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| Modified Rules East Central Adult Recreational League 4/4/2019 6/1/2021 | |
| Format (keeper included) | 11 v 11 |
| Center Referee Fee (note each team is responsible for 1/2 of the referee & Assistant Referee Fees) | $50.00 |
| Two Assistant Referee Fees (note each team is responsible for 1/2 of the referee & Assistant Referee Fees) | $34.00 each |
| Duration of Game (Minutes) | 2X40 |
| Offside | Enforced |
| Penalty Kicks | Yes |
| Throw-Ins | Lost Possession |
| Free Kicks | Standard |
| Opponents away from kick in yards | 10 |
| Ball Size | 5 |
| Slide Tackling | Allowed |
| Score Kept | Yes |
| Info to refs before game | League roster, referee payment,  players should have photo id available |
| Who's responsible to report score & where | Winning team posts score within 48 hours |
| Where to report Red & Yellow Cards- Note: **Player cards are not collected** | Referees in Game Officials |
| Where to report other incidents | Referees in Game Officials |
| Field Dimensions (yards) | 100-130 length 50-100 width |
| Goal Dimensions (feet) | 8 x 24 |
| Minimum Number of Players to Play | 7 |
| Number of eligible players on Game Day Roster | 24 |
| Min. playing time for each player | NA |
| Roster Size (minimum) | 14 |
| Roster Size (maximum) | 24 |
| **Gender** | There must be two (2) female players on the field at all times. If at any time a team does not have two (2) female players on the field that team will play down the number of female players missing |

League Game. Referees will fill out the red card report form in Game Officials within 12 hours after completion of the game.

Teams will monitor their red cards and the rec carded player will sit at lest the next East Central game.

See East Central Rules and Regulations for carding offense.

Unlimited club pass players at the Adult level games if the players are registered as adults in WSL.

Visit the East Central website for Play on Protocol.

Coaches and/or team manager should advise the players of the protocol.

<https://www.eastcentralsoccer.com/spring-2021-play-on-protocol-4-2o-2021-revised>

Gender Rule- There must be two (2) female players on the field at all times. If at any time a team does not have two (2) female players on the field that team will play down the number of female players missing: If at any time a team only has one (1) female on the field, that team will only be allowed 10 players total on the field. If at any time a team has zero (0) female players on the field, that team will only be allowed 9 players total on the field. If BOTH TEAMS have zero (0) female players, the game may be played 11v11 if no female players are present.