



North East United Soccer Club  
P. O Box 1005  
Torbay, NL  
[neuscoccer@outlook.com](mailto:neuscoccer@outlook.com)



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## NORTH EAST UNITED SOCCER CLUB

### WOMEN'S RECREATIONAL LEAGUE RULES

1. This league is intended for women recreational soccer players who are 25 years and older.

*At the discretion of the club, up to 3 players under the age of 25 may be permitted to play on a team where the other players are all over 25 years of age. If a player is under the age of 25 they should seek special permission from the club to play, this ensures that teams remain recreational in nature and that the skill level of the teams are fair and even.*

2. Play is 7 v 7 including a keeper.
3. Games are small sided. Halves are 25 minutes in length- clock starts at the exact time if the official is ready to start. Please ensure you are ready to go at the whistle. There will be a half time break of 10 minutes.
4. Shin pads and cleats are required in order to participate.
5. All jewelry has to be removed including nose rings/studs, chains, watches, fit bits, etc. Rings- if they cannot be removed you can tape them or turn them down. Sunglasses are not permitted unless they are prescription or sport certified. Baseball type hats are not permitted.
6. Hoodies or jackets with hoods are allowed but the hoods have to be tucked inside.
7. Substitutions are on the fly- play will not be stopped. If play is delayed for a substitution a caution will be issued (yellow) ex. score is tied or one goal difference and ball is held for more than 6-10 seconds for subs either by keeper or on a throw in/corner kick. Shift on the fly is to help keep the game moving without unreasonable delays.
8. All free kicks are indirect kicks, where the ball is played by two players. The ball has to clearly move before second player kicks the ball. You cannot score directly from an indirect kick.
9. There are no slide and tackles- first offense yellow, second offense red.
10. There are no off sides. Players are expected to exhibit sportsmanship behaviour and not play up by the goal waiting for the ball even though there is no off sides.
11. Throw in- Ensure throw in is done properly or loss of possession will result. Proper technique- hold ball in both hands, bring two hands and ball behind head, two feet on ground. Follow all the way overhead and release ball just before or after forehead. Keep two feet on the ground at all times.



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12. Defaults- teams must have a minimum of 4 players to start a game- otherwise the game will be defaulted resulting in a 3-0 final score.
  13. Teams that cannot field a minimum must notify the league [neusoccer@outlook.com](mailto:neusoccer@outlook.com) no later than 5pm Thursday prior to play.
  14. Teams who do not notify the league by the required time will be fined \$100 for a default. Three defaults the team will be removed from the league forfeiting registration fees.
  15. Please respect the officials – without them there would be no organized game and they are there for your safety and to ensure the game is run properly which results in the best experiences for everyone.
  16. *CONDUCT* - We remind everyone that this is a recreational league and that even though soccer is competitive we do expect that players show respect for other players at all times on the field, this includes aggressive physical play and language towards other players. This is of course for safety and enjoyment of the game. For the benefit of all please display good sportsmanship on the field.
  17. If it becomes clear that a team is going to win by quite a margin the official will stop keeping score. There will be a 7 goal spread max.
  18. NOTE: Rules of the game regarding cards will follow FIFA rules as per the following link:  
[www.img.fifa.com/image/upload/khhloe2xo1gyna8juxw3.pdf](http://www.img.fifa.com/image/upload/khhloe2xo1gyna8juxw3.pdf)