

NAV ASL League Rules

We follow many common laws such as

handling, (when the ball comes in contact with a players arm/hand)

foul play, (when a player comes in contact with another player illegally)

aggressive behavior, (when a player is aggressive, offensive, or disrespectful to another player or an official)

Please report all foul behavior to league official. If further disciplinary action is required then league officials will decided on appropriate action with your help and support.

Rule adjustments for the league:

Game Play:

- Substitutions

- Substitutions are done on the fly. (The game does not need to be stopped)
- Referee does not need to be made aware
- Referee needs to keep count of all players on the field

- Slide Tackling

- Slide tackling is illegal
- Sliding to collect a ball (so long as a player is not in the same vicinity) is acceptable

- Restarts

- Most restarts are indirect
- Kick-offs are direct
- Corners are direct
- Intentional fouls and flagrant fouls are direct

- Bookings

- Bookings are largely the referees personal decision
- Bookings are not expected unless there is intentional/flagrant/aggressive behavior from a player

- Offsides

- There are no offsides

- **Players**

- Each team must have one woman on the field
- Teams can play without women on the field so long as both team captains agree
- 8v8 (7 field players and 1 goal keeper)

- **Colors**

- All players must be wearing their team's color
- Goalkeepers must have a different color than their teams color
- Pinnies are provided by the NAV and are suggested for appropriate use

Administrative:

- **Time**

- Each half is 25 minutes
- If the game starts late, you may shorten game as needed
- Stoppage time is not required (Up to the judgement of the referee)
- There is not extra time (OT) in regular season play

- **Roster**

- Each roster must have at least one woman
- Each player must have a solid payment and waiver on file to play

- **Playoffs**

- If a playoff game ends in a tie after regulation time then the two teams will play a 5-minute golden goal period
- If the two teams are tied after the 5-minute golden goal period, the teams will play another 5-minute golden goal period.
- If the two teams are tied after both 5-minute golden goal periods, the game will go to penalty kicks
- Teams will both take 5 penalty kicks
- The team with the most goals out of 5 penalty kicks will win
- If the two teams are tied after 5 penalty kicks the two teams will go 1-and-1 on penalty kicks until a winner is decided

- **Scoreline**

- Scores will only be reflected by a difference of 10 (I.e. 16-6, not 23-6)
- Referee will submit scores to league official