

WL Ladies Soccer: Rules and Regulation - Outdoor Season 2025

Expectations & Courtesies:

- Players and officials arrive before the posted kick off time; games will start on time
- Communication:
 - information will be sent out to team reps, who are responsible for sharing with the team
 - players with questions/concerns/complaints go directly to team reps, who will respond or bring to the referee or executive
- Team Reps will track game attendance and jerseys. They will have access to the rules/expectations digitally. They will notify the league through the Team Rep chat if a forfeit is required with 24 hrs notice, when at all possible.
- If a team requires access to the drop in list players, the team rep must contact the Team Rep chat with 24 hrs notice
- Drop in players will be provided a jersey at the field and will return it at the end of the game to a team rep
- As a mixed-level league, our intention is to create a fun/welcoming experience for all our players: fair play applies to playing time

Game Regulations

- The games are half field.
- 7 players a side: 6 field players with a goalie.
- Teams can play with a minimum of 5 players without forfeit. Teams are not permitted to share players or pick up players who are not on the league drop in list; this would result in forfeit. Accessing the drop in list players does not result in forfeit.
- Each team roster will consist of an even dispersal of players, determined by the draft.
- The games will consist of two 40-minute halves with a 5-minute half time break. In the event of extreme heat or shortages of players, additional water breaks can be arranged with the referee.
- Team rep binder: with a team list, attendance and jersey sign out. Each player will have one jersey all season and the number will be written down beside their name; it must be returned at the end of the season.
- NO jewelry allowed. A player will be removed from the playing field until jewelry is removed or taped, this included watches. Players must provide their own tape, as the provided tape is for medical use only.
- If a player is to wear shin pads they must be covered by socks.

Game Rules

1. Possession/sides is determined between the teams with the ref before the posted game time.
2. Goalie can pick up the ball in the crease unless it was passed back by their own player. Drop kicks can not exceed the center line or will result in a throw in for the other team at center. Goalies are permitted to throw or play the ball from the ground past the center line.
3. Throw ins when the ball goes out of bounds. Throw ins may not score directly.
4. Hand balls outside of the defensive crease will be an indirect kick from the spot of the incident. Hand balls inside the defensive crease, by the defending team, result in a penalty shot.
5. No rough play, aggressive plays and/or foul language directed at others intent to harm, distract or antagonize. Penalty's will be sorted out with a penalty shot. In extreme circumstances, players may be removed from the game by the referee, or removed from the league by the executive.
6. Offsides occur when a player of the opposing team is past the $\frac{3}{4}$ marked cones on the field, in front of the defending teammates before the ball is struck. The penalty is an indirect free kick from the place of the infraction.
7. Substitution is called when the ball goes out of play and it is your team's possession. The team without possession may substitute, only if the other team is doing so.
8. Regular league games can end in a tie. Play off games ending in a tie in regulation will have a 5 minute overtime/Golden Goal, followed by a shoot out if needed.

Games are Monday's and Thursday's at 7pm @ Esler Fields Sports Complex. Kick off shifts to 6:30pm when we start to lose light.