

# **SFASL RULES, updated December 6, 2025**

## **5v5 Coed Specific Rules**

1. A maximum of 2 outfield male players are allowed on the field at a time.

## **7v7 Coed Specific Rules**

2. A maximum of 3 outfield male players are allowed on the field at a time.
3. A male player can score a maximum of three goals during a single game.

## **11v11 Coed Specific Rules**

1. A maximum of 5 outfield male players are allowed on the field at a time.
2. A male player can score a maximum of two goals during a single game.

## **All Coed Leagues**

1. One over 55 male may substitute/count as a female player on each roster.
2. If a red carded player is a male, the team's maximum number of male outfield players is decreased by 1.