

# 7v7 Soccer - Rules

*Revised Summer 2019*

## The Game, Field, Players, and Equipment

1. **No ID...No Play...!** - Each player must present a valid Mason G Card before each contest to be eligible to participate.
  - a. **Regular Season Exception**– During the regular season a valid photo id (Drivers license, passport, etc) and that player must be able to login into their patriot web account. If the player is not able to provide both, then they cannot participate.
  - b. **Playoffs** – There is NO Substitute for a Mason G Card to sign into a playoff game.
2. **Game time is forfeit time.**
3. The game shall be played between two teams of seven (**7**) players each. Five (**5**) players are required to start the game to avoid a forfeit.
4. All players must have checked in with the supervisor and be recorded on the game sheet before they are allowed to participate.
5. Team representatives, including players, substitutes, replaced players, coaches, trainers, spectators and other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of officials assigned to the game.
6. The Intramural Staff have the authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules. These decisions are final in all matters pertaining to the game.

### **I. Governing Rules**

- 1.1 2019-2020 National Federation High School (NFHS) rules shall govern all play, with any exceptions listed below. Final interpretations and modifications shall be determined by the Coordinator of Competitive Sports, directly overseeing the sport.

### **II. General Provisions and Equipment**

#### **2.1 Team Requirements**

- a) A team consists of seven (7) players. A team must have five (5) players on the field at all times. One player must be designated as the goalkeeper. Exception: four players are allowed if an individual cannot continue due to an injury.
- b) When a team has forfeited, the opposing team must have at least five players checked in with the supervisor to receive a win
- c) Unlimited substitutions, with the referees' approval, may occur during dead ball periods according to the following:
  - i. Between halves
  - ii. On a goal kick
  - iii. When a goal has been scored
  - iv. During an injury time-out
  - v. Following a caution or ejection

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**The team NOT in possession may substitute an unlimited number of players at a throw in or corner kick if the team in possession is also substituting**

- d) Spectators are permitted in a team's bench area. Teams may have a "coach" but they will not be recognized by the game officials. However, any spectator/coach in the team's bench area can affect the team's sportsmanship.

## 2.2 Equipment

- a) Teams must wear jerseys/shirts with the same shade of color, Goalkeepers must wear a different colored shirt than either team
  - i. Teams may wear the intramural department provided pennies
  - ii. Jackets/Hoodies may be worn provided there are no exposed pockets and the hooded portion is tucked into the back of the player's shirt.
- b) All players must wear athletic shoes made of canvas, leather, or synthetic material which cover the entire foot. No metal cleats will be permitted
- c) The official shall not permit any player to wear equipment that, in his or her judgment, is dangerous to other players. Jewelry, including rings, bracelets, necklaces, watches and earrings, is illegal. Also, hats with a brim are not permitted. Medical emergency bracelets/necklaces may be worn but must be taped to the person. **Penalty: yellow card**
- d) Casts (plaster, metal or other hard substances in their final form) or any other item judged to be dangerous by the supervisor, official or athletic trainer may not be worn during the game. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with slow recovery rubber or similar material will be allowed.
- e) Teams must provide their own ball. The referee shall be the sole judge of any ball offered for play and may change the ball during play at their discretion. During the game each team must use a legal ball of its choice when in possession.
- f) **SHINGUARDS ARE REQUIRED.** Each player must have properly sized shin guards and socks that **COMPLETELY COVER** the shin guards. DIY replacements made from items including but not limited to cardboard, newspaper, or metal will not be permitted. Any player that removes their shin guards during a contest will receive a yellow card and be asked to leave the playing surface until the next opportunity for a substitution. That team will have to play down that player until they can be legally subbed back into the game.

## 2.3 Optional Equipment

- a) Headwear – Players may wear a knit stocking cap or a headband/bandana provided that the excess does not hang past the shoulders once it has been tied.
- b) Sunglasses – Players may wear pliable and non-rigid sunglasses
- c) Hand warmers are **ILLEGAL** equipment

## III. The Game, Overtime, Time-outs

### 3.1 Game Structure

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- a. There will be two 20-minute halves of continuous running time. Clock stops for time outs or official time outs (e.g. for injuries). The clock will not stop and there will not be stoppage time. **Exception: Game officials/Supervisors may add or remove time if a team is attempting to slow the game illegally. Ex-Substitutes that walk off the field after given instruction to jog.**
- b. Prior to all games there will be a captains meeting and coin toss. The options for the team winning the coin toss will be:
  - i. Offense/Defense
  - ii. Side
  - iii. Defer (If the winning team defers, the other team is advised to pick offense)
- c. There will be a three-minute intermission between halves

## 3.2 Overtime

- a. Regular Season - There will be no overtime in the regular season
- b. Playoffs – Two 5 minute golden goal period will be played if a game is still tied after regulation.
  - i. Golden Goal periods
    - i. At the end of regulation time, the winner of a coin toss will decide whether they will take the ball or choose a goal to defend.
    - ii. The first team to score during either overtime period will be declared the winner
    - iii. There will be no intermission between the two overtime periods.
  - ii. Penalty Shootout - If the game remains tied at the end of the second overtime period a penalty shootout will decide a winner
    - i. Any five players from each team, which were on the field at the end of the second overtime, will be selected by the team to shoot.
    - ii. The goalkeepers will be the same as the goalkeepers from the end of the second overtime.
    - iii. There will be a coin flip at the end of the second overtime and the winner chooses to kick first or second.
    - iv. Each team has a total of 5 penalty kicks and will alternate each shot. No rebounds are allowed.
    - v. The kicker must wait for the official to start the play on each kick.
    - vi. If the score is tied at the end of the shootout, a sudden death shootout will be held, with any player on the field will be eligible to shoot. A player may not shoot twice unless all other players have shot once.
    - vii. The sudden death shootout will have each team alternate kicks until one of the teams misses a shot.

## 3.3 Timeouts

- a. There are no timeouts in intramural soccer

## 3.4 Scoring

- a. A goal may be scored during play directly from
  - i. a direct free kick
  - ii. penalty kick
  - iii. corner kick
  - iv. goal kick
  - v. drop ball

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- b. A goal may not be scored directly from an indirect free kick or a throw-in.
- c. To score a goal, the ball must completely cross the goal line.
- d. After the goal, the ball is returned to the center of the field for another kickoff. The team that gave up the goal will kickoff
- e. Mercy Rule - if a team is ahead by ten (10) or more goals at half time or by five (5) or more goals with five minutes or less remaining in the second half, the game will end. At the same time, if a team is ahead by four goals and is deemed to be stalling, the officials have the option to end the game and sportsmanship points may be deducted

## 3.5 Starting Play

- a. Kickoffs must be taken from the center of the field.
- b. Each team must be on their own half, and the defensive team must be outside of the center circle or 10 yards back if there is no circle.
- c. The ball may roll in any direction to start play after the referee blows the ready to play whistle
- d. The player who kicked off the ball may not touch the ball until another player touches the ball.
- e. A goal may be scored directly from the kickoff.

## 3.6 Out of Bounds

- a. The ball is still in play if it stays in-bounds after rebounding off the goal, referee, or corner flags.
- b. The ball must completely cross any boundary line in the air or on the ground to be considered out of bounds
- c. To restart play the following methods are used
  - a. Throw-ins: When the ball crosses the sidelines.
  - b. Goal kick: When the ball crosses the end line and the offense touched the ball last.
  - c. Corner kick: When the ball crosses the end line and the defense touched the ball last. The ball is placed a yard away from the corner marker and kicked. A goal may be scored directly from the corner kick.
  - d. Direct free kicks: Taken after a foul has been called.

## 3.7 Offsides

- a. There will be no offsides penalty in 7v7 soccer

## 3.8 Fouls/misconduct

- a. Sliding
  - i. Slide tackles are illegal in Intramural Soccer.
  - ii. A defensive player may leave their feet to stop the forward progress of the ball, only when another player is NOT in the immediate vicinity. If a defensive player leaves their feet within 6 feet of another player in the direction of that player, it shall be deemed a slide tackle.
  - iii. On the 1st offense, if the slide tackle is made and is not deemed malicious, it will result in a yellow card. The entire team will be given a verbal warning.
  - iv. The second offense by any player on the same team for a slide tackle will automatically result in a red card
  - v. On the 1st offense, if the slide tackle is made and is deemed malicious (playing the player and not the ball and/or from behind), it will result in a red card and an automatic 2 "Sportsmanship Rating". The entire team will be given a verbal warning. The second offense by any player on the team will result in a second ejection and a forfeit.
  - vi. Two ejected players on a team in the same game will result in forfeiture of the game and a 0 "Sportsmanship Rating".

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- vii. A goalkeeper may leave their feet to save the ball, as long as they do not play the ball with their feet. A goalkeeper leaving their feet within 6 feet of another player must do so with their legs in a bent position, legs parallel to the opposing player, and may not at any time attempt to play the ball with their feet while on the ground. Doing so will be deemed a slide tackle.
- b. Kicking-Striking-Tripping-Jumping – *Penalty: Direct Free Kick*
  - i. A player shall not intentionally attempt to kick, strike or jump at an opponent.
  - ii. A goalkeeper may not intentionally strike or attempt to strike an opponent by throwing the ball at the opponent.
  - iii. A player shall not intentionally trip an opponent.
- c. Handling - *Penalty: Direct Free Kick*
  - i. A player shall be penalized for intentionally handling, carrying, striking or propelling the ball with a hand or arm.
  - ii. If a player handles the ball on an obvious (official's judgement) goal-scoring play, a red card shall be issued and penalty kick issued if inside the penalty box.
  - iii. Unintentional handling occurs when the ball strikes the hands or arms of a player who has not moved the hands or arms to play the ball. This shall not be penalized.
  - iv. A player shall not hold, push or impede an opponent with hands or arms extended from the body.
- d. Charging - *Penalty: Direct Free Kick*
  - i. A player shall not intentionally charge an opponent unfairly. An unfair charge is one in which a player does not use shoulder-to-shoulder contact with an opponent, does not have arms and elbows close to the body, and has at least one foot on the ground and the ball within playing distance. *Penalty: Direct free kick.*
  - ii. A player having one or both feet on the ground shall not charge into an opponent that has no feet on the ground. *Penalty: Direct free kick.*
  - iii. A player shall not charge into the goalkeeper in the penalty area. *Penalty: Direct free kick.*
    - i. An official shall disqualify (red card) any player who flagrantly fouls the goalkeeper in possession of the ball.
    - ii. Possession or control of the ball is when the goalkeeper has the ball trapped by either or both hands or when bouncing it to the ground or when releasing the ball into play.
    - iii. Outside the penalty area, the goalkeeper has no more privileges than any other player does. Note: When goalkeepers put the ball on the ground, they relinquish their rights as goalkeepers.
- e. Dangerous Play - *Penalty: Indirect Free Kick*
  - i. In the opinion of the official, all high kicks above the waist in a dangerous manner will be prohibited. This also includes players who may be on the ground and still playing with the ball with players in the area
- f. Obstruction - *Penalty: Indirect Free Kick*
  - i. Obstruction is the intentional act by a player, not in possession of the ball or not attempting to play the ball, of running between an opponent and the ball or using the body as an obstacle.
  - ii. The goalkeeper in possession of the ball shall not be interfered with or impeded in any manner by an opponent. This includes the act of bouncing the ball or dropping the ball for a kick or attempting to throw the ball.

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## 3.9 Goalkeeper Restrictions

- a. From the moment the goalkeeper takes control of the ball with the hands in the penalty area, the goalkeeper is penalized for taking more than five seconds bouncing or throwing the ball into the air and catching it again, without releasing it into play. The ball must be played by another player for the goalie to be allowed another five seconds. *Penalty: Indirect kick*
- b. A goalkeeper shall not touch the ball with his/her hands after receiving a throw-in or a deliberate kick by a teammate.
- c. A goalkeeper may not hold the ball for more than five seconds after taking possession/control.
- d. A goalkeeper who obtains possession of the ball while outside of the penalty area may not dribble the ball into the penalty area and handle the ball. *Penalty: Indirect free kick.*
- e. A goalkeeper may not punt or drop-kick the ball over half field.
- f. A goalkeeper is allowed to throw the ball and play the ball from the ground over half field.

## 3.10 Misconduct

- a. A player is cautioned and shown the yellow card if he/she commits any of the following offenses:
  - i. is guilty of unsporting behavior
  - ii. shows dissent by word or action
  - iii. persistently infringes the Laws of the Game
  - iv. delays the start of the game
  - v. fails to respect the required distance when play is restarted with a corner kick or free kick
  - vi. enters or re-enters the field of play without referees permission
  - vii. deliberately leaves the field of play without the referee's permission
  - viii. denies the opposing team a goal or an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick .
- b. A player is sent off and shown the red card if he/she commits any of the following offenses:
  - i. is guilty of serious foul play
  - ii. is guilty of violent conduct
  - iii. spits at an opponent or any other person
  - iv. uses offensive, insulting or abusive language
  - v. receives a second yellow card in the same match
- c. An official shall disqualify any player who flagrantly fouls the goalkeeper in possession of the ball. Possession or control of the ball is when the goalkeeper has the ball trapped by either or both hands, when bouncing it to the ground, and when releasing the ball into play.
  - i. Outside the penalty area, the goalkeeper has no more privileges than any other player does.  
Note: When goalkeepers put the ball on the ground, they relinquish their rights as goalkeepers.
- d. Two ejected players on a team in the same game will result in forfeiture of the game.

## IV. Bench and Substitutions

4.1 All players/coaches on the sideline must stay within the bench area

4.2 Substitutes must report to the scorer's table prior to entering the game. All subs must be beckoned onto the playing surface by an official.

## V. Injured Player



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**5.1** An injured player must be removed until the next opportunity to substitute if a coach, teammate(s) or a Site Manager is beckoned for the purpose of providing assistance. Time must actually come off the clock prior to any legal re-entry, or if a team is granted a time out the player may return at the conclusion of the time out period.

**5.2** Any player who is bleeding, oozing bodily fluids, has an open wound or has an excessive amount of blood on their uniform shall be considered an injured player. Such player may not return to the game until the situation is corrected.

## **VI. Co-ed Summary**

**6.1** A regulation team consists of 7 players (one of which is the goalkeeper). A team may start with a minimum of 5 players. There must be at least a 3:2 ratio within that 5.

**6.2** The team must have a minimum of 2 of each gender in the field of play at all times. A female goalie does not count towards the minimum requirement.

**6.3** If in the overtime period a shootout occurs, teams must alternate shots on goal between male and female.

