

*Rules & Regulations:

These rules are unique to DSL Recreational Leagues:

1. **Co-ed Player Rules:** Teams must be made of no more than 8 males on the field at any time. If a team doesn't have 8 males, that team must either fill in with females or play short 1 player for every female they are missing.
 - a. Captains can agree to adjusting these numbers before or during the game.
2. **Slide tackling** results in a direct free kick
3. **Going to the ground within playing distance of an opponent** results in an indirect free kick
 - a. A player is allowed to slide to keep a ball in play as long as they are not within playing distance of an opponent
 - b. Goalkeepers are allowed to go to the ground in order to make a save
 - i. Goalkeepers are NOT allowed to make slide tackles
4. Players must sub out after receiving a Yellow Card
5. **Eligibility:** players must be at least 18 years of age. Verification of age may be requested by the league and/or the referee.

*(The following are general guidelines. The USSF Laws of the Game are the governing rules for the DSL games).

1. **Field:** Goals are to be secured or weighted down
2. **Ball**
 - a. Size 5
 - b. FIFA Basic or higher quality
3. **Number of Players:** Maximum 11, may be as few as 7 including goalkeeper.
 - a. **Co-ed Player Rules:** Teams must be made of no more than 8 males on the field at any time. If a team doesn't have 8 males, that team must either fill in with females or play short 1 player for every female they are missing.
 - b. Captains can agree to adjusting these numbers before or during the game.
4. **Equipment:** Shin guards and socks are required. Shoes may not contain metal spikes. Goalkeeper must wear a different colored shirt. Players must remove all jewelry prior to entering the field of play.
5. **Center Referee:** Has control of the game. All referee decisions are final.
6. **Assistant Referees (AR's):** Assistant referees assist center referee.
7. **Duration of Game:**
 - a. **Fall/Summer:** Two 40 minute halves. 5 minutes at halftime.
 - i. Referees should start the clock running at the time games are scheduled to begin
 - ii. Play will start when both teams are ready

- b. **Indoor:**
 - i. 55 minute game, no halftime.
 - ii. Substitutions made during play
- 8. **Start of Play:** Team captains flip a coin to decide which team will choose which goal to defend. Each team must be in its own half of the field during kickoff and defending players must be at least ten yards from the ball (outside of center circle) until it is kicked and moves. After a goal, the team scored upon kicks off. The Team that did not start the game with the kickoff takes the kickoff at the second half. A goal can be scored directly from a kickoff.
- 9. **Ball In and Out of Play:** The ball is only out of play when:
 - a. The whole ball has crossed the goal line or touchline on the ground or in the air (If part of the ball is touching part of the line it is still in play).
 - b. The game is stopped by the referee.
- 10. **Scoring:** A goal is scored when the whole ball has completely crossed the whole goal line between the goal posts and under the cross bar.
- 11. **Offsides:**
 - a. A player is offside when they are involved in play and nearer the opponent's goal line than the ball unless:
 - i. The player is in their own half of the field.
 - ii. There are at least two opponents (one may be the goalkeeper) between them and the opposing team's goal.
 - b. If a player is declared offside, the referee will award an indirect free kick (see Rule 13) to the opposing team at the point where the infraction occurred.
 - c. A player that is not involved in play can be in the offside position. Once the player makes an attempt to play the ball then they are offsides.
 - d. A player cannot be offsides on a throw-in, goal kick or a corner kick if they receive the ball. Once the ball is in play then the offside rules apply.
- 12. **Fouls and Misconduct:**
 - a. **Direct Free Kick** A player who attempts to, or actually does one of the following will get a direct free kick
 - i. **Slide tackling**
 - ii. kicking
 - iii. tripping
 - iv. jumping at
 - v. charging
 - vi. striking
 - vii. holding

- viii. pushing
- ix. intentionally touches the ball with their hands or arms (below shirt sleeve)

b. Indirect Free Kick

- i. Offsides
- ii. Dangerous play
- iii. Obstruction
- iv. Dissent
- v. **Going to the ground within playing distance of an opponent**
 - 1. A player is allowed to slide to keep a ball in play as long as they are not within playing distance of an opponent
 - 2. Goalkeepers are allowed to go to the ground in order to make a save
 - a. Goalkeepers are not allowed to make slide tackles

13. **Free Kick:** A Free kick is awarded for violations cited above. They are classified in two categories:

- a. Direct Free Kicks, from which a goal can be scored directly against the offending team. The offending team must be at least 10 yards from the ball on all free kicks.
- b. Indirect Free Kicks, from which the ball must touch another player other than the kicker before entering the goal. The offending team must be at least 10 yards from the ball on all free kicks.

14. **Penalty Kicks:** A direct free kick is taken at the penalty mark in front of the goal. It is a one-on-one situation with the kick against the goalkeeper. Everyone else must stay outside the penalty area, behind the ball, and at least 10 yards from the ball (the reason for the arc at the top of the penalty area) until it is kicked. The goalkeeper must remain on the goal line facing the kicker until the ball is touched, although the goalkeeper may move sideways along the goal line prior to the kick.

15. **Throw-ins:** When the whole ball has crossed the touchline either on the ground or in the air, it is put back into play at the spot it crossed the touchline by a player from the opposite team that last touched the ball. The player throws the ball over their head, with both hands, and must have both feet touching the ground, and be on or behind the touchline. When throwing the ball in, the thrower must loft the ball in the air (not spike it). A goal cannot be scored directly from a throw-in. There is no offsides on a throw-in.

16. **Goal Kicks:** When the whole ball has crossed the goal line either on the ground or in the air, after last being touched by a player from the attacking team, it is put back into play by a kick from the goal area of the defending team. The attacking team must stay outside of the penalty area before the kick.

17. **Corner Kicks:** When the whole ball has crossed the goal line after last being touched by a player from the defending team, it is put back into play by a kick by the attacking team from the corner on the side that the ball went out. The ball is placed on the ground

anywhere over or within the corner-arc, and the kick is taken by a member of the attacking team. The defending team must be at least 10 yards from the ball until it is kicked. There is no offside on a corner kick.