Senior Soccer

General Rules:

1. ASA rules shall be used to govern the games.
2. Roster sizes must be a minimum of 15 athletes.
3. Will allow 21 players on a roster and 21 players on a game sheet.
4. Players must wear shin pads and long socks.
5. Teams are allowed to make unlimited substitutions. Substitutions are allowed only on possession of the ball.
6. Games consist of two 25-minute halves.

Co-ed rules:

7. A minimum of 3 players of each gender on the field. If a team does NOT have a minimum of 3 players, for example only has 2 females at the game, the game will be an automatic forfeit for the team missing a player, but the game will still be played just with one less player on the field.
8. Slide tackles are not permitted and will be considered as dangerous play, and charged with a yellow card.
9. Officials are to apply all age-appropriate ASA rules of play.
10. Use ASA guidelines for weather delays.

https://albertasoccer.com/wp-content/uploads/2019/01/Lightning-Policy-E.pdf