

7v7 Coed Rules

1. Games MUST start on time. If you do not have at least 5 players at the scheduled start time, the clock starts. You will have 10 minutes to field a team and play the game. Failure to field 5 players (3 must be female) within the allotted time will result in a forfeit and a score of 5-0. If the game does take place the *actual playing time will be shortened* so the game can end at the scheduled time. THERE IS NO RESCHEDULE FOR NO SHOWS.
2. Players MUST wear shinguards, they are MANDATORY not optional.
3. There is no offsides.
4. Substitutions may be made on any throw-in, corner, goal kick or kickoff. Substitutions on the fly are not permitted.
5. Fighting is not permitted and will not be tolerated!! Fighting will result in removal from the league. TEAM FIGHTING WILL RESULT IN REMOVAL FROM THE LEAGUE WITH NO REFUNDS!!
6. All restarts (penalties, free kicks and throw-ins) must be taken by a female within *their* offensive half. Restarts in a team's defensive half may be taken by any player.
7. There is NO SLIDE TACKLING.
8. There is a 3 goal limit per player per game (male or female). Additional goals scored by a player will not count towards actual game score.
9. Of the 7 players on the field; ***at least 3 must be female*** (you may play with more).
10. Red cards are a serious offence and will be treated as such. Any player receiving a red card will miss a MINIMUM of 1 game, maybe more depending on the offence. Red cards will be reported to the league, failure to give the correct name will result in the team's removal from the league. Team leaders will be notified of the length of any red carded player's suspension. TEAMS ALLOWING A SUSPENDED PLAYER TO PLAY RUN THE RISK OF BEING REMOVED FROM THE LEAGUE WITHOUT REFUND.
11. All other standard outdoor rules apply regarding direct and indirect fouls; including no pass back to the goalkeeper and no throw in to the keeper.
12. Uniforms are not required, but teams are required to dress in like colored shirts. Teams should also bring an alternate in case of color conflict. NC does not provide scrimmage vests for teams to wear in case of color conflict.