



Co-ed Soccer Rules

Rosters:

- A full roster consists of between no more than 12 players
- All participants must be at least 18 years of age at the start of league season
- Rosters are Co-ed
- No more than 5 players per team on the field may be of the same gender
- Official rosters must be submitted when league play starts
- During "regular season" outside subs are permitted but must be at least 18 years of age.
- During "playoffs" subs are not permitted
- Subs may become official teammates if they pay the league fee

Uniforms:

- SHIN GUARDS are highly recommended
- NO metal spike cleats are permitted
- Teams are encouraged to wear the GTSS provided shirt. They may wear other shirts so long as they are close to their team's assigned/chosen team color
- The keeper must distinguish themselves from the other outfielders with a different colored shirt/penny, by wearing gloves or both

Substitutions:

- Both teams may sub during any stoppage in play at the referee's discretion
- If a player is injured during a play and the game is stopped they must come off until at least the next stoppage in play then they may reenter the game if they are able.

General Game Play:

- Games are played with 7 players to a side. (6 outfielders, 1 keeper)
- No more than 5 players from each team may be of the same gender.
- If one (or both) team(s) cannot meet this requirement then they will simply have to play down those players unless the opposing team okays a deviation
- The game is played across two 25 minute halves
- Stoppage time may be added at the referee's discretion
- Captains paper/rock/scissor to begin the game – best of 1, winner picks kickoff or end to defend
- **NO SLIDE TACKLING!** Sliding when not creating a dangerous play is permissible
- There is no offside
- Regular season games may end in a tie
- During Playoffs games cannot end in ties and a winner will be determined using, in order, the following
 - ~~5 minute extra time period~~ *This is eliminated for 2025 - jh*
 - 5 1v1 shootouts (Hockey Style)
 - Ball spotted at midfield, on the referee's whistle kicker has 6 seconds to try and score, keeper may come off their line. Attackers may attempt multiple shots on rebounds/deflections/parries
 - Sudden Death shootout using the remaining players who did not shoot during 5 1v1 shootouts

Set plays and Free Kicks:

- All free kicks are considered direct free kicks and can be scored from directly unless otherwise noted by the referee
- Up to two defenders may form a wall for any free kick awarded outside their own penalty area. The referee will determine a reasonable minimum distance from the spot where the defense can set up
- A penalty kick is awarded if a player commits a free kick offense inside their penalty area

Bookings and Fouls:

- Referees will use their knowledge, experience and absolute discretion to assess fouls for potential bookings
- If a player receives a yellow card they have been officially warned/cautioned against doing the booking offense and will be subbed off for a few minutes
- If a player received a red (or second yellow in the same match) they will be removed from the game and asked to leave the field. Teams may not replace a red booked player. Players accruing too many reds may be banned from the league

Card Fouls:

- This list is not exhaustive (referee's will use their experience, expertise, and judgment when assessing card fouls)
 - Yellow Card Examples;
 - Unsporting Behavior
 - Dissent
 - Persistent Fouling
 - Deliberate Delays During Restart
 - Red Card Examples;
 - Violent, offensive, and/or abusive conduct (verbal or physical)
 - Deliberate denial of a goal via handball or foul that would award a free/penalty kick
 - Second yellow card

GTSS Note:

These rules are not exhaustive and may be subject to change if/when needed. Any changes are applied to the next match day and will be communicated to the league prior to playing. During the current game, the rules will stand and the referee's word and judgment is final.

Participant and Spectator Conduct:

Refer to our Player Conduct and Spectator Conduct policies for guidelines and expectations.

Injury Disclaimer:

Participants should be aware that there is a risk of injury in participation in due to the inherent nature of the activity. Make smart choices!