

Rules of play for Soccer at LifeQuest

Behavior:

1. **No Fighting, Period! Any Spectator, Player, Coach involved in a fight will be banned from LifeQuest for the time set by the General Manager and that team will forfeit that game. No Refunds!!!!**
2. **All behavior and language needs to be kid appropriate and family friendly.**
3. **Any Spectator violations will result in your team to forfeit that game.**

Game Play:

1. Check-in for players/teams and spectators will open 20 minutes prior to the game.
2. Games will begin on the top of the hour with 2 – 23 minute halves.
3. Goalies may hold the ball for 5 seconds, but then must put the ball on the ground.
4. Goalies must be given space while holding the ball. This means challenging goalies inside the goalie box is not allowed as long as they are holding the ball. Once the ball is on the ground the goalie may be challenged.
5. If a goalie has one hand on the ball with the ball under control, they may not be challenged.
6. The Goalie may not throw the ball past half field without first touching a player, wall or field before the half line.
7. Goalies may pick up the ball with their hands if their own teammate passes it back to them.
8. The wall can be used as a player, from free kicks you can pass the ball off the wall and start play.
9. If the ball touches the net on the wall or ceiling then it becomes the other team's ball at the spot where the net was contacted.
10. If a player is given a free kick for any reason they must be given three feet of space to play the ball and
11. Players may not put two hands on the wall to brace themselves for a challenge; if they do then it will be a direct kick for the opposing team the defending player must not move to block the pass. This includes corner kicks.
12. No body checking against the wall.
13. Mercy rule: (**Youth and CO-ED**) if a team goes up by 10 goals they must drop a player until the goal difference reaches 5 goals, then the dropped player may return to the game.

Penalties

1. Yellow card: Player sits out and team must play down for 2 minutes or until they get scored on whichever comes first.
2. Red card: Player sits out for remainder of the game. The team must play short a player for 5 minutes straight even if scored on.
3. **Red card penalties**: If player gets a double yellow to receive a red, player sits out that game and 1 additional game. If player receives a direct red for a hard foul or misconduct, that player will sit out that game and 2 additional games.
4. **Macho rule: (Coed only)** if a male player kicks a ball with excessive force and hits a female player above the belly button, it will be a direct kick for the female player. If it happens a second time for the same male player he will receive a yellow card.