

Here are some reminders for Christian Soccer Association league play:

This is a recreational league, we are out here to have fun and fellowship!

Shin Guards are required.

7v7 - Teams can have a maximum of 5 men on the field at all times.

Ages are 30 and older for males, 21 and older for females.

No spitting. Shouldn't have to say this but no blowing your nose onto the field either! Yes, someone really did this.

No sliding. Period.

Keepers can punt the ball.

Offsides will not be called!

Foul language will not be tolerated.

No alcoholic beverages allowed at Freeman Park and Bartlett Blvd. Soccer Park.

If a player is given a yellow card, he/she is required to sit out for 2 minutes.

Substitutions are on the fly - the player being substituted needs to leave the field before the substitute can enter.

When free kicks are taken, opposing players must be at least 8 yards from the ball until it is kicked.

Signs that the Christian Soccer Association league is not for you:

> You like to fight with players from the opposing team

> You like to fight with your own players

> You like to argue with the referee

> You can't get through a whole soccer game without cursing

Just in case the NO SPITTING ALLOWED message above was missed, I will mention it again!

A former player contracted cellulitis and was hospitalized several years ago.

He was on IV antibiotics for more than a month. It was believed that he picked it up from spit on a soccer field.