



Any rules or play interpretations not discussed below will be covered by the National Federation of State High School Association Soccer Rules Book and Official's Manual.

I. GENERAL

A. Rosters

- i. Players will play for only **ONE** Co-Ed team.
- ii. A Co-Ed team consists of 6 players. A minimum of 4 players is needed to start the game.
 1. A minimum of 2 Females need to be on the field at all times.

II. Equipment

A. Game balls are provided. Official Futsal Ball. Size 4

B. All participants must wear proper athletic attire. This includes:

- i. Closed-toed athletic shoes. Metal spikes and screw in cleats are not allowed.
- ii. Shorts or warm-ups (wind pants). **NO JEANS** allowed.
- iii. Shin guards are not required but are **RECOMMENDED**

C. Two 10 minute halves will be played.

- i. The clock will run continuously until the end of the game
- ii. The clock will not stop at any point. There is no injury time added to the end of each half.
- iii. The whistle shall sound when time expires, there is no injury time.
- iv. There will be a 5 minute break at halftime.

III. All games that end in a tie will go to penalties.

A. There will be no goalkeeper and penalties are to be taken from the opposing goal.

B. Best out of 4 penalties per team will win the game.

IV. Regulations

A. The Game

- i. A coin toss shall begin the game.
 1. The options given to the winning team are to direction or ball.
- ii. Teams will switch sides after the first half.
- iii. The referee will whistle the ball into play. The kickoff must be taken from the center of the field. Each team must be on their own half, and the defensive team must be 5 yards off the ball at the time of the kickoff.
 1. All kickoffs are indirect. (You cannot shoot at goal from the kickoff)
- iv. The ball is out of play when it completely crosses the sidelines or the end lines.
- v. To restart play, the following methods are used:
 1. Throw-ins: When the ball crosses the sidelines. Will be done with the foot.
 2. Goal kick: When the ball crosses the end line and the offense touched the ball last.
 3. Corner kick: When the ball crosses the end line and the defense touched the ball last. The ball is placed a yard away from the corner marker and kicked. A goal may be scored directly from the corner kick.
 4. Direct and indirect free kicks: Taken after a foul has been called.
- vi. **Scoring**
 1. A goal is scored when the entire ball passes completely over the goal line.
 2. A goal may be scored during play directly from a direct free kick, penalty kick, corner kick, goal kick or drop ball.
 - a. A goal may not be scored directly from an indirect free kick or a throw-in.
 3. After the goal, the ball is returned to the center of the field for another kickoff. The team that gave up the goal will kickoff.
 4. In Co-Ed (based on last offensive player who touched ball):
 - a. Male scoring = 1
 - b. Female scoring = 2

x. Substitutions

1. Either team may substitute under the following conditions:
 - a. On either teams' goal kick
 - b. Their own throw-in
 - c. Their own corner kick.
 - d. When a player has been injured, and only for the injured person.
 - i. The opponents may substitute a like number of players.
 - e. After a goal.

xi. Overtime

1. In Playoffs, if a game is tied, the winner will be determined by alternating penalty kicks
 - a. 4v4 for Co-Rec (must use 2 men and 2 women)
2. A minimum of 5 different players must be chosen for kicks before repeating a kicker.
3. Golden Kick Rule: If after the end of three overtime PKs, a winner has still not been determined, the Golden Kick Rule will be in place. Teams will alternate penalty kicks until a winner has been determined.

xii. Rule Clarifications

1. NO Goalkeeper only Sweeper Defender

iii. **Free Kicks**

1. Free kicks shall be classified as "direct" from which a goal may be scored against the offending team or "indirect" from which a goal may not be scored unless the ball is played by another player from either team.
2. **Indirect kick offenses:**
 - a. Attempting to trip/kick an opponent.
 - b. Attempted Striking
 - c. Jumping at an opponent.
 - d. Using foul or abusive language or spitting at other persons.
 - e. Leaving the field of play without permission.
 - f. The kicker playing the ball next after a kickoff, free kick, penalty kick, goal kick or corner kick or the thrower playing the ball before another player plays the ball.
 - g. Unsportsmanlike conduct
3. **Direct Kick offenses**
 - a. Tripping/kicking
 - b. Hand ball
 - c. Dangerous Play
 - d. Striking opponent
 - e. High kick that involves contact

iv. Corner kick:

1. When taken
 - a. A corner kick is taken by a member of the attacking team when the ball passes completely over the goal line, either in the air or on the ground, having last been touched by the defending team.
2. How taken
 - a. A member of the attacking team shall take a kick from within one yard of the nearest corner. A goal may be scored directly from a corner kick. The opposing team shall not approach within 10 yards of the ball until the ball has been kicked, if the opposing team approaches within 10 yards the kick is retaken. The kicker may not play the ball until another person has touched it. If the ball hits the goalpost and rebounds towards the kicker, he/she still cannot play the ball until another player has touched it.

v. Throw-in:

1. When Taken
 - a. A throw-in is taken after it has passed completely over a sideline, on the ground.
2. How Taken
 - a. The thrower, at the moment of delivering the ball, must face the field of play with both feet behind or on the line and both feet on the ground.

C. Penalties and Sanctions

i. **Kicking-Striking-Tripping-Jumping**

1. A player shall not intentionally attempt to kick, strike or jump at an opponent.
 - a. A goalkeeper may not intentionally strike or attempt to strike an opponent by throwing the ball at the opponent.
 - b. A player shall not intentionally trip an opponent.

ii. **Handling**

1. A player shall be penalized for intentionally handling, carrying, striking or propelling the ball with a hand or arm. Penalty: Indirect free kick.
2. If a player handles the ball on an obvious (official's judgment) goal-scoring play, the goal will count and the player will be issued a yellow card.
3. Unintentional handling occurs when the ball strikes the hands or arms of a player who has not moved the hands or arms to play the ball. This shall not be penalized.
4. A player shall not hold, push or impede an opponent with hands or arms extended from the body. Penalty: Indirect free kick.

iii. **Charging**

1. A player shall not intentionally charge an opponent unfairly. An unfair charge is one in which a player does not use shoulder-to-shoulder contact with an opponent, does not have arms and elbows close to the body, and has at least one foot on the ground and the ball within playing distance. Penalty: Indirect free kick.
2. A player having one or both feet on the ground shall not charge into an opponent that has no feet on the ground. Penalty: Indirect free kick.
3. A player shall not charge into the goalkeeper in the penalty area. Penalty: Direct free kick.
 - a. An official shall disqualify any player who flagrantly fouls the goalkeeper in possession of the ball.
 - b. Possession or control of the ball is when the goalkeeper has the ball trapped by either or both hands or when bouncing it to the ground or when releasing the ball into play.
 - c. Outside the penalty area, the goalkeeper has no more privileges than any other player does. Note: When goalkeepers put the ball on the ground, they relinquish their rights as goalkeepers.

iv. **Dangerous Play** - In the opinion of the official, all high kicks above the waist in a dangerous manner will be prohibited. Penalty: Indirect free kick.

v. **Obstruction**

1. Obstruction is the intentional act by a player, not in possession of the ball or not attempting to play the ball, of running between an opponent and the ball or using the body as an obstacle. Penalty: Indirect free kick.