

The F.I.F.A. (Federal International De Football Association) Rules will apply  
except as modified below:

**MINNEAPOLIS PARK AND RECREATION BOARD**  
**11 X 11 ADULT SOCCER LEAGUE RULES**

- 1.) The game clock will begin promptly at the scheduled game time. Games consist of two forty-five minute halves with a five minute half-time period.
- 2.) Up to 11 players on the field per team with a maximum of seven males on the field. If a team cannot field four females they will need to play with less players overall. You can play with more then four females (i.e. 5 males and 6 females).
- 3.) Each team must wear a shirt/uniform of the same color. Please bring a white and same color shirt to all games.
- 4.) Shin guards are required at all times during play.
- 5.) Substitutions may be made on a deadball by either team.
- 6.) No slide tackles, high kicks, bicycle kicks or overly aggressive play is permitted. If a player goes down to one knee for a ball it may not always be considered a slide tackle. It depends on the situations and will be a discretion call by the official. Penalty for slide tackling will result in a direct free kick.
- 7.) Verbal abuse towards the officials will not be tolerated. Vulgar language during games on and off the field will not be permitted.
- 8.) If a player receives a Yellow Card, that player must sit out for five minutes (that player maybe replaced if substitutes are available, you do not need to play a player short)
- 9.) If a player receives a red card (or two yellow cards) they must sit out the rest of the game and the next scheduled game (you will play a player short the remainder of that game). Any additional red cards during the season will result in ejection for the remainder of the season for the player. (Please no red cards).

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**10.) League champions shall be determined based upon total number of points accumulated; with teams receiving two points for each victory, one point for each tie, and zero points for each loss. Tie-breaking procedures are as follows:**

- 1.) head-to-head record**
- 2.) head-to-head goal differential**
- 3.) Fewest goals allowed**

**When possible a miniature playoff will be played to determine the league champion.**

*The Minneapolis Park and Recreation Board does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its services, programs, or activities. Upon request, accommodation will be provided to allow individuals with disabilities to participate in all Minneapolis Park and Recreation services, programs and activities. Upon request, this information can be available in Braille, large print, audio tape and/or computer disk*

*If anyone believes he or she has been subjected to discrimination on the basis of race, color, creed, religion, ancestry, national origin, sex, affectional preference, disability, marital status, or status with regard to public assistance he or she may file a complaint alleging to discrimination with the Minneapolis Park & Recreation Board 612-230-6400, or 2117 West River Rd. Minneapolis, MN 55411.*