



Official Xoso 11v11 Coed Outdoor Soccer Rules

Honor Code

Xoso Coed Soccer is played on the honor system. It is important to remind yourself and your teammates that everyone in the league is here to have fun and meet new people. Unsportsmanlike conduct will not be tolerated. Alcohol is no longer permitted at the field.

1. **This is an adult SOCIAL league - relax, have fun, and don't be too serious!**
2. **All players must be registered, paid, and at least 18 years of age.**
3. **By registering and signing the Xoso Release of Liability form, players agree that Xoso and its staff will not be held responsible or liable for any injuries occurring as the result of participation in any Xoso Activity.**

Equipment and Uniforms

1. All players must wear matching colored shirts and closed-toe shoes. Sandals are prohibited. No metal cleats allowed. Shinguards are required. Bracelets, necklaces, rings (except smooth wedding rings), and earrings should be removed before play. Hard casts and hard knee braces are not allowed.
2. The ball will be regulation size 5, provided by the league. Any other ball may be used if agreed by both teams.

Teams

1. Team rosters generally consist of 16 – 20 members, with at least 5 of men and 5 women.
2. A maximum of 11 players on the field during play and a minimum of 6 are required (with 2 men and 2 women) to prevent a forfeit. **At least 3 of the 11 spots on the field must be reserved for women. If only two women are present, the team must play short one person (10). If 3 or more women are present, the team must have at LEAST 3 women on the field at all times.**
 - a. A forfeit will be declared after 5 minutes.
 - b. Two forfeits eliminate a team from playoff consideration.
3. Only paid Xoso league members are allowed to play. NO EXCEPTIONS. Any team using a player not on their roster who did not register as a sub will forfeit their game. Subs can register at <http://www.xososports.com/page/sub-registration>
4. A player may only play on one playoff team. If rostered on multiple teams, they will need to choose one team to play with for playoffs and may not switch teams if their chosen team is eliminated.

Substitutions

Substitutions may occur on any “out of bounds” ball. Substitutions for minor injuries wait until the ball is out of bounds. Any major injury will stop play.

Game Duration

Games will have two 25 minute halves, separated by a 3 minute halftime. Regular season games may end in a tie. If a game is called in the 2nd half, it will be considered a full game and the score is final.

Scoring

A goal is scored when the ball crosses the goal line completely.

No team shall win or achieve a differential of more than +5, even if the team won by more than 5 goals.



Offsides

To prevent arguing over one of the hardest calls in sports, there will be no offsides.

Slide Tackling

There is no slide tackling, ever. Even if unintentional, if a slide occurs near a player the referee may call a foul and may issue a yellow card.

Out of Bounds

1. Anytime the ball goes over either sideline, out of bounds, a throw-in will ensue. The person throwing in the ball must throw the ball overhead with both hands and keep both feet remaining on the ground out-of-bounds until the ball is released. The team that did not touch the ball last gets the throw-in. Goals may not be scored on a throw-in.
2. Anytime the ball crosses an endline, a corner kick or goal kick will ensue.
 - a. Last touched by a defender - a corner kick. Ball is placed on nearest corner and kicked in by offensive team. Goals may be scored on corner kicks.
 - b. Last touched by attacker - a goal kick by the defense. All opposing players must be outside the penalty box when it is kicked.

Goalies

May use their hands inside the penalty box.

Free Kicks and Penalty Kicks

Free Kicks may be direct (can be scored directly) or indirect (must hit another player before scoring), depending on the foul. The defending team must give 10 yards.

Penalty kicks are awarded by the referee if a direct kick foul occurs in the penalty box and anyone may take the kick. The goalie in goal at the time of the foul must face the kick.

Officials

1. **Only team captains may dispute calls with the Officials.** All decisions by Officials are final.
2. The head official may eject any player as necessary due to poor sportsmanship, abusive behavior, excessive fouls, arguing or any other reason they deem necessary. Any player ejected twice in a season shall be removed from the league.
3. Umpires have complete authority and may:
 - a. call a time out; call off a game because of weather or other reasons; penalize or eject a player, including game ejection, for any reason.
 - b. ejected players must leave the field for the duration of the day in question.

Fouls, and Cards

1. **Direct Kicks:** The ball is to be placed at the point of the infraction and to be put in play by any player on the affected team. No opposing player is allowed to be within 10 paces/yards of ball prior to kick. Goals may be scored on direct kicks. A direct kick is to follow these infractions: (1) Charging (2) Roughness (3) Handball (4) Dangerous play/kick (5) Slide-tackles. Penalties incurred inside the penalty box by the defense will result in a penalty kick. Penalties incurred outside but within close proximity to the penalty box will be kicked from the point of infraction. The defense must stand 10 paces/yards away from the point of infraction (where the ball is

being kicked from).

2. An indirect free kick is awarded to the opposing team if a player, in the opinion of the referee, commits any of the following offenses: (a) impedes the progress of an opponent, or (b) prevents the goalkeeper from releasing the ball from his hands.

3. An indirect kick will also be awarded if the goalkeeper: (a) touches the ball again with his hands after it has been released from his possession and has not touched any player, (b) touches the ball with his hands after it has been deliberately kicked or thrown to him by a team-mate, or (c) wastes time.

4. A player is cautioned and given a yellow card if he commits any of the following offenses: (a) unsporting behavior, (b) shows dissent by word or action, (c) persistently infringes the Laws of the Game, (d) delays the restart of the game, (e) fails to stand the required distance for a corner kick or a free kick.

5. A player is sent off and shown the red card if he commits the following offenses: (a) guilty of serious foul play, (b) guilty of violent conduct, (c) spits on an opponent or any other person, (d) denies an opponent a goal or an obvious goal-scoring opportunity by deliberately handling the ball, (e) denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick, (f) uses offensive language, or (g) receives a second caution in the same match.

6. Yellow – First is a warning, **player needs to sit out for 5 minutes.**

7. 2 Yellow Cards in one game results in Red Card

8. 1 Red Card = Ejection from game and suspended the following game unless exception is made by league office. Team plays shorthanded (can't sub in for a Red Card).

9. 2 Red Cards in one season results in ejection from league, no refund

10. Fighting or responding to a fight in a violent manner will almost always result in ejection from league, no refund

SPORTSMANSHIP RATING SYSTEM

- All participants and fans that choose to participate in Xoso are expected to display good sportsmanship and comply with the spirit and rules for each sport.
- Xoso will not tolerate profanity or any other unsportsmanlike conduct. Officials and supervisors shall make decisions on whether to warn, penalize, or eject players and/or teams for poor sportsmanship. These decisions are final.
- Each team's players and spectators will be held accountable for acts including abusive language and threatening remarks before, during, or after any game.
- Each team will receive a sportsmanship rating for each game. Team sportsmanship ratings apply to behavior before, during, and after a game.
- After every game, the official will record a sportsmanship score for each team given by captains. Officials have the ability to overrule a score given dishonestly.



- **In order to be eligible for playoffs, teams must have an average rating GREATER than 2.5 at the end of the season. This means for 8 games, you need at least 21 points.**

In the event of teams being tied in standings the first tiebreaker will be sportsmanship scores.

The scoring breakdown is as follows:

4: Team members go above and beyond displaying sportsmanship within the game, to their own team, their opponents, the officials/supervisors, before and after their game. Officials and supervisors had zero issues with player behavior and there were no instances of poor sportsmanship of any kind. Teams were quick to shag balls so they weren't lost. No other actions or gestures will influence a team receiving this sportsmanship rating.

3: This is where the team "starts" the game. The team played with expected sportsmanship, and no incidents greatly disrupted the environment or the flow of the game. Questions, comments, and concerns were raised with the officials, but in a respectful manner. Fouls, cards, technicals may have been given, but at low stakes. Teams were sportsmanlike to their own team, opposing team, official, and fans.

2: Multiple instances of poor sportsmanship occurred involving this team, even after the officials and supervisor informed them of their actions/behavior. Trash talking to opponents and officials, overly physical play, refusing to listen/cooperate with officials, excessive fouls/cards, being disrespectful to opponents and officials, and any behavior that changed the flow of the game negatively.

1: Team had player(s) ejected from the game and displayed consistent poor sportsmanship throughout the game. If a team receives a sportsmanship rating of 1.0 during playoffs, they will be disqualified and will not advance to the next round. All sportsmanship ratings will be reviewed during playoffs and may be changed by Xoso staff or officials.

Playoffs

1. The number of teams that make the playoffs may change from season to season due to weather and field availability. Leagues with six (6) or fewer teams will not have playoff brackets. In those leagues, the season champion will be decided in one of two ways:
 - a. Odd number of teams in the league: Champion based on regular season standings.
 - b. Even number of teams in the league: The final week of the season will match up seeds, 1v2, 3v4, etc. with the 1v2 deciding the season champion.
2. Playoff games that end in a tie will go straight to penalty kicks, with 3 men and 2 women taking kicks for each team. All shootout kicks are worth one point. If after each team has taken 5 kicks the game is still tied, kicks will continue alternating with remaining players until one team wins. No player may kick twice until all players on the team have kicked.

Please email Xoso at comeplay@xososports.com if you have any questions about these rules.

These rules may be modified as needed to make the league more fun for everyone.