

SOCA Adult Summer Program Rules of Play

Except as indicated in this summary, the Adult Programs will use international soccer rules as established by FIFA and set forth in the USSF annual publication, **FIFA Laws of the Game, Guide for Referees, USSF.**

The game duration for the adult programs will be as follows:

Program	Match Length	Ref System
Competitive Division	2 x 35 min. halves	1 man
Recreation Divisions	2 x 35 min. halves	1 man

Conditions

All Levels 8 v 8 including the goalkeeper (minimum of 5 players to play a match).

5 minute half times.

No offside offence.

Goalkeepers may distribute the ball by either throw or punt but the ball must touch a player or the ground on his half of the midfield line.

Unlimited substitutions may be made with your consent, at the following times:

 Prior to a throw-in by the team in possession.

 Prior to a goal kick by either team.

 After a goal has been scored by either team.

 At the beginning of the second half of play.

Competitive Div. Only players from their roster with current passes.
No guest players allowed.

Recreation Div. Players with current passes.
No minimum requirement for women to be on the field.
Can use guest players from other recreation division teams only, no competitive division players can guest.

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