

**Big D Sports – Official Coed Soccer Rules
(Updated April 2023)**

Apparel/Clothing

Shirts/Jerseys: Uniforms and/or numbers are not required. Teams must designate their team color during registration. Each player on a team must wear **identical colored** shirts/jersey. During each game, a team must wear shirts that have a distinguishable color from the opposing team's shirts. A team may be required to wear different colored shirts if the opposing team has shirts of:

- The same color
- A different shade of the same color, such as:
 - Carolina blue vs. light blue
 - light green vs. forest green
 - dark grey vs. light grey
 - maroon vs. red
- A color that can be confused with their color, such as:
 - navy blue vs. black; navy blue vs. purple; black vs. purple
 - white vs. light grey
 - yellow vs. neon green

Shoes/Footwear: Shoes must be worn at all times. Sneakers and rubber-cleated shoes will be allowed. Any metal cleats, open-toed, open-heeled or hard-soled shoes will not be allowed.

Shin Guards: Shin guards may be worn by players. If they are worn, long athletic socks must be worn over the shin guards.

Hats/Headwear: All billed hats or visors must be worn backwards.

Jewelry: All jewelry must be removed (including watches, earrings, bracelets, etc.).

Pads: Pads (leg, knee, ankle, arm and/or elbow) that are worn must be soft and pliable.

Any clothing/apparel in question should be brought to the attention of the Big D staff and they will make all final decisions with regard to discrepancies in apparel.

Team/Player Requirements

Rosters/Player Eligibility: It is the responsibility of both team captains to maintain their respective rosters and line-ups. Big D Sports staff and the referees will assist in any discrepancies with regards to the coed ratios and player eligibility. All roster check requests must be made to Big D Sports staff prior to the first play of the game.

Minimum Number of Players at Game Time: Each team must have four (4) players, with a minimum of one (1) female, at game time.

Failure to Have the Minimum Number of Players at Game Time:

- A team may use up to two (2) players as subs from another team in the same division. A team may not pull subs from another team if they have enough (6) of their own players at game time.

- If a team does not have the minimum number of players to begin, then the team at full strength will be awarded with one (1) goal. The team that is short-handed will have five (5) minutes to field the minimum number of players. The clock will start at game time. If the short-handed team does not have the required minimum number of players at the end of the five-minute period, then they will have to forfeit the game. The two team captains can agree to proceed with an official game if Big D Sports staff allows it. However, the team on the verge of forfeiting cannot force an official game to take place, nor is the opposing team required to allow an official game to take place.
- If neither team has the minimum number of players to begin, then the one goal penalty will not be enforced. If neither team has the minimum number of players at the end of the five-minute period, then teams can agree to play short on both sides. **BE ON TIME!**

General Rules

Players on the Field: Each team must have six (6) players, with a minimum of two (2) females, on the field of play. **Each team may not play more than four (4) males on the field AT ANY TIME, even if they are playing with 1 female.**

Field of Play: The field of play consists of sidelines approximately 45 yards long and goal lines approximately 35 yards wide (field size may vary slightly depending on the location/space). Any time the ball crosses over the sidelines or the goal lines (without going into the goals), then it will be ruled “out-of-bounds” and out of play. If a ball hits the goal frames, corner markers or sideline cones (and doesn’t go out-of-bounds), then the ball is still in play.

Game Ball: Each team must provide their own soccer ball(s). Soccer balls must be official-sized (Size 5). Teams are responsible for handling and retrieving soccer balls at all times (Big D Sports staff is not required to keep up with soccer balls). Each team is advised to bring two (2) soccer balls.

Self-Officiating: Both teams will be responsible for officiating their own game. This includes calling fouls, penalties, scored goals, out-of-bounds, etc. Teams will need to be familiar with the rules provided by the league. Big D Sports staff expects both teams to be fair, honest, use good sportsmanship and judgement, and play safe.

Game Officials: Each field will have one (1) Big D Sports staff member supervising the game. They will help interpret rules and oversee the flow of the game. The staff’s responsibilities include:

- Starting the game on time
- Overseeing the game clock
- Announcing the start and end of each half
- Tracking and verifying scored goals
- Understanding the rules and answering questions
- Verify “goal box” violations (as needed)
- Settling disputes and disputed calls.

All staff decisions are final. Any excessive player disagreements with the staff and other players will result in an ejection from the game (and/or league), if deemed necessary.

Scorekeeping: It is the responsibility of both team captains to help keep track of their scores. Big D Sports staff will assist in the tracking of scores and any discrepancies with the scores. The game’s final score must be verified by both team captains with Big D Sports staff at the end of the game.

Game Duration and Intermission: A regulation game shall consist of two (2) halves with a five (5) minute intermission. Each half is twenty (20) minutes long. The game clock will start after the coin flip, and run continuously during each half. Staff will stop the game clock only if:

- There is a legitimate injury to a player.
- A team uses delay tactics when perceived by staff (kicking the ball far out-of-bounds, delaying a corner/in-bounds/goal kick)

Coin Toss: The team that wins the coin toss will get first half choice. The team can choose:

- To kick off (opposing team will chooses the goal to defend), or
- The goal to defend (opposing team will kick off)

At the start of the second half, teams will switch goals to defend. The team that didn't kick off to start the first half will kick off at the start of the second half.

Kick-Off: At the start of each half and after each scored goal, the ball will be placed at midfield. Each team must be on their respective half of the field before kickoff. The ball must complete one (1) forward rotation before being touched by another player. The player initiating the kickoff must pass the ball to a teammate before attempting a shot on goal.

Time Remaining Notification: Staff will announce to both teams when 10 minutes, 5 minutes, 2 minutes and 1 minute remains in each half.

End of Game: The team with the higher score at the end of regulation wins the game.

Ties: If the score is tied at the end of regulation during the regular season, then the game will officially end in a tie. Overtime or shoot-out periods will not be played.

Mercy Rule: If a team is ahead by 5 goals within the last two (2) minutes of the second half, then game officially ends with that score being final.

Forfeits: If a team forfeits a game due to no-showing or not having the minimum number of players, then the opposing team will be awarded a 5-0 victory.

Suspended Play: Big D Sports staff may temporarily halt the game due to inclement weather, unsafe/unfavorable field conditions and/or hostile circumstances. The staff may resume the game if conditions improve within a reasonable amount of time. If the game doesn't resume, then:

- The game will be suspended and resumed at a later date (if the game was halted during the first half). Staff will record the following information:
 - Team scores
 - Possession
 - Kick-off for second half
 - Time remaining
- The game may officially end (if the game was halted after the start of the second half). The score will be considered "official and final".

Flow of the Game

Substitutions: Teams may substitute “on the fly”. The substituting player must wait for his/her teammate to get off the field before entering. Also, the players must come in and out of the general spot (i.e., a player cannot exit by their goal and have his/her teammate enter by the opposing goal).

Offsides: There are no offsides infractions.

Goalkeepers: Teams will not be allowed to have a goalkeeper in the “goal box” and/or have players use their hands to defend the ball near the goal box.

“Goal Box”: A “goal box” area will be marked off (using spot markers) in front of each goal. It will extend 2 yards (paces) out and extend out to each side of the goal posts. **Players from each team must remain outside this area unless the ball is inside the goal box.**

The defending team will be called for a “goal box” violation if:

- A defensive player is clearly in the goal box area (before any shot on goal takes place) and then (in an attempt to prevent a score) deflects a shot away from the goal.
- A defensive player is called for a ‘hand ball’ penalty (intentionally or unintentionally) within 2 yards (paces) from the goal.

The opposing team will be awarded a penalty kick at midfield.

The attacking team will be called for a “goal box” violation if:

- An offensive player is clearly in the goal box area (before any shot on goal takes place) and then (in an attempt to score) deflects a shot towards the goal.

The opposing team will be awarded a goal kick.

If any player enters the goal box unintentionally (at the staff’s discretion) without interfering with the course of play, this will not result in a “goal box” violation. However, repeated occurrences (at the staff’s discretion) will result in a “goal box” violation.

Penalties: If a player commits a penalty, then the opposing team will be awarded a direct kick from the spot of the infraction. Penalties may be enforced due to:

- Charging
- Roughness
- Hand balls
- Dangerous plays or kicks (**dives, high kicks, bicycle kicks**)
- Slide-tackles

Direct Kicks: A goal can be scored on direct kicks. Opposing players must be 5 yards (paces) from the kicker.

Indirect Kicks: A goal cannot be scored on indirect kicks. The player’s kick must touch another player before the ball enters an opposing team’s goal. Opposing players must be 5 yards (paces) from the kicker.

- Kick-Ins:
 - A team will kick the ball into play when the ball (last touched by the opposing team) goes out-of-bounds by crossing either side line.
 - The kick is taken at the spot where the ball went out-of-bounds.
- Goal Kicks:

- The defending team is awarded a goal kick when the ball (last touched by the attacking team) goes out-of-bounds by crossing the defending team's goal line.
- The kick is taken at the spot where the ball went out-of-bounds.
- **Corner Kicks:**
 - The attacking team is awarded a corner kick when the ball (last touched by the defending team) goes out-of-bounds by crossing the defending team's goal line. The kick is taken at the corner of the field (nearest where the ball went out-of-bounds). All players must be outside the goal box until the ball enters the goal box.

Penalty Kicks: A penalty kick is a shot attempt into an **open, unopposed** goal. The player awarded the penalty kick will take the shot at midfield. Players from both teams must be at least 5 yards (paces) behind the kicker during the penalty kick. If the penalty kick is unsuccessful, the opposing team will be awarded a goal kick.

Playoff Procedures

Player Eligibility: To be eligible for playoffs, players must:

- Be listed on one (1) official team roster. A player cannot be listed on more than one (1) official roster.
- Played with their official team for at least one (1) regular season game.
- Signed the team's official roster sheet at the field.
- In good standing (no league suspensions or expulsions)

Players in the league can be on one team's official roster and may sub on other teams in the same division during the regular season. However, if a player's official team does not make the playoffs, then that player is not eligible to play with the playoff team(s) that he/she subbed with. Big D staff and opposing team captains have the right to verify player eligibility by requesting a roster and ID check.

Coin Toss: During playoffs, there is no coin toss. The higher-seeded team will have the first half choice of kicking off or choosing the goal to defend.

Overtime in Playoffs: Ties at the end of regulation during the playoffs will result in an overtime period.

- **Coin Toss in Overtime:** There is no coin toss. The higher-seeded team will have the choice of kicking off or choosing the goal to defend.
- **Overtime Period Duration:** The overtime period will be five (5) minutes. The game clock will run continuously during the overtime period.
- **Players on the Field:** Each team must have four (4) players, with a minimum of one (1) female, on the field for the overtime period. Each team may not play more than three (3) males on the field during overtime.
- **End of Overtime Period:** The first team to score a goal in the overtime period wins the game (sudden death). If neither team scores at the end of the overtime period, then a shoot-out period will be played.
 - **Shoot-Out Period*******
 - The higher-seeded team will have the choice to kick first or second in the shoot-out periods. The lower-seeded team will choose the goal to be used for the shoot-out periods.
 - Each team will choose one (1) player (of the same gender) to participate in the shoot-out period.

- Each player will kick **once** from midfield into the **open, unopposed** goal
 - If the first player successfully scores a goal and the second player fails to score a goal, then the first player's team wins.
 - If the first player fails to score a goal and second player successfully scores a goal, then the second player's team wins.
 - If both players successfully score a goal or both players fail to score a goal, then an additional shoot-out period will be played.
- In the event of additional shoot-out periods, the gender of the players must be different from the previous shoot-out period. Also, a player is not allowed to kick again until his/her teammates (of the same gender) have all been allowed to kick.