

Except as modified by the League, the National Federation of High School Association rules for the current year shall be the official game rules for all contests in which League members participate.

1. **GAME TIMES:** Two halves with 5-minute halftime
 - a. 10u/12u - 25 minute running time 14u - 30 minute running time
 - b. Ties during regular season play will remain as a tie. No overtime will be played.
No team timeouts – referee may call timeout at their discretion.
2. **ACCEPTABLE FOOTWEAR:** Tennis shoes, soccer shoes, or all-purpose shoes. No metal cleats.
 - a. Shoes must have laces or Velcro and be closed-toe in nature.
3. **ROSTERS:** Must be turned into the MUNICIPAL ATHLETICS OFFICE by the first game.
 - a. Players may be added to rosters until the halfway point of the season.
Changes must be submitted to Muni.
4. **COACHING STAFF:** Coaches must be certified by the City of Saint Paul to be on the coaching bench - **maximum of two coaches on the bench at all times.** If a team wants a scorekeeper, they must sit in the spectator area and cannot sit within the team/coaching area. Coaches' children, unless they are players on the team, will not be allowed to sit in the team/coaching area – no exceptions.
5. **BALL SIZE:** 10u/12u – Size 4 Ball 14u – Size 5 Ball
 - a. Each team will present a game ball to the official who will decide which ball will be used.
6. **SHIN GUARDS:** Shin guards are **REQUIRED** for all players and **must be covered**. No Exceptions.
7. **TEAM SIZE:** A team consists of 6 players, 5 on the field and a goalkeeper.
 - a. No team may start or continue a game with less than 5 players. This includes teams going less than 5 players due to a red card penalty. The game will be forfeited, and the other team declared the winner, regardless of score.
8. **10 Minute Grace Period** – A forfeit will be declared if a team does not have at least 5 players 10 minutes after start time.
9. **LATE ENTRY:** A team which starts with fewer than 6 but at least 5 players may have its additional player enter the game during a normal stoppage of play. (i.e.: throw in, goal kick)
10. **MINIMUM PLAYING REQUIREMENT:** Each player must play at least 5 minutes per half.
11. **SUBSTITUTIONS:** Free substitution is allowed but coaches MUST announce to the referee that a sub. is happening. All substitutions must take place at the midfield line.
12. **UNIFORM:** Jerseys of similar color with numbers on the back must be worn by all players. The jersey of the goalkeeper shall be distinctly different from any of the players. A different color pinnie may be worn over their jersey.

Next Page →

13. **NO JEWELRY** can be worn, earrings **CAN NOT** be taped. No Exceptions. NO wrist bands. Medical alert and religious bracelets/necklaces can be worn but must be taped and covered. Please refer to the Hair Adornment Guidelines for specifications on clips, barrettes, beads, etc.
14. **GOAL AREA:** No player, coach, or spectator shall be permitted directly behind the end lines.
15. **OFFSIDES:** No offsides for U10. However, if teams abuse this rule by floating a forward behind the defender, officials will have discretion to enforce this rule at the U10 level. U12 & U14 will have offsides.
16. **THROW INS:** For the 10u/12u levels only - during league play, if a player performs an incorrect throw in, the player is given a second chance for a correct throw in. During the EOS Tournament, no second chances.
17. **GOALKEEPERS:** From the moment the goalkeeper takes control of the ball with the hands while playing as a goalkeeper within his/her own penalty area, he/she has six seconds in which to release the ball into play. During that interval, he/she may hold the ball, run with it, bounce it, or throw it into the air and catch it. Once the ball has been released into play, the goalkeeper may not touch it again with the hands until it has been played or touched by another player of the same team outside of the penalty area or by a player of the opposing team either inside or outside the penalty area.
18. **HEAD BUNTING:** No heading the ball for U10 levels. It will be allowed for the U12 & U14 levels.
19. **SLIDE TACKLES** – Not allowed. Slide tackling constitutes dangerous play & the referee will award a free kick at the spot of the foul. Inside the penalty box will be awarded an indirect free kick. First offense player receives a warning, second offense player receives a yellow card.
20. **PENALTIES:** If a player receives a red card, they are out for the remainder of the game plus the next scheduled game. **The team will play short for the remainder of that game.**
21. **CANCELLATION:** Games are played at the discretion of Municipal Athletics staff and Game Officials (referees). Games may be postponed for inclement weather or if the playing surface is deemed unsafe. Weather Hotline (651-558-2118) will be updated at 4:30 pm when necessary – afterwards, determination will be made on-site by game officials.

Schedules and Weather Info can be found online at
www.teamsideline.com/stpaul