



3v3 Recreational Soccer League Rulebook

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Applies to: Coed Adult 3v3 Soccer (18+)

Facility: Quarter indoor turf field, fully enclosed with netting

1. League Format & Philosophy

- **Game Format**
 - 3v3 small-sided soccer on a quarter indoor turf field.
 - No dedicated goalkeepers (all players are field players).
 - Fully netted playing area.
- **League Goals**
 - High-tempo, skill-based games with lots of touches.
 - Simple rules that are easy to understand and self-manage.
 - A safe, inclusive, and respectful environment for all participants.

2. Divisions, Eligibility & Rosters

2.1 Division

- **Adult Coed Recreational Division**
 - All players must be **18+** by the first game date.
 - Recreational level – competitive but not elite; rough or dangerous play is not tolerated.

2.2 Rosters

- **Roster Size**
 - **Minimum:** 3 players.
 - **Maximum:** 7 players (3 on the field + up to 4 subs).
- Only rostered players may participate in league games.
- All players must complete any required waivers and provide current contact info.

2.3 Coed Rules

- Goals scored by females are worth 2 points.

3. Field & Equipment

3.1 Field

- Quarter indoor turf rectangle, surrounded by netting on all sides.
- Dimensions: 25–30 yards long x 18–22 yards wide.
- One small-sided goal at each end (futsal or small box goals).



3.2 Goals & Goal Area

- Small-sided goals (no full-size 11v11 frames).
- No marked penalty area in this format:
 - All players may enter the area in front of goal.
 - Fouls close to goal are restarted as direct free kicks from the foul spot (see Section 6.3).

3.3 Ball & Player Equipment

- **Ball:** Size 4.
- **Footwear:** Indoor, turf, or flat-soled shoes. No metal stud cleats.
- **Shin guards:** Strongly recommended.
- **Jerseys:** All players on a team must wear matching or clearly similar colors. Pinnies provided if needed.
- **Jewelry:** No hard or dangling jewelry. Medical or religious items must be secured and approved by staff.

4. Game Timing & Structure

4.1 Game Length

- **Standard Game:**
 - One 20-minute period, running clock.
 - No halftime.
- Clock stops only for:
 - Serious injury.
 - Facility or equipment issues.
 - At referee or league staff discretion.

4.2 Overtime

- **Regular season:** No overtime; ties stand.
- **Playoffs:**
 - If tied, play 1 x 3-minute “golden goal” period (first goal wins).
 - If still tied, proceed directly to 3-player penalty shootout (then sudden-death kicks if needed).

4.3 Check-In & Warm-Up

- Teams should check in and be ready to play at least 5 minutes before scheduled game time.
- Warm-up space and time may be limited; teams should warm up efficiently.



5. Team Size, Substitutions & Bench Area

5.1 Players on the Field

- 3 vs 3 (no goalkeeper designation).
- A team must have at least 2 players to start or continue a game.

5.2 Substitutions

- “On-the-fly” substitutions allowed:
 - Sub players enter and exit at the same sideline area designated by the facility.
 - The outgoing player must be fully off the field before the substitute steps on.
- Substitutions may occur at any time when the ball is in play or out of play.

5.3 Bench & Sidelines

- Only players and one team manager/captain may be in the team area.
- Spectators must remain in designated viewing areas off the turf.

6. Basic Playing Rules

6.1 Kick-Off

- Coin flip or “rock-paper-scissors” decides initial possession.
- Kick-off is taken from center:
 - Ball may be played forward or backward.
 - Defending team must be at least 5 yards from the ball.

6.2 Restarts (General)

For all free kicks and restarts (other than penalty kicks, if used):

- Ball is placed on the ground at the spot of the restart.
- All opponents must be at least 5 yards from the ball.
- Restarts are indirect unless the foul is clearly a direct free kick offense near goal (see 6.3).

6.3 Fouls & Direct vs Indirect Free Kicks

- Standard FIFA foul categories apply (kicking, tripping, holding, handball, etc.).
- For simplicity in 3v3:
 - Most fouls restart as an indirect free kick (cannot score directly; must touch another player).
 - Fouls that clearly deny a goal-scoring opportunity or occur within shooting range (approx. 8 yards or closer) may be treated as a direct free kick:



- Ball is placed at the foul spot.
 - Wall must be 5 yards away.
- No slide tackling (see 7.2). Slide tackles are treated as direct free kick fouls.

6.4 Ball Out of Play & Netting

- **Side and end netting:**
 - The ball is out of play if it hits the surrounding netting and returns to the field.
- **Ceiling or overhead obstructions:**
 - If the ball hits any overhead structure and clearly changes play:
 - Restart with an indirect free kick for the opposing team directly below where it struck the obstruction.

6.5 Scoring

- A goal is scored when the whole ball crosses the goal line between the posts and under the bar.
- No long-throw or goalie punts in this format (no goalkeepers).
- Goals from anywhere on the field are allowed as long as:
 - The ball is in play.
 - The shot comes from a legal restart or open play.

7. Contact, Dangerous Play & Slide Tackles

7.1 General Contact Standard

- This is a recreational league:
 - Shoulder-to-shoulder contact is allowed when both players are playing the ball.
 - Pushing, charging in the back, or barreling into opponents is not allowed.
- Any play that appears reckless, dangerous, or targeting an opponent (rather than the ball) may be:
 - Whistled as a foul.
 - Escalated to a yellow or red card depending on severity.

7.2 Slide Tackling

- No slide tackling by field players at any time:
 - Sliding to block a shot or pass is only permitted if no opponent is within playing distance.
 - Any slide that creates or risks contact with an opponent is a foul.
- First offense: direct free kick; repeated or dangerous slides may result in a caution or send-off.



8. Goalkeeping & Goal Protection

- There is no designated goalkeeper position:
 - Any player may defend the goal, but:
 - No player may handle the ball (no hands) under any circumstance.
- Players may block shots with their bodies while standing or jumping:
 - Diving or sliding in a manner likely to cause contact may be penalized as dangerous play.

9. Offside

- There is no offside in this 3v3 format.
- Cherry-picking is discouraged; captains should manage sportsmanship of their teams.

10. Cards & Discipline

10.1 Cautions (Yellow Cards)

- Issued for:
 - Persistent fouling.
 - Dissent or unsporting behavior.
 - Deliberate time-wasting or interference on substitutions.
- A player receiving two yellow cards in a game is shown a red card and sent off for the remainder of that game.

10.2 Send-Offs (Red Cards)

- Immediate red card offenses include:
 - Violent conduct or serious foul play.
 - Spitting, punching, kicking off the ball.
 - Racial, sexist, homophobic, or other hateful language or gestures.
 - Threats or abuse toward officials, staff, or players.
- A red-carded player:
 - Is out for the remainder of the game.
 - May be suspended for additional games per league policy.
- The team may continue with 2 players for the remainder of the game; no replacement for that match.

11. Substitutions, Timeouts & Stoppages

- **Substitutions:** As in 5.2, on-the-fly; no limit on number.



- **Timeouts:** No team timeouts in this format.
- **Injury stoppages:** Referee or site supervisor may stop play immediately for serious injury.

If play is stopped with clear possession, restart with an indirect free kick for the team in possession at the spot of the ball. If unclear, restart with a dropped ball at the referee's discretion.

12. Sportsmanship & Conduct

- Respect for:
 - Opponents.
 - Teammates.
 - Officials and league staff.
- Zero tolerance for:
 - Fighting or retaliation.
 - Harassment, bullying, or discriminatory language.
 - Abusive behavior toward officials or staff.

Penalties: - Verbal warning (when appropriate). - Yellow card. - Red card and ejection. - Multi-game suspension or removal from the league for severe or repeated misconduct.

13. Forfeits & Defaults

- A team is a forfeit if:
 - Fewer than 2 players are present 5 minutes after scheduled start, OR
 - The team refuses to continue play, OR
 - Uses clearly ineligible or non-rostered players after warning.
- Forfeit score is recorded as 5–0 (or venue-defined equivalent).

15. Officiating & Game Management

- Games may be:
 - Self-officiated using the honor system (offense calls fouls; defense calls out-of-play), or
 - Managed by a single referee or court monitor, depending on venue resources.
- When self-officiated:
 - Teams are expected to resolve disputes quickly and fairly.
 - If teams cannot agree, replay the restart from a neutral location (e.g., mid-field indirect free kick).



- A site supervisor or league director has final authority on:
 - Safety issues.
 - Player eligibility and discipline.
 - Game stoppage or cancellation.