



Soccer *Cheat Sheet*

ROSTERS

- Teams will play the 6 on 6 format unless otherwise agreed upon.

League	Total # of Players Required on the Field	Total # of Females Required on the Court	Minimum Players Required to avoid default
6 on 6	5 + Goalie	2	4 (1 Female)
8 on 8	7 + Goalie	3	5 (1 Female)

GAME PLAY

- A game is 60 minutes playing time:
 - Two 30-minute halves
 - A 10-minute half-time
- Regular Season:** Ties are allowed
- Playoffs:** Ties are not allowed
 - A 5-person penalty shoot-out will act as the tie-breaker
- Mercy will be called if one team gains a 7-goal lead
- Metal cleats are not permitted
- Teams are required to bring a game ball, and a single net to attach to the goal they are defending
- A kick-off will start the game and also occur after a goal is scored
- The field is fully-lined and the ball can travel out of bounds
- Players can enter the goal crease at any time, and score a goal from within the crease
- A throw-in re-starts play after the ball goes out of bounds on the sideline
- A corner-kick is awarded when the ball crosses the end-line, last touched by a defender
- A goal-kick is awarded when the ball crosses the end-line, last touched by an offensive player
 - Goalies can roll, throw, or kick the ball back into play
- A free-kick is awarded after a violation, foul or penalty
 - All free-kicks are indirect (a goal cannot be scored before the ball is touched by another player)
 - Defending players must stand 10-feet back from the spot of the kick
- A penalty-kick is awarded anytime a foul occurs within the goal crease

PENALTIES AND VIOLATIONS

- Players and teams are expected to call their own violations and fouls
- Violations** are rule infractions that result in a loss of possession and a free-kick for the opposition
- Advantage Rule:**
 - Allows play to continue when the fouled team was not adversely affected by the play
- Common violations include;
 - Offside, Handballs, Body Contact, Shoulder-to-Shoulder challenges, Delay of Game, etc
- Penalties** temporarily or permanently remove a player from the game, teams will not be short-handed
 - An indirect free-kick is awarded to the opposing team from the spot of the penalty
- Can be categorized as **Majors** (5-minutes), or **Game Misconducts**
- Common penalties include; *Reckless Play, Slide Tackling, Unsportsmanlike Conduct, Disrespecting a GC*