

YMS Adult Coed League Rules

- **Game Duration** : Two 30 Minute halves (5 Minute halftime)
- **# of Players on the field**: 8 Players total . 7 field players plus a goalie.
- **Substitutions**: You may substitute on six yarders and either teams throw - ins. Referee must be aware of substitutions.
- **No Slide Tackling**:
 - 1st Offense- Yellow Card and Sit for 5 minutes (can sub for yellow card)
 - 2nd Offense- Red Card and must sit out next game.(cannot sub for red card in that game...team plays short that game.)
- **No Off-sides**
- **No Fighting**: Immediate **Red card** for fighting.
- Banned from the league for the rest of the season(no refunds).
- **Goalies**: No punts or drop kicks of the ball after a save.
- (Goalie)Balls must be distributed by throwing or placing the ball on the ground and kicking it back in play.
- **Re- Starts**: With the exception of a penalty kick and corner kick. All Re-starts are indirect.Penalty kicks are taken at center of the line of the penalty box parallel to the goal line
- Side line out of bounds is THROW IN back into play.
- **Beverages** on the field- **ONLY WATER** in plastic or non -glass containers.
- **No spectators inside the fence**- ALL non- players must remain outside the turf fence.
- **All other FIFA Rules are in place.**
- **All players MUST be registered**- NO EXCEPTIONS.
- This League has a wide range of players and levels of player experience. The intention is to play and have fun. **NO disrespecting of players or referees will be tolerated.**

YMS – Turf Field Rules

- No food or drinks (except water) permitted on the turf field
- No chewing gum, candy or sunflower seeds permitted on the turf field
- No Spitting!!
- No metal cleats permitted on turf field. Rubber or plastic cleats only
- No jumping off/over fences. No one is permitted on the fields until the gates are officially open.
- During games and practices, only coaches and players are permitted within the gated turf area.
- Parents, siblings and friends of players MUST remain outside the gated turf area at all times! No Children inside gated area for safety reasons.
- No dogs or other animals permitted on the turf field.
- All teams should clean-up after games and practices. Empty bottles should NEVER be left behind on or near the fields. Parents and spectators should use receptacles provided and not leave trash in the field area.