

MOUNTAIN VALLEY

New Year's Eve Classic Basic Format

- 3 guaranteed games, format tbd
 - 25 minute halves & 5 minute half time
 - numbered uniforms not required but matching shirt colors are (we will provided Pinnies in case of color conflicts)
 - team check-in 20 minutes before first game
 - 7 field players, 1 goalkeeper
 - 3/7 of field players must be women
 - No offsides
 - Kick-ins instead of throw-ins
 - Subs on the fly (subs must happen in technical area)
 - Yellow card = 3 minute man down or until a goal scored against
 - Red card = Down a man for rest of game, suspension at ref's discretion
 - Shin pads required
 - No sliding unless not endangering opponent (ex: sliding to keep the ball from going out of bounds)
 - In knockout rounds, if tied beyond regulation; straight to PKs (best of 5 alternating genders)

