

EMERALD ADULT LEAGUE

This is a casual rec league. We are all just trying to have fun, get some exercise and play the game we love. IF you can't keep your cool, please don't join. Refs make the decisions. Sometimes they will even make a bad call. But it is their call to make. If this is going to cause you to get belligerent, please don't join.

Monday Night Games

2 30 minute halves with a 5 minute halftime

8v8 (7 on pitch plus keeper)

Must be at least 2 women on the pitch at all times. Failure to have 2 women force team to play player(s) down.

Women must be 18 years old. (And none should be currently playing in college.)

Men must be 25 years old.

REFS MAY ASK ANY PLAYER WHO DOES NOT LOOK OBVIOUSLY OVER 25 FOR THEIR ID AT ANY GAME.

Goalie may not punt.

Absolutely no slide tackling.

No throw-ins, all kick-ins.

No off sides.

Everything is direct.

PKs are taken from the spot.

IF someone gets a red card, they cannot be replaced. You will play a player down.

RED CARDS:

- If you receive a red card, you are done for the evening. Emerald will review each Red Card to determine the appropriate suspension. It will vary from 1 game to infinity. The referee will file a report that we will use to determine the appropriate punishment.
- If you receive the red card for ACTUAL PHYSICAL FIGHTING, you will be suspended for A LONG TIME. DON'T DO IT.
- Any player who receives 2 red cards in one session will be suspended for a year.

Thanks,

Kelly Johnson