1. Rule 1: Participation guidelines
   • All games will consist of 5 players on each team, none of whom shall be the goalkeeper. A team may carry any number on their roster. If a team has fewer than four eligible players due to injury or ejection, that team shall be required to forfeit.
   • Co-Rec Teams consist of 5 players:
     • A coin flip will take place at the beginning of each game. The winning captain will choose which side to defend.
     • Each team will determine the gender ratio (3 males to 2 females or 3 females to 2 males or 2 males to 2 females). There MUST be two females on the field at all times.
     • Women goals will count as 2 goals (Co-Rec)
     • Forfeit time is the scheduled game time. A team needs four players minimum to avoid a forfeit. Co-Rec (2 males and 2 females)
     • Eligibility: Current students, faculty and staff of UCR with a valid I.D. from the present quarter are the only persons eligible to participate in the league.
     • Men/women may play in their respected one men’s/women’s team and one Co-Rec team.
   • Responsibilities of the team captains (before/during/after the game):
     • Make sure all of your players and the opposing team’s players are eligible.
     • Maintain control of the behavior and sportsmanship of your players.
     • Maintain control of the behavior and sportsmanship of your crowd and fans.
     • Only the captain may address an official on matters of rule interpretations and game information.
     • Keep your team’s belongings out of the way of play.
   • Protests concerning the eligibility of a player must be made prior to the start of the second half of each game. Players must have played in at least one regular season game to be eligible for the playoff games.

2. Rule 2: Timing Regulations
   • The game will consist of two 12-minute halves with a continuously running clock. The
clock will only stop for the treatment of serious injuries.

• There is no stoppage/injury time. Halves end exactly 12 minutes after the period begins. Exception: Time shall be extended to permit penalty kicks awarded just prior to the end of either half.

• A game becomes official after the kickoff that starts the first half.

3. Rule 3: Start of Play

• The team that wins the coin toss will have the choice of kicking off or deciding what goal to defend. During the second half, play will start with a kickoff by the team that did not kickoff to start the game (sides switched).

• The kicker may not play the ball again on the kickoff until it has been touched or played by another player. Penalty: Re-take kick

• When restarting the game after a temporary suspension of play or misconduct by a non-player, the ball shall be played from its location upon the game stoppage.

4. Rule 4: Players Equipment

• The use of any hard or dangerous head, face, or body protection equipment is illegal.

• Hard casts of any material, even if padded, are illegal. Knee braces must have exposed metal and hard plastic covered by a neoprene sleeve (minimum ¼” thick) to participate. No jewelry is allowed.

• It is illegal to wear shoes with screw-in cleats with metal studs, or with cleat on toe (baseball shoes). Players are recommended to wear tennis shoes or other footwear that would be appropriate for a grass surface.

5. Rule 5: Officials

• Powers and Jurisdiction: The officials shall enforce the rules and decide any disputed point. Officials' judgment calls are final and cannot be protested.

• The officials may caution any player guilty of misconduct or unsportsmanlike conduct (yellow card), and if the player persists, suspend him/her from the game (red card). THE SUSPENDED PLAYER MAY NOT BE REPLACED.

• Only designated captains, in a sportsmanlike manner, may approach the officials and question a call, which should only be done during a stoppage of play. Other players may not. A captain is also responsible for the team's spectators situated at the fields.

• The officials are student employees of the university. Any verbal or physical abuse will
bring about indefinite suspensions and may result in further disciplinary actions.

6. Rule 6: Substitutions
   • Each team may substitute players freely, as long as the player that is being substituted for has come off on the touchline closest to their bench. Also, the player coming onto the field cannot be the first person to touch the ball.
   • Any player receiving a yellow card **may not** be substituted for immediately. They may re-enter on the next dead ball.
   • If a player is bleeding, has an open wound, or has an excessive amount of blood on his or her uniform, he or she must leave the game, and may not return until a game official permits him or her to do so.

7. Rule 7: Out-of-Bounds
   • The ball is out of play when:
     - It has completely crossed the goal line whether on the ground or in the air.
     - The official sounds his/her whistle.

8. Rule 8: Scoring
   • A goal is scored when the whole ball has passed over the goal line, between the goal posts and under the crossbar, provided it has not been thrown, carried, or propelled by hand or arm. If the half ends before the ball falls completely into the goal, the goal will not be counted.
   • If the defending team deliberately stops or deflects the ball with hands or arm to stop a goal, a penalty kick will be awarded and a **red card** will be issued to the offender (automatic disqualification).
   • If during a breakaway a player is deliberately taken down and there is a potential goal scoring opportunity, a **red card** will be issued to the offender and a direct free kick will be given. The offender will be automatically disqualified from match.
   • Mercy Rule: If a team is ahead by 6 or more goals with less than two (2) minutes to play, the game will be called.

9. Rule 9: Free Kicks and Fouls
   • **ALL KICKS ARE DIRECT**
     - Within Own Penalty Arch: from any spot therein.
     - Within Opponent’s Penalty Arch: at the Free Kick Mark (“Top of the Arch”).


• Delayed Penalty:
  • According to the ensuing stoppage, as normally administered, or
  • In case the defending team obtains possession of the ball during play, at the
    spot of the original offense

• A Foul occurs if a player:
  • Holds an opponent
  • Handles the ball
  • Plays in a dangerous manner (e.g., commits a slide tackle);
  • Impedes the progress of an opponent (“Obstruction”), or when a player commits
    the following in a manner that the Referee considers careless, serious, reckless, or
    involving excessive force:
    • Kicks an opponent;
    • Trips an opponent;
    • Jumps at an opponent;
    • Charges an opponent;
    • Strikes or elbows an opponent; or Pushes an opponent.

• Unsporting Behavior: A Free Kick results for the following offenses:
  • Leverage: Using the body of a teammate or any part of the field to gain an advantage;
  • Encroachment: Entering the protected area of an opposing player taking a Free
    Kick (after initial Warning);
  • Dissent:
    • Referee Abuse;
    • Breach of Penalty Area Decorum;
    • Entering the Referee Crease without permission;
  • Other: Behavior which, in the Referee's discretion, does not warrant another
    category of penalty (e.g., taunting, foul language.)

• Goaltending Violations: The opposing team receives a Caution for the following
  violations by a defending team member:
  • Defending team cannot pass the area designated in front of their goal to prevent a
    goal from being scored if opposing team is in possession of the ball
• Team Violations: The Referee issues a Team Penalty for the following violations by a team or unidentified person:
  • Leaving Team Bench: Players leave a Team Bench to join a fracas or confrontation with the opposition or a Game Official
  • Bench Dissent: After an initial “Warning,” one or more unidentifiable players verbally abuse the Referee
  • Other: Unsporting Behavior, which, in the Referee's discretion, does not warrant another category of penalty (e.g. too many players on the field.)
• Advantage Rule: The Referee allows play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from an existing offensive advantage...
• Caution-able Offenses: The Referee issues a Yellow Card for reckless fouls and for:
  • Unsporting Behavior by any non-player personnel;
  • Provoking Altercation: Making physical contact with an opponent (e.g., pushing or poking), short of fighting, or using the ball in so doing.
• Dismissible Offenses: A person receives a Red Card for Fouls, which the Referee considers violent or committed with excessive force, and for:
  • Second Caution
  • Elbowing: Intentionally elbowing an opponent above the shoulder;
  • Vicious Slide Tackling: A tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him;
  • Fighting;
  • Leaving Team Bench or Penalty Area to engage in a fracas or confrontation with the opposition or a Game Official;
  • Serious Foul Play: Committing particularly despicable behavior, including:
    • Spitting at an opponent or any other person;
    • Persistent use of extremely abusive language or behavior toward a player or Game Official; Bodily contact with a Game Official in dissent
10. Rule 10: Penalty Kicks
• General Guidelines for Penalty Kicks
• The player must stand, without moving his/her feet and in one swinging motion shoot the
ball into the net 15 yards away

11. Rule 11: Out of Bounds Restart

- When the ball is deemed out of play (see above), it shall be restarted by means of a direct free kick from the point where it was deemed out of play, by a player of the team opposite to that of the player who has last touched it. The ball must remain stationary upon restart and it may be played by any player except the one who executes the restart. The penalty for such an infraction is the awarding of an indirect free kick to opposing team.

- If an opponent interferes with or in any way impedes the actions of the kicker while the restart is being taken, the official will administer a yellow card for an unsportsmanlike conduct violation.

12. Rule 12: Drop Ball

- A drop ball occurs under the following circumstances:
  - When the ball is caused to go out-of-bounds by two opponents simultaneously.
  - Following a temporary suspension of play for an injury or other situation in which no team has clear possession of the ball.
  - A simultaneous foul by both teams.
  - When the ball becomes deflated.
  - The position of the drop ball is where the ball becomes dead unless this is in the goal area, in which case, the spot is the nearest point on the goal line in the field of play.

13. Rule 13: Goal Kick

- Goal Kick Situations:
  - A goal kick shall be awarded to the defending team when the all foes out of play (see above), in an area behind the goal, having last been played by the attacking team.
  - Players opposing the kicker shall remain outside the penalty area until the ball moves out of the penalty area.

- Goal Kick Procedure
  - The ball shall be kicked from the ground (having been in a stationary position) at any point within the goal area by a player of the defending team. A goal kick must clear the penalty area and enter the field of play.
  - After the goal kick leaves the penalty area, the ball may be played by any player
except the one who executes the goal kick (Penalty-Indirect free kick).

- A goal may be scored off a goal kick.

14. Rule 14: Corner Kick

- When the defending team last touches the ball and it is deemed to be out if play, a member of the attacking team shall take a kick from within the quarter-circle at the nearest corner flag.
- The ball must be placed in a position in the corner, where it is down the line from the goal line.
- Players of the team opposing that of the player taking the corner kick shall not approach within five (5) yards of the ball until it is in play.
- A goal may be scored off a corner.

15. Rule 15: Goaltending Violations

- The opposing team receives a Caution (yellow card) for the following violations by a defending team member:
  - Defending team cannot pass the area designated in front of their own goal to prevent a goal from being scored if opposing team is in possession of the ball.

16. Rule 16: Regular Season and Postseason Specifications

- Regular Season Guidelines
  - Any game that ends in a tie during the regular season will officially be declared and recorded as a draw.
  - There is no Golden Goal or penalty kicks in the regular season.

- Postseason Guidelines
  - Both team captains will be called to the middle of the field to decide by a coin toss, which team will start with the ball.
  - During playoffs, if a game ends in a draw, a five (5) minute extra session will be played. A GOLDEN GOAL format will be used, where the first team to score in overtime will be declared the winner.
  - In the Fls, if the game remains in a draw, after the five (5) minute Golden Goal session, then a Penalty Kick tiebreaker will determine the victor. All five of their players (that were on the field at the end of the session), will take a one shot from the penalty kick position, approximately 15 yards from the goal line (regular
penalty kick rules apply). Kicks will be awarded in an alternate position format.

- Penalty kicks will be given on a best-of-5 format. If still tied, then a sudden
death penalty kick tiebreaker will begin. The 6th kicker must be a player who has
participated in the contest/game. After that, the order recycles back to the beginning
until a winner can be declared.