



Total Soccer Charlotte League Rules

Game Rules

- Coin Toss will decide who defends which half to start
- Each game consists of 2 halves (20 minutes each) with 3 minute break between halves
- Teams must have at least 4 players to start the game
- Teams cannot play with 5 field players; they must have a goalie
- Unlimited substitutions are allowed. A sub can take place at any time during the game; the player needs to be completely off the field before the substituted player can enter the field. This includes goalie substitutions
- Substitutions must enter and exit the field through the gate; players cannot jump over the wall
- Teams switch ends at half-time
- No sliding under any circumstances (even if no one else is around)
- Any ball that hits above the white line is considered out. The ref has the discretion if it is close. Play until you hear the whistle
- Players are not allowed to have two hands on the wall at the same time. One hand is allowed to hold balance
- Shin guards are recommended but not required
- Any restart will be placed in a designated area; this includes out of bounds, fouls, and handballs
- If the ball hits the ceiling, it is considered out
- All kick-offs must go backwards first
- All free kicks are INDIRECT during the game. The referee will set up the opponent 3 yards away from a free kick awarded to the other team
- All PKs are breakaways from the midfield with everyone else on the opposite wall. When the ref blows the whistle, the ball is live.

Goalie Rules

- Goalies must stay in their box. They cannot touch the ball outside of the box; if they do, the attacking team gets a restart from the designated area
- NO players inside the box for any reason during the run of play. If a player intentionally handballs or interferes with the ball inside of the box, the result is a yellow card and the attacking team will have a breakaway PK
- No goal-kicks; the goalie will restart with the ball in his/her hands



- Goalies cannot throw it past half-field in the air. They can use their feet and kick it over the halfway line
- Goalies cannot score directly
- Goalies cannot punt or dropkick

Points/Standings Rules

- Winning a game will earn the team 3 points, a draw will earn the team 1 point and a losing game will earn the team 0 points
- Game scores will be recorded as GF (Goals For) and GA (Goals Against). GF and GA will be counted for the GD (Goal Difference) to separate teams with the same points on the standing table.
- The top 4 teams will be in contention to win the league in the playoffs. The teams that are not in the top 4 will play consolation games.

Behavior Rules

- If a YELLOW CARD is given to a player, he/she will sit out for 2 minutes before being allowed back in the game. In this case, your team will be a player down. If the opposing team scores, the teams go back to even number of players.
- If a 2nd yellow is issued to the same player, he/she will sit out for the rest of the game. In this case, your team will play down a man for 2 minutes or until the other team scores.
- If a straight RED CARD is given to a player, he/she will sit out for the rest of the game. In addition, the team will play down a player for the remaining game
- After the team's 7th foul in a half, they will play down a player for 2 minutes, or until the other team scores
- Any fighting or abusive language is immediate ejection from the game; this is left to the referee's discretion
- Any goal scoring opportunity where there is a foul, handball or goalie infraction, will result in a breakaway PK
- All PKs are breakaways from the midfield with everyone else on the opposite wall. When the ref blows the whistle, the ball is live.

