ACCIDENT INSURANCE
The State of California and Chico State cannot accept liability for injuries. Participants are encouraged to provide their own accident insurance. Participants are not insured by Chico State or the State of California. Insurance is available at the University Health Center.

GENERAL
You must show a valid CSUC or California ID to participate. ID cards will be collected by officials prior to contest. No ID, no play, no exceptions. Any problems with lost or misplaced IDs must be taken care of prior to game time.

Conversations with officials will be kept to a minimum. Team captains, and only team captains, may address the officials. Captains may only address matters of rule interpretation or essential game information and must do so in a courteous manner. Any verbalization directed toward an official other that outlined above, will result in a technical foul and dismissal from the contest.

A player may only play on one men’s team/women’s team. A player may play on a second team, provided that team is co-ed.

FORFEITS
A. Game time is forfeit time.
B. One forfeit constitutes an automatic elimination from playoff participation.
C. Each team is allowed only one default. Notification of a default to the Rec. Sports office before noon will result in a loss but will not result in removal from league or postseason nor will it result in the loss of the forfeit deposit.
D. Two forfeits constitute an automatic elimination from the league.

BLOOD RULE
A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is covered or the uniform is changed.

PLAYERS
Rosters are limited to 12 players. Seven players per side are on the field at one time, six players and one goalie. It takes a minimum of five players to start the game, four players and one goalie. Substitutions are permitted at half-time or in ball possession situations where the ball is out of
play over a goal line or sideline. Either team can substitute during an injury, provided the ball is out of play or there is a lack of threat.

Co-Ed teams must play with three women and four men. Co-Ed teams starting with five players can start with 2 men and 2 women in the field and a keeper of either gender.

EQUIPMENT
No bare feet or metal cleats. Soccer style cleats only. Team members must all wear the same colored jerseys. Goalkeeper must wear colors that distinguish himself/herself from the other players and referee. Shin guards are highly recommended and must be provided by each participant.

PREGAME
Game time is forfeit time. Forfeits may result in expulsion from league.

TIME
Forty minute game consisting of two twenty minute halves with running time. Five minute intermission break at discretion of officials. Time is kept by official on the field.

SCORING
A goal is scored when the whole ball has passed over the goal line, between the goal posts, and under the crossbar. Ball may strike the post before entering the net on a goal. A goal is one point.

MERCY RULE
If a team is ahead by 8, or more, with five minutes remaining in the second half and the game is deemed dangerous or lackadaisical by the officials it may be called.

TIE GAMES
Each team will be given the opportunity to attempt five penalty kicks. Coin flip determines order. The team which scores the greater number of goals shall be declared the winner. If still tied, repeat single penalty kick attempts until tie is broken.

GAME PLAY
A. Ball out of Play
   The ball is out of play when it has completely crossed the goal line or sideline, on the ground or in the air, or when play has been stopped by an official.

B. Throw-In/Kick-In
   When the ball has crossed the sideline, it is put back in play by either a throw-in or kick-in from the spot where it went out, by a player from the opposite team that last touched it. A goal cannot be scored directly from a throw-in or kick-in.

C. Corner Kick
   When the ball has crossed the goal line after last being touched by a player from the defending team, it is put back in play by a kick from the corner of the field nearest the side it went out.
D. Goal Kick
When the ball has crossed the goal line after last being touched by a member of the attacking team, it is put back in play by a kick from the goal area by the defending team.

GOALKEEPERS
A. Once a goalkeeper has gained control of the ball he/she must release it into play within ten seconds.
B. After releasing the ball, the goalkeeper cannot play the ball again with hands until another player has touched it.
C. Any violation of these restrictions will result in a direct free kick.
D. All goalkeeper infractions that occur in the goal box will result in a direct kick.
E. The goalie may pick up the ball if it is passed backed to them by their own team. The goalie may only receive one pass from their teammates until an opposing player touches the ball.
F. The goalie may throw or punt the ball past the center line.

INFRINGEMENTS
A. There is no offsides.
B. Opposing team is awarded a direct kick from the point of infraction when a player:
   1. Attempting to kick, strike, trip, push, slide tackle, jump, or charge at an opponent.
   2. Attempting to hold an opponent in an effort to reach the ball.
   3. Attempting to deliberately strike ball with hand or arm.
   4. Players opposing the kicker must be at least 10 yards from the ball until it is kicked, unless they are standing on their own goal line between the goal posts. If awarded to the defending team in its penalty area, players opposing the kicker must be outside the penalty area in addition to being 10 yards from the ball, and must remain there until the ball clears the penalty area.
   5. Four personal fouls are allowed per team per half. On the fifth foul, a penalty kick is awarded to the opposing team. After a team’s fifth foul of the half, every third foul will result in a penalty kick.
C. Opposing team is awarded an indirect kick from the point of infraction when:
   1. Ball is next played by the kicker following a kickoff, free kick, penalty kick, goal kick, corner kick, or by the thrower on a throw-in.
   2. Player charges into an opponent when neither is within playing distance of the ball.
   3. Player without the ball attempts to obstruct an opponent who is attempting to play the ball.
   4. Player attempts to kick the ball while in position of the goalkeeper.
   5. There is dangerous play.
   6. Goalkeeper takes more than four steps before releasing the ball into play.
   7. Goalkeeper delays relinquishing the ball.
Players opposing the kicker must be at least 10 yards from the ball until it is kicked, unless they are standing on their own goal line between the goal posts. If awarded to the defending team in its penalty area, players opposing the kicker must be outside the penalty area in addition to being 10 yards from the ball, and must remain there until the ball clears the penalty area.

D. Penalty Kick
1. Awarded when a flagrant foul occurs within the offending team’s penalty area.
2. All players must be within the field of play but 10 yards from the penalty area and behind the penalty-kick line until the ball is kicked.
3. Goalkeeper is to remain on the goal line. He/she may only move laterally until the ball is kicked.

E. Yellow Card Infractions. Cautioned player must leave the field and may be replaced. Indirect kick from the spot of the ball.
1. Entering or leaving the field without the permission of the official.
2. Persistent infringement of any rules of the game.
3. Objecting by word of mouth to the actions of the official.
4. Incidental use of vulgar language.
5. Unnecessary delay.
6. Deliberate verbal tactics.
7. Deliberate tactical foul.

F. Red Card Infractions. Disqualification and number of players on the field will be reduced. Direct kick from the spot of the ball.
1. Second caution - exception to the reduced player rule.
2. Violent conduct or serious foul play.
3. Spitting on another person.
4. Using foul or abusive language.
5. Leaving the team area to enter the field where a fight is taking place.