ROYAL OAK WOMEN'S SOCCER

Purpose: Royal Oak Women's Soccer is a recreational league with regulation play with an emphasis on fun for all individuals involved.

Game format and information:

A. The format is 11 v 11 on the field (this includes the goalie).
B. Quickstad Park Field – games begin at 7 pm in June and July, 6:30 pm in August with two 40-minute halves.
C. Each player must be over 30 years of age.
D. ROWS will follow FIFA regulations. In addition:
    1. NO SLIDE-TACKLING.
    2. Subbing will be on each teams' own throw-in, their own corner kick or either team's goal kick.
E. Players can play for one team only.
F. Referees will be supplied with "Game Report" sheets. If they are necessary, completed reports will be returned to our Referee Coordinator Cheryl Salowich.
G. Home team puts up corner flags – all managers were supplied with flags in 2008. However, it might be a good idea for all managers to bring them to all games in case someone forgets.
H. Shin guards required, no protruding jewelry, etc.
I. RAINOUTS: Both teams must show up for the game because the ref will determine if it is to be played. If not, both teams and ref can suggest a make-up date. If the game is canceled, please contact the referee coordinator Cheryl Salowich.
J. If there are issues that need to be addressed, team managers are the ones who should take it up with the center ref.
K. If you know you will be short on players, please make the effort to contact the opposing manager and check on bringing in subs -- these should be subs from other teams in the league since they signed the waiver. No bringing in younger players – even if you are short on players.
L. Substitute goalies should only play goal and not on the field.
M. The Sandy Rule: If your team is beating the other team by 4 goals or more, you forfeit your after-game beverages! This is in the spirit of the league – it's a rec league, and we don't even keep stats, so we don't need to annihilate each other (or be annihilated).