



League Rules for the Co-Ed TASL Recreational Division

The Twins Adult Soccer League, "TASL," Co-Ed Recreational Division is defined as teams consisting of players 18+ years old, both male and female with at least one female on the field at all times. This division is recommended for beginning to average skilled players with 10-14 players per team.

Rules Overview: All matches will be played in accordance with FIFA Laws of the Game except where noted below.

Law 1- The Field of Play

-Approximate Field Size: 45 x 75 yards -Goal Size: 7 x 21 feet

Law 2- The Ball

-Ball Size: 5

Law 3- The Number of Players

-A match is played by two teams, each consisting of not more than seven players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than five players.

-A team must have at least one female player on the field at all times. *If a team cannot field a female player, they must play one player down. -Substitutions must be made at the halfway line and can be made at any stoppage of play.

Law 4- The Players Equipment

-Metal studs are prohibited.

Law 5- The Referee

-Each match is controlled by one referee who has full authority to enforce the Rules and Laws of the Game.

-The referee will check rosters prior to the game. All players are required to have a photo ID with them. If a player cannot supply a proper ID, the referee has the authority to not allow the player to play. The referee's decision is final.

Law 6- The Assistant Referees

-There are no assistant referees.

Law 7- The Duration of the Match

-The match lasts two equal halves of 30 minutes. The referee will maintain a "running clock" (the clock will continue to run with no injury time added). The half-time interval must not exceed 5 minutes.

Law 8- The Start and Re-start of Play

-In accordance with FIFA Laws of the Game.

Law 9- The Ball In and Out of Play

-In accordance with FIFA Laws of the Game.

Law 10- The Method of Scoring

-In accordance with FIFA Laws of the Game.

Law 11- Offside

-There is no offside offense. However, "cherry picking" is prohibited. A cherry-picking offense is completely in the referee's discretion.

*Cherry picking refers to play where one player (the cherry picker) does not play defense with the rest of the team but remains in an offside position near the opponents' goal.

Law 12- Fouls and Misconduct

-Slide tackling is prohibited.

*If a player commits this offense, a direct free kick will be awarded to the opposing team.

-When the goalkeeper makes a save or controls the ball using his/her hands, the goalkeeper must distribute the ball within his/her defensive half of the field. If the keeper leaves the penalty box with possession of the ball at his/her feet, he/she may then distribute the ball to the entire field.

*If a player commits this offense, an indirect free kick will be awarded at midfield to the opposing team.

-A player who is cautioned and shown a yellow card must leave the field of play, or be substituted off. The player may return to play when the referee waves the player back on the field.

-Sending Off (Red Card) Offenses:

-Any player that has been sent off must leave the vicinity of the field of play for the remainder of the match and will serve an additional minimum 1 match suspension.

-The TASL Director will review all red card offenses and has the ability to extend suspensions depending on the offense and circumstance.

Law 13- Free Kicks

-All opponents must be at least 8 yards from the ball.

Law 14- The Penalty Kick

-In accordance with FIFA Laws of the Game.

Law 15- The Throw-In

-In accordance with FIFA Laws of the Game.

Law 16- The Goal-Kick

-The kicker must keep the ball grounded or another player must touch the ball before it crosses midfield.

*If the ball crosses midfield in the air and is not touched by another player, an indirect free kick is awarded at midfield to the opposing team.

Law 17- The Corner Kick

-In accordance with FIFA Laws of the Game.