

American Fork / Pleasant Grove / Lehi Soccer / Saratoga Springs

League specific rules

All players must be legally registered on your team.

High School rules apply with the following exceptions

Games will consist of two - 30 minute halves with a 4 minute half time. Game time on schedule is the start time. Please arrive early to allow games to begin at start time. Official game time and score will be kept on the field by the officials.

- Players may not play with anything officials deem to be dangerous to themselves or others. This includes watches, hats, casts, illegal shoes or illegal cleats (no toe cleats allowed).
- Coaches, Assistants and players are asked to limit their walking and coaching to only their half of the sideline to the top of the penalty box. Coaches/teams may choose opposite sides of the field to occupy.
- Spectators are asked to sit behind their team on the same side as their coach chooses to coach from. This is soccer etiquette and is not monitored or enforced by officials or recreation department representatives.
- Slide tackling is PROHIBITED – If the official stops play, a direct kick awarded to offended team.
- Regular season games will be allowed to end with a tie score.
- A team may begin with as few as 6 players. A team unable to field 8 players at the end of the first half will be considered a forfeit. Teams will still be allowed to scrimmage each other if they are unable to field 8 players during league play.
- A player receiving a “yellow card” will be asked to leave the game. That player is allowed to return into the game at the next possibility for substitution.
- A player receiving two, “yellow cards” or one “red card” will be removed for the entirety of the game.
- In case of inclement weather/lightening, games can be postponed for 30 minutes. After a postponement, if games cannot be resumed, a game will be considered complete after ½ the game has been played. A game not ½ complete when postponed or canceled, will be rescheduled and begin again at point of cancelation.