

SOCA Adult 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	Maximum Time for the Match	Ref System
Men's League Div. 1 & 2	2 x 45 min. halves	120 minutes	3 man
Co-Rec	2 x 45 min. halves	120 minutes	1 man
Women	2 x 35 min. halves	90 minutes	1 man

Conditions

All Levels	Unlimited substitutions may be made with your consent, at the following times: <ul style="list-style-type: none">a. Prior to a throw-in by the team in possessionb. Prior to a goal kick by either teamc. After a goal has been scored by either teamd. At the beginning of the second half of play
Men's League	Only players from their roster with current passes. No guest players allowed.
Co-Rec	Players with current passes. Must have at least 3 women on the field or play short. Can use guest players that have a current pass.
Women	Can use guest players from the other women teams that are registered with SOCA.