



Station Soccer Adult League Rules

Spirit of the Game - It's For the Kids!

This is the most important rule in our leagues. Being competitive is important, but never at the expense of respecting other players, following the rules, respecting the grounds, and having fun!

This is the beautiful game that brings us together and offers us a chance to support communities that are in need; go out and enjoy the game while maintaining the proper spirit.

General Rules

Games consist of **two (2) 20-minute halves**, running clock

3 points for a win, 1 point for a tie, 0 points for a loss

Tiebreakers, when teams have the same amount of points from their fixtures, will be determined by the highest Goal Differential first, highest number of Goals For second, and lowest amount of Goals Against third

Forfeiture is determined at game time and will result in a 3-0 win for the present team

Game Rules

Teams playing in our Co-ed leagues must maintain a minimum of **one (1) female on the field at all times**

5 players (4 field players + 1 goalkeeper) on the field at all times; size 5 ball is used

All out-of-bounds restarts are indirect (sideline kick-ins, net-balls, goal kicks, corner kicks, kick-offs, etc.) and all other restarts are direct (exception: see slide tackling below)

Kick-ins (not throw-ins) are taken to restart play from sideline out-of-bounds; these kick-ins are indirect

No punting or dropkicks

Balls touching the roof of the net are considered out-of-bounds; an indirect free kick will be awarded at the spot of contact

Substitutions are made "on-the-fly"

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No slide-tackling is allowed, but goalkeepers may go to ground to make saves. The re-start for a slide-tackle that is NOT a foul is an indirect free kick.

Players must respect the appropriate distance for all restarts:

- 3 yards distance for all free kicks and
- 1 yard for all kick-ins
- Outside the goal area before a goal kick is taken
- Not closer to a corner kick than the distance on the goal line from the goal area to the corner

If a ball enters the goal directly from a goalkeeper's throw, it is a goal kick for the opposing team

If a player is issued a **yellow card**, they must sit out for 2 minutes with no substitution allowed

- If a player is issued a **red card**, they are ejected from the game (no substitution allowed) and the game will not resume until they have left the facility

Playoffs

Each division will play its regular, round-robin season

At the end of each division's season, there will be a division playoff

Division Playoffs

- The #1 Seed will play the #2 Seed in a one-leg division championship
- Winner is crowned the champion of that division (ex. West End Division Champions) and will move onto the League of Stations Championship

League of Stations Championship

- The West End Division Champions will play the Lindbergh Division Champions in a two-legged championship
- First leg will be played at the Lindbergh location. Second leg will be played at the West End Division

The winner of the League of Stations Championship will receive t-shirts, a picture with our League of Stations Trophy, and most importantly, the title of **League of Stations Champions**