

## THE MODIFIED RULES FOR MAJORS AND COSMOS DIVISION GAMES

- The Majors and Cosmos will use a size 5 ball.
- Cosmos and Majors Division teams have up to 18 players on a team and play full sided 11 v 11.
- Shin guards are mandatory. Cleats are recommended over sneakers. Hats and jewelry may not be worn. Earrings and necklaces must be removed, or covered with tape at a minimum. Navy shorts should be worn. Sweat pants may be worn, long pants should not be worn.
- Substitutions may be made when your team has a throw in, when either team has a goal kick, after a goal, during an injury stoppage or at halftime. Substitutions may NOT be made on a corner kick. Teams may substitute at an opponent's throw-in only if the other team is making substitutions.
- Games consist of two 25 minute halves.
- If a game starts late, the referee will cut time off the game so that the next game will start on time.
- A team may add an extra player if they are losing by four or more goals.
- The Majors Division and Cosmos Division will have end of season playoffs. Team records are kept as follows: 3 points for a win, 1 point for a tie, 0 points for a loss. The winning coach is to report the score to the Division Commissioner. In the event of a tie, both coaches should report the score.
- All kickoffs must be a pass. Players may not simply kick the ball down field on a kickoff.
- Defenders must be at least 10 yards from the ball on all restarts.
- Slide tackles are illegal in all LMSC intramural divisions.
- The ball is in play unless it goes completely over the sideline or end line. A ball that is on the line is considered to be in play.
- Accidental hand balls are not a penalty (if the player's hands are at his / her side and the player was unable to avoid contact with the ball on that play).
- The offsides rule will be enforced in these age groups.
- A foul may result in a Direct free kick or an Indirect free kick. On a Direct free kick, a goal may be scored directly from the restart (it does not need to first touch another player). **Direct** free kicks are awarded for: intentional hand ball, tripping (or attempting to trip), kicking (or attempting to kick) an opponent, pushing, holding an opponent, spitting at an opponent, elbowing, etc. On an **Indirect** free kick, another player (other than the player taking the restart) must touch the ball before a goal can be scored. This can be a player on either team. Indirect free kicks are awarded for: offsides, dangerous play, obstruction (shielding when not within playing distance of the ball), slide tackle, the goalie picking up an intentional pass from the foot of a teammate, the goalie using his hands to receive a throw-in from a teammate, etc.
- Goalies may only play the ball with their hands when the ball is inside their goalie area.
- Teams **MUST** use a different goalie each half. Nobody is to play goalie more than one half a game.
- Goalies may not use their hands to handle an intentional pass that comes from the foot of a teammate. Goalies may use their hands if the pass is accidental or if the pass comes from a different part of their teammate's body (head, chest, thigh, etc.)
- Coaches and parents are asked to not constantly shout instructions to the players. This prevents players from learning to think and make decisions on the field. Please limit comments to the players that are merely supportive, encouraging, positive and general in nature.
- LMSC reserves the right to remove any child from the program whose parents are abusive and / or nasty towards a referee at any point in the season.
- If we receive numerous complaints from referees about the conduct of parents, coaches or spectators in the Majors Division or Cosmos Division, LMSC will eliminate the playoffs for that particular division. The competitive level of the game must be maintained throughout the season.
- Sportsmanship must be a priority for everyone ... players, coaches, referees and spectators.