

SOCCER - Mixed

Warm up prior to participation and warm down upon conclusion.

It is “strongly” recommended that appropriate protective equipment be worn during play.

Keep hydrated

- 1 There must be at least 4 players of each sex on the field at all times. Teams consist of 11 players (**General Rule 1.1 & 1.2 apply**)
- 2 Each team must provide at least one person to act as a boundary umpire as required by the Sport Coordinator.
- 3 All rules are the same as for normal soccer.

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment