



Number of Players

- Each team on the field shall consist of 11 players. One player is the goalkeeper and you must have at least three players of each gender.
- All players must be on the team official roster submitted prior to the first game of the season in order to play. Additionally, all players must have read and signed the SBS waiver form before stepping onto the field.
- A team may borrow players from another team in the league if they are short players; however, a team may not borrow players if their team size is to exceed 13. When borrowing a player from another team, the original team must have at least 7 players from their team.
- A team must have a minimum of 8 players to start a game.

Duration of Games

- Games will last for exactly one hour and will consist of two 24 minute halves, running clock, with a five minute half time.
- The half-time may be shortened if the referee deems it necessary, in which case, the half-time will be no less than 2 minutes long.
- In the case of a tie during the championships both teams will play golden goal where the first team to score wins, if time permits. If there is a shortage of time, the finals will be determined by a shootout. Shooters format – 5 shooters, two of the first four must be female.
- During the regular season games may end in a tie.

Ball In and Out of Play

- If a ball travels beyond the sidelines it is deemed out of bound and shall be put back into to play with a throw in. Corner kicks will be used when the ball travels beyond the goal line by a defensive player in their field half. (Goalie kick if ball travels beyond the goal line by offense in opposing team's field half)
- Unless the referee blows the whistle the ball is in play.
- Substitutions can only be made on dead ball situations (either a goal or out of bounds). There is no limit on the number of substitutions that can be made. Players may reenter the game after they have subbed out.

Methods of Scoring

- A goal may be scored while in play and as long as there are no infringements of any soccer rules.
- A goal is considered when the ball crosses the goal line with its entire circumference. The referee will determine a goal with a long sounding whistle.

Fouls and Misconduct

- Safety and fun are the primary concerns of all SBS leagues. Players must play under control at all times.
- If a player intentionally or unintentional(referee's decision) kicks, pushes, trips, or does anything that causes harm to another player, then he/she has committed a foul. Any form of misconduct will result in a penalty kick.
- The referee will decide if a kick is "direct" or "indirect". Direct kicks can result in a goal scored without another player besides the kick taker touching the ball. Direct kicks must be taken after a restart whistle. Indirect kicks are given for lesser offenses and must be touched by any additional player besides the kick taker before entering the goal. Indirect kicks do not need a whistle before being taken.
- The referee will talk defending players 10 feet from the point of the free kick at the kick takers request.
- Fouls to be penalized with a Yellow Card consist of slide tackling of any kind, kicking or attempting to kick a ball while being held by the goalie, malicious pushing/tripping, intentional hand balls, foul or abusive language, or playing in any manner that is deemed to be dangerous by the referee.
- Fouls to be penalized with a Red Card consist of intentional aggressive bodily contact with another player. For example, don't get up from a challenge that you think was a foul and shove another player. Receiving two Yellow Cards will result in a Red Card.

Serving Penalties

- If you receive a Yellow Card you must immediately leave the field and your team must play one player down for ten minutes or until the offending team is scored upon. The same gender ratio is still required. The player receiving a Red Card may be suspended for an additional game depending on the nature of incident.
- If the same player receives two Red Cards over the length of the season you will be asked to leave the league.
- If a TEAM receives three Red Cards over the length of the season they will not be able to play in the playoffs regardless of record.
- If a TEAM receives four Red Cards over the length of the season they will be removed from the league and possibly face further disciplinary action if deemed necessary by the Commissioner.
- Remember, this is a social league; ideally we never need to enforce any of the red card repercussions, so keep it clean and keep it fun. No one likes "that guy" (or girl).

Penalty Shots

- Penalty shots are conceded when a defending player fouls or commits a handball inside the penalty box. During a penalty kick the only two players inside the penalty box are the penalty taker and the goalkeeper.
- Penalty shots are taken at the 16 yard mark.

Throw Ins

- When a ball goes out of play on the sidelines, the opponent of the player who last touched the ball will take a throw in. The player taking the throw in must keep his/her feet outside the side line, with both feet on the ground and the throw must be executed with the ball over the thrower's head with two hands.

Goalkeeper

- Goalkeepers have 10 seconds to put the ball back into play after gaining control.
- A goalie may only touch the ball with their hands within the box. If the ball is intentionally passed back to the goalie from a teammate's feet, the goalie may NOT use their hands. The goalie may use their hands on intentional passes back from other body parts (head, chest, thigh, etc.) On a pass back, the goalie can play the ball without restriction, as at this point, they are just another player.
- Goal kicks must leave the goalie box before being touched by a teammate.

Offsides

- A player is in an "offside position" when they are ahead of the ball and closer to the goal line than the last defender. A player is penalized for being in an "offside position" only if they are interfering with play or an opponent, or seeking to gain advantage at the moment the ball is played by a teammate. An indirect kick is awarded for an offside penalty, at the spot of infraction. There are no off sides on a throw in or on a goal kick.

Other

- All players must wear the SBS official team shirt given to you at the start of the season. Players may not be able to play without this shirt.
- Shin pads MUST be worn at all times.
- No metal cleats!
- Treat all players, SBS staff, and stadium staff with respect.
- It's all about the fun!

SBS reserves the right to modify the rules at any time if deemed necessary.