



# ST. THOMAS SOCCER CLUB

## X-Pitch League Rules

1. All standard rules of play are to follow FIFA's current Laws of the Game.
2. 6 players per team on the field (4 + keeper). No less than 4 may be used to start a game. The Coed X-Pitch format is always 3 x Male and 3 x Female on the field.
3. Substitutions are made on the fly.
4. There are no off-sides.
5. Teams playing 1<sup>st</sup> game are responsible to put out 2 corner flags each, prior to kick-off. Teams playing 2<sup>nd</sup> game must each return 2 sets of corner flags to the equipment bin immediately after the game.
6. Teams should be ready to start the game at kickoff time. Referees will wait no later than 5mins to start the scheduled game provided the previous game is running on time. Games will consist of 2 x 25mins halves.
7. Gamesheets will be provided by the Referee and will have pre-printed rosters. Team Reps must confirm that all players listed are in attendance, and have the correct jersey number listed on the gamesheet prior to the start of the game. Gamesheets will be checked, signed, and returned to the Referee. Any players who are not listed on the gamesheet must be pre-registered and can be hand-written in.
8. Shin pads must be worn as protective equipment. All jewelry, including fitbit-style watches, must be removed prior to all games.
9. All free kicks outside of the penalty area are indirect. Opposing players must be no less than 6yrds from the ball. Fouls in the penalty area will result in a penalty shot from 10yrds from the goal line. The goalie must stay on their line until the ball is kicked. The ball is in play if it rebounds off the goalie or the goal posts.
10. Slide tackling is illegal. The goalie may slide within the penalty area but not feet first. A player may slide to control the ball as long as it is not in the direction of another player and was not dangerous in the referee's judgment.
11. Standard FIFA rules are in affect.
12. 3pts are awarded for a win and 1pt for a draw. There is no overtime or shoot-out during the regular season.
13. Tie-breaker for season ending standings will be head-to-head, most wins, fewest goals against, goal differential, then goals for.
14. Any player (except for the keeper) who receives a Yellow Card will be forced to substitute off until the next opportunity to substitute.
15. 5 yellow cards accumulated throughout the season will result in a 1-game suspension.
16. Any red card will result in at least a 1-game suspension. Any red card for fighting, punching or kicking an opponent will result in a minimum 3-game suspension.
17. All players must be on the roster and having completed the appropriate online waivers prior to being able to play. Additions to the roster take approximately 48hrs.
18. Teams are permitted to roster a maximum of 1 Player who is carded to any Adult competitive league – WOSL, LAWSL (except Rec Div), OWSL, etc. All players from other Adult Rec leagues (MMSL, LAWSL Rec, MSSSL, LOSL, etc) as well as Youth Competitive/Rec leagues (EMDSL) are permitted without restriction.
19. Age minimum is players in their 16<sup>th</sup> year of birth (for the 2021 season, players must be born in 2005 or earlier)
20. Any team who fields an ineligible player will be given a default 3-0 loss.