

Players and Rosters:

- All players must be registered with a valid annual membership and listed on the roster before participating.
- No additions to team rosters are allowed after 50% of league games have been played.
- A full team consists of 11 players (10 outfield players and 1 goalkeeper). A team with fewer than 7 players forfeits the game.
- If a team is short on players and wishes to avoid forfeit by adding a non-rostered player, that player must be a current member with paid membership and a completed waiver. Approval from the opposing team is required before the game starts. If a non-rostered player is used without prior consent, the result is recorded as 3-0 against the team using the non-rostered player.
- Teams can have a maximum of 21 registered players on the roster.
- Protests regarding a player's eligibility must be made before the start of the game or, in the case of a late arrival, up until halftime. No player may enter the field of play in the playoffs if they arrive after the start of the second half.

Substitutions:

- Unlimited substitutions are allowed during goal kicks, the team's own throw-ins, and after a goal.
- Teams can piggyback on opposing team substitutions.

Game Duration:

- League games consist of two halves of 45 minutes each, with a five-minute halftime break.

Players Equipment:

- Shin pads are mandatory and must be concealed by stockings or track pants.
- Sport-specific braces and casts are acceptable if they provide sufficient cushioning and safety to other players.
- Jewelry must be removed, but exceptions can be made for studded earrings if taped, and wedding rings if taped or covered.
- Glasses must be worn with active sports eyewear with a head strap strongly recommended for those requiring corrective eyewear.
- Head coverings are allowed but should be tight-fitting to avoid hazards.
- Clothing should be appropriate for play, with shorts, track pants, or tights preferred. Players wearing skirts must ensure they do not pose a tripping hazard.
- Jerseys should not conflict with other team colors or the referee's attire. Goalkeepers should wear colors that distinguish them from other players and the referee. If there is a

color conflict, the responsibility lies with the home team to wear an alternate color or acquire pinnies.

Penalties & Discipline:

- Yellow cards result in temporary suspensions depending on accumulation: 4 yellow cards lead to a one-game suspension.
- A temporary substitution is given for dissent towards the referee, with the offending player directed to the bench for a set period.
- Red cards result in immediate ejection from the facility and further disciplinary action. Verbal or physical abuse towards officials results in automatic red cards.

Tie Breakers (Playoffs):

- If necessary, playoff games may have a 15-minute extra time period.
- The winner is determined by a best-of-five penalty kick shootout using any player on the roster on the field at the end of extra time.

Rankings:

- Team rankings are determined by points (win = 3, tie = 1, loss = 0), followed by the goal differential, goals scored, and head-to-head results.

These comprehensive guidelines ensure fair play, safety, and adherence to regulations for all participants.