



GBSL Division 1 Rules



- **No** jewelry of any kind is to be worn during practice or games. Any jewelry that cannot be removed should be covered with tape or a Band-Aid.
- **Play will be 4 or 5 players per side**, with NO goalies allowed.
- **No** slide tackling.
- **No** direct kicks permitted; indirect kicks must travel at least 5 yards before touching another team member.
- **No** penalty kicks permitted. Offsides will **NOT** be called. **No** heading is permitted.
- Throw-ins should be done correctly – if throw-in is incorrect, the player will be given additional chances.
- Dangerous play – after second dangerous play, player will sit for 5 minutes, after third time player must sit out remainder of the game.
- There will be no assigned positions during play, such as forward, midfield, or defense. Emphasis will be on spacing and ball movement.
- **After the game**, practice good sportsmanship. All players and coaches can get a free soda or water at the league trailer near the Goodman Dr. circle.
- Playing time should be approximately the same for all players.
- **No** arguing between coaches. Make any player criticisms in a civil / constructive tone individually. Do not scream at players.
- Water breaks should be frequent – especially during warm weather. League provides large orange cooler of ice water.
- Division 1 sessions begin at 2:15 PM and end at 3:45 PM.
- Protective facemask are optional. Practice social distancing whenever possible, don't share beverages, and use hand sanitizer when needed.