

# **SOCCER RULES**

## **COED REC SELF-OFFICIATED**

1. **GAME LENGTH:** Each game will consist of two 40-minute halves and a 5-minute half-time. The home team is responsible for keeping time for the game. (The lights will go off at 9:00 pm).
2. **TEAM COMPOSITION:** By mutual manager's consent, teams may determine the number of players per side and the number of men and women to play on the field. The **default** rule for team composition will be 11-a-side, with five women and five men on the field (the goalie may be either gender).
3. **SCORING:** Men's goals count for one point and women's goals count for two points (except for penalty kicks which count as one point regardless of the gender of the kicker). Teams may, with mutual manager's consent, change this rule prior to the start of the game to one point per goal regardless of the gender of the scorer.
4. **NO OFFSIDES:** This means that players can play anywhere on the field at any time without the penalty of offside. By mutual manager's consent this rule can be changed to enforce the offside rule.
5. **NO SLIDING OR SLIDE TACKLES:** Players may not slide or slide tackle at any time during the game. Exception: Goal keepers may – only inside the penalty box – slide to retrieve the ball but may not slide feet first to take the ball away from an opponent in possession of the ball. The foul will result in an indirect kick for the opposing team.
6. **SUBSTITUTION:** Players may substitute during "live play," but the person leaving the field must be off the field before the substitute enters. Keep in mind that teams should aim to sub a woman for a woman, and a man for a man in order to keep the team composition the same as the start of the game.
7. **JEWELRY IS NOT PERMITTED:** This includes rings, bracelets, earrings and necklaces. Emergency medical necklaces or bracelets may be worn but must be taped to the body.
8. **SHINGUARDS:** Shinguards must be worn by all players and are to be completely covered by socks.
9. **UNIFORM:** Teams must have shirts/jerseys of the same color for all players. The home team is responsible for providing and wearing standby jerseys when both teams have similarly colored jerseys. Jersey numbers are not required in non-officiated leagues.
10. **PLAYER ELIGIBILITY:** All players must be registered with the City of Eugene Athletics Program to be eligible to play (either have signed the original roster or completed a Player Add Form).
11. **NO DOGS:** No dogs are allowed inside the fence that surrounds the field.
12. **NO ALCOHOL:** Absolutely no alcoholic beverages on the premises. This includes the parking lots.
13. **PLAYER CONDUCT:** Players are expected to conduct themselves in a sportsmanlike manner at all times. Competitive play is encouraged, but never at the expense of the basic enjoyment of the game for all those involved.