



SOCCKER RULES

// QUICK LINKS

[Player Eligibility](#) // [Game Play](#) // [Golden Rule](#) // [Shirt Notice](#) // [General Policies](#)

// PLAYER ELIGIBILITY

1. All Players must be at least 21 years of age and have current, adequate health insurance.
2. All players must be properly registered on a team during the season for which they are playing.
 - a. If a player is registered on more than one team within the league, they may only play for one team in the playoffs.
 - b. All players must agree to the Fray Liability Waiver as described in the Fray Terms and Conditions section of Player Registration.
3. Any use of an ineligible player will result in a forfeit.

// GAME PLAY

Current FIFA laws of the game will govern all areas unless exceptions have been made herein.

1. Unlimited substitutions may be made throughout the game. Teams can sub at the following times:

- a. Throw in - team in possession. If team in possession makes a sub, the opposing team can sub too.
 - b. Goal kick - either team
 - c. Goal scored - either team
 - d. Injury - the injured player must come off. The opposing team may substitute a single player.
2. Slide tackling is **NOT** permitted.

// League Types/Gender Requirements

1. **“OPEN”** Leagues - No on-field or roster minimums for women.
2. **“Mixed”** Leagues Minimum 2 women on the field at any given time.
3. **“Mens”** Leagues - All male league **“Women’s”** Leagues - All Women league

// Game Duration

1. **5v5 // 6v6 // 7v7 // 8v8 Leagues:** Teams will play two (2) 20 minute halves with a 2-5 minute halftime. The game clock will run continuously. Game duration and halftime length
2. Regular Season Games can end in ties. If there is a tie at the end of regulation during playoffs, the game will be determined by a shootout.
 - a. Teams select 5 players to shoot, at least 2 must be a woman. There is no required kicking order for men and women.
 - b. Teams will alternate, taking direct penalty shots from the penalty or 12 yards from the goal line with a goalie.
 - c. If tied after the 1st round of 5v5, the 2nd round will be sudden victory (i.e., 1st player from Team A scores and 1st player from Team B misses – Team A wins).
 - i. Players who shot in the 1st shootout are not eligible to shoot again until all remaining players present have shot.
 - ii. If and when one (1) team begins to utilize players for the second time due to a lack of numbers, the other team may “re-use” players as well. This means some players on the team with more people present may or may not shoot.

// Goalkeepers

1. Goalkeepers may punt, throw, or send goal kicks as far as they like across the half-field line.;
2. Goalkeepers have a safe zone, or goalkeeper box, in front of the goal. No player may make contact with the goalkeeper at any time while inside this zone.

// Throw-Ins

1. Throw-ins must be conducted near the spot where the ball left the field. Any player on the field, including the goalkeeper, is eligible to conduct a throw-in.
2. When releasing the ball, the thrower must have both hands come from behind the head in a forward motion, with both feet touching the ground. Illegal throw-ins will result in a turnover, with the ball given to the opposing team to throw in.
 - a. Players may be given 1 redo for an illegal throw-in.
3. If a ball is thrown at the goalkeeper, they may not pick up the ball with their hands unless it touches someone from the opposing team.

// GOLDEN RULE

First and foremost, all Fray leagues are 50% Social and 50% Sport. While we have staff // officials, we expect individuals to respect the league's culture of fair and fun play. Foul language and rough play will not be tolerated. Individuals who cannot adhere to our standards of fair play and sportsmanship may be asked to leave the league. We want everyone to have fun and be social while enjoying a great sport. We will do whatever we can to make sure all players are having fun!

// SHIRT NOTICE

During week 1 of the season, all players will be given DC Fray reversible jerseys for their team, and we encourage them to wear them during the regular season. Reversible jerseys will be required during playoffs. Any player not wearing the reversible jersey or matching team uniform will not be allowed to play during the playoffs.

// GENERAL POLICIES

Fray is proud to relieve captains of the burden of paying for full teams. We accept individual player payments and allow prepayment for additional players and/or full teams. We are also proud to welcome those who do not have a full team (small groups and free agents) to participate in our league.

Because our mission is to make fun possible, these policies make it easier for people to get involved with and build community through social sports.

All registrations are on a first come, first serve basis. Any roster that does not reach our official size (based on each sport) is eligible to receive free agents and/or small groups. Rosters made up of primarily free agents and/or a collection of small groups may have more players than the standard roster size. This policy is in place to help ensure free agent teams are able to consistently field a team each week.

// Roster Size Chart

Sport	Promotion Size	Official Size	Max Roster Size	Woman Minimum
Soccer 5v5	8	10	12	1
Soccer 6v6	8	10	12	2
Soccer 7v7	10	12	14	2
Soccer 8v8	12	14	16	2

// Teams & Substitutions

- 5v5 Leagues:** A maximum of 5 players can be on the field (Mixed - 1 player must be a woman). Teams must have a minimum of 4 players present to start the game. (Mixed - 1 player must be a woman)
- 6v6 Leagues:** A maximum of 6 players can be on the field (Mixed - 2 players must be a woman). Teams must have a minimum of 4 players present to start the game. (Mixed - 1 player must be a woman)

3. **7v7 Leagues:** A maximum of 7 players can be on the field (Mixed - 2 players must be a woman). Teams must have a minimum of 5 players present to start the game. (Mixed - 1 player must be a woman)
4. **8v8 Leagues:** A maximum of 8 players can be on the field (Mixed - 2 players must be a woman). Teams must have a minimum of 6 players present to start the game. (Mixed - 1 player must be a woman)
5. Substitute players (players not on the roster) may be used at any time in the regular season. Substitutes are not permitted during playoffs.
 - a. All substitutes must be a registered player on another team and/or in another Fray league that is currently in play.
 - b. Teams may use additional substitute players above the player minimum with the opposing team's consent. Teams who agree to play under these conditions must notify the Host before the start of the game, and the outcome of the game will stand as is.
6. Teams have until 10 minutes past the designated start time to field the minimum number of players. The 10-minute grace period is considered part of the overall game time. If a team is unable to reach the minimum number of players, the game will be deemed a forfeit.
 - a. Teams may play a "legal game" with less than the required minimum number of players with the opposing team's consent. Teams who agree to play under these conditions will lose the option of receiving a forfeit win and the outcome of the game will stand as is. Team's must notify the Host before the start of the game.
7. Teams must designate a captain prior to the start of the game.
 - a. **Host-Officiated:** Captains are the only team members allowed to discuss calls with host. Judgment calls by an official may not be disputed.

// Equipment, Uniforms & Facility Use

1. All equipment will be provided on-site, including soccer balls and goals. Teams may use their own ball with approval from the opposing team.
2. Shin guards are not provided.
 - a. **Referee-Officiated:** Shin guards are required.
3. Soccer/athletics shoes must be worn. Metal cleats or street shoes are not permitted.
4. Players should make every effort to wear the official Fray division shirt.

5. If an individual or team violates the facility's Code of Conduct, they may be asked to leave, and a refund will not be issued.

// Referee Officiated Leagues

Free Kicks, Fouls, & Yellow/Red Cards

1. **5v5 // 6v6 // 7v7 // 8v8 Leagues:** All fouls will result in indirect kicks. The opposing team should allow a five (5) pace distance for the free kick to be conducted.
2. Handballs
 - a. When a handball occurs outside the goalie box, the opposing team will be awarded a free kick.
 - b. When a handball occurs inside the goalie box, the opposing team will be awarded a penalty kick (defensive handball) or a goal kick (offensive handball).
3. Penalty Kicks – penalty kicks will be awarded during a game if a foul occurs in the penalty area.
4. No Contact: There is to be no contact or over-aggression with the goalie or any field player. Slide tackling is NOT permitted.
 - a. Slide tackling may result in a yellow and/or red card at the discretion of the referee.
6. Yellow Card – Hosts will immediately substitute a player out for a minimum of two (2) minutes.
 - a. Depending on the severity of the card, the host will decide if the player should be removed for the (2) minutes
 - b. Carded players will remain on the sideline for at least two (2) minutes.
7. Red Card – A player receiving a red card, or two (2) yellow cards in the same match, must leave the field premises, sight and sound, within one minute without substitution.
 - a. Any player receiving a red card will be suspended from the following match.
 - b. Multiple red cards in one season will be grounds for suspension -without refund- from the league.

1.

// Playoffs & Standings

1. Playoffs are determined after the regular season has concluded and are based on scheduling and other league logistics. **Playoffs are not guaranteed.**

2. Standings are automatically sorted in Commish based on teams' Win-Loss-Tie record. If there is a tie in the standings, we sort based on the following information in order until the tie is resolved:
 - a. Head-to-head matchups
 - b. Score differential
 - c. Points For
 - d. Points Against
 - e. Coin Flip

// Forfeits

1. Teams have until 10 minutes past the designated start time to field the minimum number of players. The 10-minute grace period is considered part of the overall game time. If a team is unable to reach the minimum number of players, the game will be deemed a forfeit.
 - a. **First Forfeit** - Loss of game and warning issued
 - b. **Second Forfeit** - Loss of game, and Fray reserves the right to remove the team from the playoffs.
 - c. **Third Forfeit** - Loss of game and removal from the league with no refund
2. In the case of a forfeit, the final score is recorded as 5-0.

// Weather Cancellations

1. One week is built into the end of each season
2. All players will be notified via email if games are canceled
3. If more than one weather cancellation occurs, Fray will try to find another week if possible to make up the games, but it is not guaranteed.
4. Should inclement weather or other factors limit normal scheduled game duration and more than half the game has been played, the game shall count as the full game.
5. If a game does not reach the half, then it will be deemed incomplete and will reset to the start and rescheduled.