

5v5 Rules Adult League

Individual player registrations only.

Game times cannot be changed once the full season schedule is released.

Any verbal or physical abuse towards a referee or any other MSK staff will not be tolerated. Doing so will result in ejection from the facility and possible suspension. This goes for all players, coaches, and spectators before, during, or after a game.

All players must be 18 or older.

Gameplay League is played 5v5, 4 field players and 1 goalkeeper.

All free kicks are indirect except for corner kicks and kickoffs. "Walls" and other defenders can be no closer than 3 yards during free kicks. Kickoffs can go directly back. There is no offside. Slide tackling is not allowed.

Sliding to save a ball from going out of bounds or into the goal is allowed when no other players are within reach, at the referee's discretion.

Fouls inside the box result in a penalty kick. If a male player is fouled in the box, the PK can only count as 1 goal no matter who takes the kick (male or female).

If a team kicks the ball into the ceiling or lights, the other team is awarded an indirect kick from that spot.

Teams can substitute on the fly. Substitutions should be made near the team bench and cannot result in an advantage.

Goalies may not punt or dropkick the ball. The penalty is an indirect kick for the opposing team at midfield.

Goal kicks and throws may not land past midfield without hitting the ground or a player first. This will result in an indirect free kick from midfield for the opposing team.

Goalies have possession with one hand on a stopped ball.

The clock is running time and will not be stopped or adjusted unless deemed absolutely necessary at the referee's discretion. (Ex. Serious injury, leading team deliberately wasting time etc.)

In general, teams need to take restarts within six seconds. The referee may begin a countdown if necessary and award the ball to the opposing team.

The ball must be completely over the goal line before the buzzer sounds to be counted as a goal.

Yellow cards result in the player sitting and the team playing short a player for 2 minutes once play resumes.

A goal being scored by the opponent does not end the penalty.

Red cards result in the player being ejected from the game. They must leave the facility immediately. Any resistance or further altercation will result in suspension for future games. The team must play short a player for the remainder of the game.

Players who receive a red card may be suspended additional game(s).

Overtime

Regular season games can end in a tie and will not have overtime.

Playoff games will go directly to 3- player penalty kicks. If still tied, proceed to sudden death penalty kicks with the first shooter has to be the GK.

Standings Teams will be ranked on the league standings & schedule page by points. Teams will receive 3 points for a win and 1 point for a tie.

Tie Breaking procedures follow this order: 1st = Most Points, 2nd = Head to Head Win, 3rd = Goals Against, 4 th Goals For. This promotes defense rather than running up the score against weaker opponents.