free Kick will be awarded at midfield if the throw or kick goes past midfield before being played or grounded.
6. Regular FIFA rules apply on the field for the following restarts: Corner Kicks, Throw-ins and Goal Kicks.
7. The restart for Fouls and or Misconduct is according to FIFA Laws. Opposing Players must be 8 yards off the ball on Direct, Indirect, Corner Kicks and Kick off.
8. NO OFF SIDES.
9. Substitutions are made on the fly as long as they do not interfere with play. All players entering and exiting the field should do so at Mid-field.
10. One man referee system will be used.
11. NO SLIDE TACKLING. A yellow or red card will be issued based on the severity of the tackle.
11. Recommended: Field Size - 45' X 75' Goal Size - 7' X 21'
12. Shin guards are required. Metal studs are prohibited.

13. Foul or abusive language is an immediate RED card. This is immediate expulsion from game plus a one (1) match suspension requiring a satisfactory meeting with the League Director prior to reinstatement.

14. Excessive fouls that result in 2 Yellow cards (=red card) or a Red card means immediate expulsion from the game plus a one (1) match suspension requiring a satisfactory meeting with the League Director prior to reinstatement.