Equipment, Game, Scoring and Minimum Players

- **NO JEWELRY ALLOWED.** This includes rings, earrings, necklaces, bracelets, rubber bands, Livestrong bracelets, etc.
  - Exception: Medical alert bracelet, or something of religious significance.
- Closed-toe shoes must be worn at all times – no sandals, bare feet, etc.
- Athletic shorts must be worn. No jeans, khakis, etc.
- **All teams must wear designated shirt colors** – we do not provide jerseys for teams. Failure to do so can result in forfeiture of the game.
  - The goalkeeper for each team must wear a different shirt color from his/her teammates.
- Six (6) players on the court
  - CoRec: must have three (3) females
  - To Legally Start: must have at least five (5) players; CoRec: must have at least two (2) females
  - In case of injury/ejection, game can continue with four (4) players, as long as it remains competitive
- 20-minute halves, 3-minute halftime, running clock at all times (use judgment) – NO stoppage time
  - Clock MAY be stopped on ball out of play, injury, etc.
- Teams are each allowed one (1) timeout per game.
  - Live ball timeouts may only be taken by the team in possession of the ball in their own defensive half of the field. All live ball timeouts will result in a restart via a goalkeeper throw/kick.
  - Dead ball timeouts may be taken by either team. The ball will be put back into play via an official’s whistle at the point/spot of interruption.
- Entirety of the ball must be across the goal line
  - Any part still on the line = no goal
  - You must hustle to be on the goal line for 50/50 calls

Kickoff, Substitutions, Mercy Rule, Overtime/PKs and Ball OOB

- Kickoff must go backward (no goal can be scored), and players must be at least 3 yards from the ball
  - To start game and after a goal has been scored
- At halftime, teams will switch sides of bench in coordination with switching goals
  - MUST remain on SAME SIDE as their own goalkeeper
  - This if for substitution purposes
- Substitutions: “On-the-Fly” – may sub whenever they want
  - ONLY through player gate – NO HOPPING THE WALL
  - Must wait until player exiting is ENTIRELY off court
  - Illegal Substitution – penalized with Yellow Card for offending player
• Goalkeepers are only allowed to be substituted only after a goal has been scored, during halftime, official’s timeout, an injury timeout, or during a dead ball situation.
- At halftime, teams will switch benches to coincide with defensive half (keeper’s side) – this will help avoid subbing into the field when offense is on attack
- Can be done during live ball action, but CANNOT destroy a scoring chance
  • If it determined that a team has gained an advantage through an illegal substitution, a penalty will be administered
- Mercy Rule: Ahead by 6 or more goals at any point during final 3 minutes of game
- Overtime: Straight to PKs (Regular Season); 5-minute “Golden Goal” OT period (Playoffs)
  • If still tied after Golden Goal, goes to PKs – any player may take them
  • CoRec: PKs must alternate between genders
- The ball is out of bounds only when the ball has gone outside the playing field.
  • The opposing team of the team that kicks the ball out-of-bounds shall receive a Direct Free Kick at the spot closest to where the ball went out-of-bounds, and one foot away from the wall.
  • The clock will not stop each time the ball goes outside the playing area. You MAY stop the clock for an extended delay, or a lost ball situation.