

Coed Competitive: Geared towards the highly skilled, competitive player. Most will have played high school varsity, played in or could have played in college, and still play regularly. High and hard rule will NOT be enforced in this league.

Coed Rec A: Geared towards the skilled player who has a considerable amount of organized soccer experience. Most will have played in high school at a varsity level, but did not play in college, and are still looking for a semi-competitive experience. High and hard rule will be enforced in this league.

Coed Rec B: Geared towards the recreational to intermediate level player. Most will have played soccer growing up but not at a competitive level. High and hard rule will be enforced in this league.

Coed Rec C: Geared towards the beginner, recreational level player. Most will have started playing the game as an adult and are looking for a very relaxed level of play. High and hard rule will be enforced in this league.

Over 30 Coed: For players 30 years of age and older (each team allowed 2 males and/or 2 females 28 or 29). Skill level will be taken into account when creating match-ups. High and hard rule will be enforced in this league.

***High and Hard:** It is considered a foul and the opposing team will be awarded the ball if:

- 1 – An opposing player is within the path of the ball as it passes them. Path is defined as within approx 5 ft to either side and above their head.
- 2 – High is defined as at or above the waist of the player the ball is passing by
- 3 – Hard is defined as a driven ball. Not a looping or chipped ball.