

## **The Fields Sports Complex - League Rules**

All [IFAB Laws of The Game](#) are to be followed with the following exceptions:

**Game Duration:** Games are 40 minutes long running clock, no halftime.

**Equipment:** Players must wear shin guards and suitable footwear (flats or molded, not replaceable, cleats are acceptable). Jewelry is not permitted.

**Goalkeepers:** No punting or drop kicks. Goalkeepers can throw, roll, or place the ball on the ground to play it. They are allowed to advance the ball past half field without it touching another player or bouncing in their defensive half, as long as a legal method is used.

**Offside:** There is no offside

**Substitutions:** Unlimited substitutions are allowed at any stoppage of play, with approval from the match official. The player(s) being subbed off must leave the field of play before the substitute(s) may enter the field of play.

**Free Kicks:** All free kicks shall be indirect free kicks with the exception of penalty kicks, which are direct free kicks. All free kicks shall be given a minimum of 7 yards of clearance. Penalty kicks are taken from the center point of the top of the penalty area.

Contact with the lights, ceiling, nets, cables, or any overhead apparatus results in an indirect kick for the opposing team, taken from the sideline closest to the point of contact with the overhead structure.

**Sliding:** No sliding challenges. If a player makes a sliding challenge against an opponent, the restart will be an indirect free kick from the spot of the infraction. A yellow card may be issued to the player who made the sliding challenge. If a sliding challenge occurs and the referee deems the challenge used excessive force or endangers the safety of the opponent, the referee may issue a red card.

If a player makes a sliding attempt to play the ball and there are no other players within playing distance of the ball, no infraction has occurred, and play can continue on without stoppage.

**Red Card Penalty:** Players who receive a red card are ineligible to participate in the remainder of the game in which they were issued a red card. League organizers will review the infraction and will determine if further suspension is required.

**No Spitting:** No spitting.

## **The Fields Sports Complex - Facility Rules**

1. No food, including chewing gum and candy, shall be permitted in the field area.
2. No spitting.
3. We strictly enforce a zero-tolerance policy against foul and abusive behavior.
4. All spectators are required to remain on the bleacher-side of the field during all matches.
5. All players must complete and submit a [medical release waiver](#) in order to be eligible to participate in this league.