

Rules and Regulations

- All players must sign the NH Sportsplex Participation Waiver in order to be considered eligible to play.
- All players must wear indoor shoes, sneakers, turf shoes or molded soccer cleats. Metal cleats or screw in cleats are not permitted.
- Shin guards are mandatory for everyone, NO EXCEPTIONS. Players will not be allowed on the field without proper shin guards.
- Teams must wear jerseys/t-shirts of the same color. The NH Sportsplex (depending on the session) may supply a home and an away jersey.
- No jewelry of any kind other than for medical purposes is allowed.
- There is NO SPITTING on the playing surface.
 - If the referee notices a player spitting, it will result in a yellow card.
- Playoffs will occur during the final 2 weeks of the session.

Game Rules

- Games will be two (2) twenty-five-minute halves with a two (2) minute break for half-time.
- Games will be played 6v6 with five (5) field players plus one (1) goalkeeper. The minimum number of players to start a game is (5). If a team has fewer than five (5) players at the start of the game, they must forfeit the game resulting in a 4-0 victory for the opposing team. Game can still be played.
- All teams must have a minimum of two (2) females on the field. If a team only has one (1) female at the game, they must play down a player and play with 5 players. If a team doesn't have a female, their team suffers a 4-0 forfeit.
- In the event of a draw by the conclusion of regulation, the game will be determined by a five (5) minute "Golden Goal" format, followed by a 3-man penalty kick if the game is still tied following those five extra minutes of play.
- In the situation where a team is leading by five (5) goals, the opposing team may add an "extra player" to the field until the lead breaks within five (5).
- The away team will kick-off at the start of the game
 - On kick-off, the ball can either be played forward or backward and is a direct kick.
- All free kicks, except corner kicks, goal kicks, kick-off and penalty kicks are indirect and may not result in a goal if directly kicked into the net.
 - Defensive team must allow three (3) yards from the ball in the event of a free kick.
- There are NO off-sides
- Sliding is not allowed for any field player and will result in first a warning from the official and second offense, a yellow card (at the referee's discretion)
 - Goalkeepers are allowed to slide as long as they are inside the penalty area upon sliding. If a goalkeeper is outside of the box, he/she is treated as if they are a field player. Violation of this rule results in a yellow card (at the referee's discretion).
- "On-the-fly" Substitution method is allowed to keep the games free flowing.
- If the ball hits the net:
 - Side Net

NH Sportsplex Official Adult Coed Soccer Rules and Regulations (Updated September 2024)

- Front Building: The opposing team is allowed an indirect kick from the spot of the out of bounds.
 - Back Building: The opposing team is allowed an indirect kick one (1) foot off of the boards at the spot of the out of bounds.
 - Ceiling Net: Ball is dead and an indirect kick is awarded to the opposing team.
- Yellow Card Policy
 - If a player commits an infraction of the rules and the referee gives them a yellow card, that player must sit for two (2) minutes. The team is allowed to replace that player for those two (2) minutes. Once the two (2) minute penalty is served, the player is free to re-enter.
 - Offenses include but are not limited to:
 - Sliding/Slide tackling, boarding, rough play, unsportsmanlike conduct, verbal and abusive language, dissent and repeated offenses by either a player or a team over a period of the game.
 - If a goalie is issued a yellow card, another player on the team can serve the penalty for him/her.
- Red Card Policy
 - If a player is issued a red card, there is a five (5) minute penalty for the team. The team must play down a player during the five (5) minute penalty. If the opposing team scores a goal while up a player, the penalty is ended and the team can play back at full strength.
 - The player who is issued the Red Card is not allowed back in the game and must leave the bench area. The player is also suspended for the next game.
 - If a player receives a two (2) yellow cards in the same game, they are to be issued a red card and the same penalty as above goes into effect.
 - If a player is issued a red card, he/she must meet with the League Director to discuss if further punishment should be issued.