



## **WOMEN'S RECREATIONAL LEAGUE RULES**

1. This league is intended for women recreational soccer players who are 25 years and older.
2. All players must be registered with the NLSA
3. The game is played with 7 players on each side, including a goalkeeper.
4. Matches are played in small teams. Each half lasts for 25 minutes, and the clock begins as soon as the official is prepared to start. A half-time break of 10 minutes will be provided.
5. Shin guards are mandatory, completely covered by soccer socks.
6. In the case of an injury, hard casts are forbidden (soft casts are permitted at the referee's discretion).
7. All jewelry must be removed, including nose rings/studs, chains, watches, fit bits, etc. If rings cannot be taken off, they may be taped or turned down. Sunglasses are only allowed if they are prescription or sport certified. Baseball-style hats are not allowed.
8. Substitutions can occur during play without stopping the game. If there is a delay for a substitution, a caution (yellow card) will be issued, for example, if the score is tied or there is a one-goal difference and the ball is held for more than 6-10 seconds for substitutions by the goalkeeper or during a throw-in/corner kick. The purpose of on-the-fly substitutions is to maintain the pace of the game without unnecessary interruptions.
9. All free kicks are indirect, meaning the ball must be played by two players. The ball must clearly move before the second player kicks it. Scoring directly from an indirect kick is not allowed.
10. Slide tackles are prohibited; the first offense will result in a yellow card, and the second offense will result in a red card.
11. There are no offside rules. Players are expected to demonstrate sportsmanship and should not position themselves near the goal waiting for the ball, even though offside is not enforced.