

## **SNSA Adult League Coed 5v5 Format Summary of Specific Rules and Regulations**

1. **Eligibility: female players must at least 25 years of age and male players must be at least 30 years of age to be eligible to play. (Law 3)**
2. **Coed teams consist of (2) female field players, (2) male field players, and (1) goalkeeper (male or female), unless exception conditions are met. (Law 3)**
3. **A team that falls behind by 5 or more goals may add an additional field player, male or female. If the goal differential falls below 5 the additional player must be removed. (Law 3)**
4. **Shin guards are required. (Law 4)**
5. **A player who receives a yellow card for inappropriate behavior shall be temporarily dismissed for a period of three (3) minutes and cannot be substituted until the end of the temporary dismissal period. The dismissal period ends after 3 minutes. A player who receives a red card may be replaced by a substitute player after a 3-minute temporary dismissal period. (Law 5)**
6. **All games are played in two 25-minute halves with 5-minute half-time interval. (Law 7)**
7. **Use a minimum five (5) yards spacing for all free kicks. (Law 8, 13, 14, 17)**
8. **Goals scored by females count as two goals. (Law 10)**
9. **A player may score a maximum of 3 goals (three points for males, six points for females) per game. A goal scored by a player who has already scored 3 goals results in a goal kick. (Law 10)**
10. **Slide tackles and sliding in the proximity of another player are prohibited, except for the goalkeeper in the penalty area. (Law 12)**
11. **Male players MUST YIELD to female players in any 50/50 ball situation, except for the goalkeeper in the penalty area. (Law 12)**
12. **A goalkeeper may not use a punt to release the ball from his penalty area. (Law 12)**
13. **A goalkeeper throw must touch the ground or a player before crossing the halfway line (Law 12)**
14. **A goalkeeper may not cross the halfway line into his team's offensive half of the field. (Law 12)**
15. **Free kicks on the offensive half of the field (except corner kicks, touchline kick-ins and penalty kicks) must be taken by a female player. (Law 13)**
16. **A ball crossing the touchline is returned to play with a kick-in, which is an indirect kick. (Law 15)**
17. **A ball crossing the goal line outside of the goal posts is returned to play with a throw by the goalkeeper from within the goal area. (Law 16)**
18. **The referee has the final say in ALL matters related to the game.**

**PLAY UNDER CONTROL, RESPECT THE REFEREES, RESPECT YOUR OPPONENTS, AND HAVE FUN!**