

The Official, Although Brief, Playing Rules So Far for Albuquerque Soccer League
Over 40 Women's and Over 50 Men's Soccer – 6 29 14 edition

1. Minimum of five players to start a game.
2. 70 by 40 yard field.
3. Two 30 minute halves.
4. #5 ball.
5. No offsides
6. No slide tackles
7. Substitutes on the fly.
8. Teams can switch players to complete a team.
9. No goalkeepers.
10. One referee.
11. Goals are 6 x 12 foot.
12. Put the ball back in play from the end line for goal kicks.
13. Goal kicks can be taken from anywhere within the penalty area [rather than just on the goal line]
14. On goal kicks defending team has to stand outside the 20 yard line until ball crosses 20 yard line or until attacking team has second touch.
15. A “no shoot zone” from the end line to the 20 yard line on each end. You must be within 20 yards of the end line (inside the orange line) to shoot directly at the goal. Violations will be an indirect free kick from the 20 yard line by the defending team.
16. Yes, there will be judgment calls the referee has to make on rule 14
17. The goal box will serve two functions. The first is for the taking of goal kicks to put the ball back into play. The second is that it will serve as a penalty area for penal fouls that would normally result in a penalty kick on a full sided soccer field. In lieu of a penalty kick for a penal foul committed in the goal area, a goal will be awarded to the attacking team and play restartd with a kickoff.
18. Restarts are throw ins from the touch line and corner kicks.