

# The Tournament Rules

- 7v7 (6 on the field with one goal keeper)
- At least 2 co-ed players on the field at all times (minimum 2 male, 2 female at all times)
- 24 minute games = two 12 minute halves with a 5 min halftime, 10 minute break at end of game to get next game in place to start on time
- Kickoff - Home Team chooses side to defend and Visitor kicks off
  - 2nd half starts with teams switching sides and the team that did NOT kickoff the 1st half
- All fouls, violations called by referee
  - all yellow/red card violations at referee's discretion
  - yellow cards = offending player must sit out for 4 minutes, team may substitute
  - red cards = offending player removed from remainder of game, team may NOT substitute
    - severity of red card may have suspension from following game(s), tournament
- Entire ball must cross the goal line for a goal, referee's discretion
  - game restarts after goal(s) at half-line with team who gave up goal starting with the ball, opposing team must give 5 yards distance to put the ball in play
- No slide tackling with another player within 1 yard of play
  - no contact from slide tackle allowed, but a player may slide tackle to save a ball from going out of bounds
- No offsides
- Throw-ins for all sideline out-of-bounds, referee determines possession
- Goal kicks for end line out-of-bounds (off offensive team), game play must start with a kick from within goalie's 6 yard box
- Corner kicks for end line out-of-bounds (off the defending team), must be played from corner flags
- Penalty kicks shall be awarded if, in the referee's opinion, a scoring opportunity was nullified by an infraction (the infraction does not automatically result in a red card).  
Penalty kicks are DIRECT kicks taken from 3 yards outside the box in the center of the goal (pending on size of field)
- For all free kicks, opposing team must give the offensive team 4 yards distance to put the ball in play

- **No punting by the goalkeepers (goalkeepers may throw the ball or play the ball at their feet, and must release the ball from their hands within 6 seconds of receiving it)**
- **Goalies may only use their hands in their goalkeeper box, may not pick up direct passes from teammates with their hands**
- **Substitutions can be made on the fly well the ball is not in play, no referee warning necessary**

**Team Rules:**

- **All players from a single team must wear the same colored shirt during game play**
- **All players must be registered and wearing green ribbon on wrist to note participation**
- **Pinnies must be worn by the “home” (first listed) team if both teams are wearing the same color**
- **Shin guards and cleats/shoes must be worn by all active players**
- **No jewelry will be allowed, including earrings of any type, rope necklaces and bracelets. The only exception will be players wearing medical bracelets**