



Prince William Courage Adult League Rules

Registration

- Registration will be done on a team basis. Teams will submit one payment for the league fee.
- Registration must be completed by the posted deadline.
- Registrations submitted after the deadline are not guaranteed placement in the league.
- Rosters must be complete by the posted deadline.
- Roster limit is 14 players.
- All players will sign a waiver and release of liability before they can play.
- All players must provide a photo ID if asked by a game or league official.

Guest Players

- Guest players are not allowed. Each team may submit a roster up to 14 players. Only those 14 players will be permitted to play.
- If a team has players playing not on the roster, the team will forfeit the game 0-3. The game will still be played and officiated.

Equipment and Uniforms

- Teams may elect to provide their own uniforms. Teams providing their own uniforms will receive a \$50 discount off of their team registration.
- Teams may also elect to have uniforms provided by the league. Teams electing to have uniforms provided by the league must have their order in by the posted deadline.
- Teams must have matching uniforms and each player must have their own uniform. Trading uniforms will not be allowed.
- Each player must have a designated number on their uniform matching with the submitted final roster.
- All players must wear shinguards.
- No jewelery of any kind may be worn during game play.

Official League Rules

- All play will be governed by FIFA laws except the following adaptations for the 7v7 format.

Substitutions

- Substitutions may be made on either team's goalkick or throw-in. All substitutes must petition the official before entering the field of play.

Slide Tackles and General Sliding

- Slide tackling is not permitted at any time. Sliding is not permitted by any field player except the goalkeeper. Goalkeepers are not permitted to slide feet first into an attacking player.
- Infractions of this rule by the goalkeeper will result in a direct free kick. If the infraction occurs inside the box, a penalty kick will be awarded.
- Infractions of this rule by a field player will result in a direct free kick. Multiple infractions will be subject to yellow and red cards at the discretion of the game official.

Off-sides

- Offsides only applies to those players who are in an offsides position in the opposing teams penalty area. Players outside the penalty area cannot be in an offside position.

Goalkeeper Distribution

- Goalkeepers may not punt the ball over half field. Goalkeepers are allowed to throw the ball and play the ball from the ground over half field.
- If there is an infraction of this rule, the opposing team will receive a direct kick from the point the ball crossed half field.

Playoffs and Tiebreakers

- Playoff seeding will be determined by regular season point standings.
- 3 points for a win, 1 point for a tie, and 0 points for a loss.
- Tie breakers are 1. Head to Head 2. Goal Differential 3. Goals For
- Playoff games tied after regulation will go to a 5 minute sudden victory overtime. If a team scores in the overtime period the game is over and the scoring team wins.
- If the game is still tied after sudden victory overtime, the game will go to penalty kicks as governed by FIFA law.

Coed

- Teams must field at least 2 female players at all times.
- Teams unable to field 2 female players will have to play a man down.

Discipline and Suspensions

- Players receiving 2 yellow cards in a game will be suspended from the next game. Officials will note the player served the sit-out on the game day roster.
- Players who attempt to play during a suspension will be suspended for the rest of the season without refund.
- Players receiving a red card will serve the same penalty outlined above.
- Players receiving a second red card will serve another 1 game suspension in the following game as well as another 2 game suspension. Therefore, players receiving a second red card will serve a 3 game suspension.
- Teams with excessive yellow and red cards will be subject to a full team suspension without refund. These cases will be subject to the discretion of the league commissioner.