

# Fact Sheet

## HS Co-Ed

### Field:

Dimensions: 80 yds. X 50 yds

Goal: 6.5 x 18.5

### Game:

Format: 7 v 7, co-ed

Ball: Size 5

Players: 12-13 players per team

Substitutions: legal substitutions/on injury

Teams: Only players should be allowed on the field.

Referees: One center referee. Offside rule enforced, slide tackling allowed but not encouraged, follows normal "laws of the game".

Duration: Two 30 minute halves.

Practice: Suggested 75 - 90 minutes two times per week.

### Players Equipment:

Foot wear: Soccer shoes, tennis shoes or similar type athletic shoes are recommended.

Shin guards: Mandatory, must be covered entirely by socks.

Uniform: Standard PCSL uniform, purchase at Reads Sporting Goods.