

1. FORFEITS

- a. **A TEAM FORFEITING ONE GAME THEY WILL BE REMOVED FROM THE LEAGUE.**

2. REFEREES

- a. **A REFEREE'S DECISION IS FINAL. ARGUING A DECISION WILL RESULT IN IMMEDIATE EJECTION FROM THE CONTEST.**

3. EACH PLAYER MUST PRESENT THEIR WITTENBERG ID CARD TO PLAY.

4. A game will be two 10-minute halves with running time, except the last two minutes of each half. During the last two minutes of each half, the clock will stop on all whistles.
5. When a team member sends the ball out of bounds, play will resume with a **throw in** where the ball went out of bounds by the opposing team. A **goal kick or corner kick** would occur if the ball goes out of bounds on the goal line.
6. When the game is being restarted all players must be at least five yards from the ball.
7. Hand balls will be enforced with the exception of the goalie in the goal box area.
8. The goalie may only use his hands to field the ball in the goal box area.
9. The goalie may leave the goal box area and play as a regular player.
10. The goalie may wear protective eyewear, gloves and/or shins guards only.
11. A goal may not be scored directly from an **indirect free kick**. The ball must touch one other player on a free kick situation.
12. The following fouls will result in a **direct free kick**: tripping, holding, pushing, hand ball, roughing the goalie. **A goal may be scored from a direct free kick.**
13. **Slide tackles are not allowed! A two-minute penalty in addition to a direct free kick will be enforced for any slide tackle, tripping, pushing, or roughing the goalie. The player committing the foul must stand by the timer and their team must play a player short during the penalty.**
14. Free kicks, both direct and indirect, must be taken from a minimum of five yards outside of the goal box area.
15. **Direct free kick situations occurring inside the goal box** will result in a **PENALTY KICK** taken from the penalty mark 10 yards off the goal line.
16. Each team is allowed one time out per half. A time out is approximately 30 seconds in length.
17. Substitution is unlimited and may take place in a dead ball situation only.
18. **All players must wear athletic shoes to participate.** Sandals, flip flops, bare feet, cleats, metal spikes, and screw-ins are not allowed.

19. Knee and ankle braces must not have exposed or protruding metal parts. No casts allowed.
20. Each player will consist of no more than six (6) players on the field at one time. A team may begin with a minimum of four (4) players.
21. **During Co-Rec play**, the team must have at least three (3) women on the playing field at all times when playing with five (5) or six (6) players, or two (2) women if playing with four (4) players.
22. All teams must be present and ready to play with a minimum of four (4) players at the scheduled game time. If a team does not meet the roster minimum, a forfeit will be declared.
23. Regular season games may end in a tie.
24. Playoff games will use five-minute sudden death over time to determine a winner. If the game is still tied after the second sudden death, a sudden death shootout will occur.