

Adult League Rules

Cowtown Soccer, Fort Worth, Texas. Last updated August 25, 2026.

The Cowtown Soccer League follows all FIFA and/or IFAB Laws of the Game, with the exceptions below. The league runs both **small-sided (7v7)** and **11-a-side (11v11)** adult divisions; where a rule depends on the format it says so.

The specifics for the 11-a-side divisions below are the standard 11-a-side numbers and should be confirmed against the league's own rule sheet before launch. The 7v7 rules are the league's existing ones.

The team

- In **7v7** divisions a team is **7 players** , one of whom is the goalkeeper, and may start with a **minimum of 4** .
- In **11v11** divisions a team is **11 players** , one of whom is the goalkeeper, and may start with a **minimum of 7** .
- Goalkeepers must wear a shirt of a different colour from either team.

Coed divisions

- A team may field **more than 3 female field players** .
- A team may **not** field more than **3 male field players** .

Match length

- Two **25-minute halves** with a **5-minute** half time.
- A regular season match that ends level **stays a draw** .
- A playoff or championship match that ends level goes to a ****best-of-five shootout****.

Tackling

- **No sliding**. The only exception is the goalkeeper, who may slide feet first to play the ball inside the goal area.

Goalkeeper age

- Goalkeepers must be **18 or over** .
- In age-restricted divisions, a goalkeeper under 30 ****may not play past the half-way line****.

Fees

- All registration fees are **final** . There are ****no refunds and no transfer of fees****, including in the event of injury.
- The officials' game fee is **paid by the team at the field on game day** and is not collected through the website.