

MINNEAPOLIS PARK AND RECREATION BOARD

11 X 11 ADULT SOCCER LEAGUE RULES

35+ CO-ED LEAGUE

1. **The IFAB (International Football Association Board) Rules will apply except as modified in this document.**
2. Purpose: The 35 and older Adult Co-Rec Soccer League is offered to provide an active leisure pursuit for those interested in soccer. It is purely recreational and intended to offer competition on a low level. When selecting players, please make sure that they fit into this league model. Managers are discouraged from selecting “ringers” or players who play at a level not fitting of a recreational league.
3. Age Limit: Our 35 and older league is for those players who wish to keep playing with teams of the same ability. For this reason, as the team manager please make sure that your players are at least 35 years of age. Women players may be under the age of 35 but must be 30 years of age and not have played college soccer. This is a recreational league - please select only players who fit that description.
4. The game clock will begin promptly at the scheduled game time. Games consist of 30-minute halves with a 5-minute half-time period.
5. Up to 11 players on the field per team. A minimum of 8 players on the field.
6. Offside: Given the recreational nature of this league, offside will not be enforced.
7. **Division**
Co-Ed: Up to 11 players on the field per team with a maximum of seven males on the field. If a team cannot field four females, they will need to play with less players overall. You can play with more than four females (i.e. 5 males and 6 females).
8. Each team must wear a shirt/uniform of the same color. Please bring a white and same color shirt to all games. Goalies must wear a different color uniform/Jersey than the rest of the players on both teams. This will allow the goalies to be easily recognized by game officials and players.
9. Shin guards are required at all times during play.
10. Substitutions may be made on a dead ball by either team.
11. No slide tackles, high kicks, bicycle kicks or overly aggressive play is permitted. If a player goes down to one knee for a ball it may not always be considered a slide tackle. It depends on the situations and will be a discretion call by the official. Penalty for slide tackling will result in a direct free kick.
12. Verbal abuse towards the officials will not be tolerated. Vulgar language during games on and off the field will not be permitted.
13. If a player receives a Yellow Card, that player must sit out for five minutes (that player maybe replaced if substitutes are available, you do not need to play a player short)
14. If a player receives a red card (or two yellow cards) they must sit out the rest of the game and the next scheduled game (you will play a player short the remainder of that game). Any additional red cards during the season will result in ejection for the remainder of the season for the player. (Please no red cards).