



YSC Sports Adult League Rules

- All YSC Sports Adult Leagues will play 40-minute games, running clock.
- Our league format is 7v7, when playing full field indoor (C/D) teams may play 8v8 if mutually agreed upon before the game. (Coed teams must always have 2 women on the field or play down a player).
- All players are asked to bring two different colored shirts with you to each game.
- Teams must have a minimum of 5 players at starting whistle to avoid forfeit. Coed teams must have at least 1 female.
- Throw ins will be played when scheduled outdoor. Indoor games will play kick ins below the waist. If kick in goes above waist, opposing team will take over possession and play back to the keeper.
- Absolutely NO SLIDING! Goalkeepers may slide only if field players are at least 5 feet away. Any questionable slide tackle by a goalkeeper will be determined by the referee and occur in an indirect kick.
- Slide tackling is an automatic yellow card resulting in the player sitting out for 2 minutes.
- Slide tackling studs up is an automatic red card and 1 game suspension.
- Boarding – Any reckless contact made around the glass/boards will result in an automatic red card and possible season long ban.

- Over 35 Leagues – Players who are not over the age of 35 may not participate in this league. Referees and team captains may stop a game if they feel the player is not of age.
- Playoffs – Players who do not roster with a team for at least three games during the season may not participate in end of the season playoffs.
 - **Over 35 League Playoffs – Teams who attempt to bring players under the age of 35 to playoffs and are caught by an opposing team or referee will result in a forfeit for the infracting team.**
- If a yellow card is issued, the carded player will sit out for 2 minutes.
- If a red card is issued, the carded player is out for the remainder of the game and the carded team must play down a player for 5 minutes. The red carded player will also miss the next match.
- YSC Sports does not condone violent behavior or racial slurs. Any action that management or referee deems violent will result in suspension and possible season long ban.