



NFHSA rules will apply with certain exceptions.

1. Rosters

Teams will consist of 6 field players and a goalkeeper with subs. A minimum of 5 players (one goalkeeper and 4 field players) are required for a game to begin or continue. If a team cannot field the minimum 5 players for any reason, they will forfeit the match.

2. Game Play

- a) Field boundaries will measure approximately 65 by 50 yards.
- b) The edge of the Penalty Box will be 12 yards off the goal line.
- c) Balls that cross the touchline will be restarted with an indirect kick from the spot the ball traveled into touch.
- d) All corners and kickoffs will be indirect.
- e) Kickoffs may travel forward or backwards- The home team shall kickoff to start the game. The visitor shall kickoff to start the 2nd half.
- f) Each game will consist of two 12-minute halves with no halftime (switch sides at half, quick restart).
- g) Substitutions for both teams may be made on the fly, from midline ONLY. The player coming off must leave the field before the substitute may enter.
- h) The ball must touch the ground or be touched by a player in the defensive half of the field or there is a loss of possession on:
 - i. Goalkeeper restarts from her hands (no punting or dropkicks)
 - ii. Goal Kicks

Play resumes with an indirect kick at the midline for any infraction of this rule.

- i) The offside rule does not apply.
- j) Goal kicks will be taken from the end line
- k) Penalty Kicks will be taken from the edge of the penalty box. All players except the goalkeeper will stand 8 yards from the kicker until the kick is taken.
- l) All opponents must remain 8 yards from the ball until ball is touched on restarts
- m) The away team (listed 2nd on the schedule) will wear scrimmage vests if there is a conflict of colors on the field.
- n) In games where a winner must be determined, a five minute overtime will be played with a player removed after each minute played. If the game remains tied after the 5 minute period, the clock will stop but play will continue until 1 team scores.

3. Standings

Points will be awarded as follows: 6 points for a win, 3 points for a tie, 1 point for each goal scored up to five, and 1 additional point for a shutout win. (Max. points per game 12). At the end of group play, ties within a group will be broken in the following manner:

- a) Head to head,
- b) Best goal differential, max. 5 per game,
- c) Least goals allowed,
- d) Coin flip.