

League Rules & Explanations

All players are required to purchase a membership fee. They have the choice of a seasonal membership (\$15 for the 8 week season) or an annual membership of \$50 (covers both locations for a full year).

Monday Men's Open: Indoor 6v6

- Players must be male and aged 18 and older
- Players can play in multiple divisions, but not on multiple teams in the same league. However players cannot play down more than one league division. For example, a player could play Men's A and B but not C.
- Teams are required to have a minimum of 4 players on the field in order to start the game.

Monday Coed: Outdoor 9v9

- Players can be male or female, aged 18 and older.
- 2 females must be on the field at any given time.
- Teams are required to have a minimum of 7 players on the field in order to start the game.
- If a team doesn't have a female(s) they will play down by the number of female(s) they are missing.
- Players can play in multiple divisions, but not on multiple teams in the same league.

Tuesday Men's Open: Outdoor 6v6

- Players must be male and aged 18 and older
- Players can play in multiple divisions, but not on multiple teams in the same league.
- Teams are required to have a minimum of 4 players on the field in order to start the game.

Wednesday Men's O40: Indoor 6v6

- Players must be male and aged 40 and older
- The goalkeeper can be 18 and older, but cannot cross the halfway line, and cannot score.
- Teams can have one player aged 35 & older.
- Players can play in multiple divisions, but not on multiple teams in the same league. However players cannot play down more than one league division. For example, a player could play O40 A and B, but not O40C.
- Teams are required to have a minimum of 4 players on the field in order to start the game.

Wednesday Open Coed: Indoor 6v6

- Players can be male or female, aged 18 and older.
- 2 females must be on the field at any given time.
- Teams are required to have a minimum of 4 players on the field in order to start the game.
- If a team doesn't have a female(s) they will play down by the number of female(s) they are missing.
- Players can play in multiple divisions, but not on multiple teams in the same league. However players cannot play down more than one league division. For example, a player could play Coed A and B, but not Coed C.

Thursday Men's O30: Indoor 6v6

- Players must be male and aged 30 and older
- The goalkeeper can be 18 and older, but cannot cross the halfway line, and cannot score.
- Teams can have one player aged 28 & older.
- Players can play in multiple divisions, but not on multiple teams in the same league. However players cannot play down more than one league division. For example, a player could play Men's A and B but not C.
- Teams are required to have a minimum of 4 players on the field in order to start the game.

Thursday Coed: Outdoor 6v6

- Players can be male or female, aged 18 and older.
- 2 females must be on the field at any given time.
- Teams are required to have a minimum of 4 players on the field in order to start the game.
- If a team doesn't have a female(s) they will play down by the number of female(s) they are missing.
- Players can play in multiple divisions, but not on multiple teams in the same league. For example, a player could play Coed A and B but not C.

Friday Social Coed: Indoor 6v6

- Players can be male or female, aged 15 and older.
- 1 female must be on the field at any given time.
- Teams are required to have a minimum of 4 players on the field in order to start the game.
- If a team doesn't have a female(s) they will play down by the number of female(s) they are missing.
- Players can play in multiple divisions, but not on multiple teams in the same league. **
- Playoffs and scores kept.

Friday Friends & Social: Indoor 6v6

- Players can be male or female, aged 12 and older.
- Teams must field at least one child (12-15) and 1 female (15 & older) on the field at all times.
- If a team is missing a female, they may substitute this player with another child (12-15)
- Should a team not be able to field a woman and/or child, a team may also play with 2 female players on the field, aged 18 and older.
- Teams are required to have a minimum of 4 players on the field in order to start the game.
- Minimal contact (No contact between adults and children)
- Playoffs and scores kept.
- Players can play in multiple divisions, but not on multiple teams in the same league. **

Friday Friends & Social: Indoor 6v6

- Players can be male or female, aged 10 and older.
- Teams are required to have a minimum of 4 players on the field in order to start the game.
- Zero Contact
- No playoffs or scores kept
- Players can play in multiple divisions, but not on multiple teams in the same league. **

For any further questions or rules clarifications, please do not hesitate to contact a member of staff at the front desk.

XL Soccer World reserves the right to remove any player that does not fit within a league criteria.