

7 on 7 Adult Co-ed Soccer Rules

OBJECTIVE:

The objective of the Amador County Recreation Agency (ACRA) Adult Coed Soccer League shall be to promote and conduct a positive leisure time activity which encourages fitness and healthy competition.

GENERAL INFORMATION:

1. All participants must personally sign the Waiver Release and are responsible for their own medical expenses.
2. Teams are responsible for keeping their players and spectators under control. Misconduct of players, coaches, managers or spectators can result in penalty, ejection or forfeiture of the game. Spectators must also remain within the designated area.
3. Any rules not specifically in this set of rules will be covered by the USSF rules of soccer.
4. ACRA Sports Officials/Supervisors will have absolute authority during the contest and can make decisions on any matter or question not specifically covered in the rules.

3. Each team captain is responsible for:

A. Filling out the "Team Roster" with the each player's full name and Jersey Number.

B. Having each one of their players sign the "Waiver of Liability" form and turn it into the League Coordinator.

C. Turn in both the "Team Roster" and "Waiver of Liability" form for all players before the first game.

D. Adding players to the roster as the season goes along. If a manager wants to add a new player they must tell the League Coordinator and then add them to the "Team Roster" and have them fill out a "Waiver of Liability" before they play. (Players must play in ¼ of the regular season games to be eligible for playoffs – reviewed by the League)

E. Having their entire team pick up any trash and/or equipment they may have left behind.

G. Collecting all the money for the team and paying before the first game starts.

EQUIPMENT:

1. Players must wear similar colored team jerseys, with the goalkeeper having a distinctive jersey. If teams do not have team jerseys, mesh pullovers will be issued.
2. All jewelry must be removed before participating. If jewelry is discovered during the game, a yellow card will be issued to the offender.
3. All players must wear close-toed shoes.
4. Rubber cleated shoes will be allowed. No screw-in cleats, open toe, open heel or hard soled shoes will be allowed. Metal cleats may not be worn.
5. Shin pads are not required, but play at your own risk if you choose to play without them.
6. Players may not wear hats with hard bills or any other head gear with a protruding knot.

PLAYERS/SUBSTITUTES:

1. Roster size is limited to 12 players. Players may be added to the roster throughout the regular season. Rosters will be frozen one week before playoff game.
2. Teams will consist of seven (7) players on the field at a time. (5 guys and 2 girls)
3. A minimum of four (4) players is required to begin and continue a game.

4. If, at the scheduled game time, a team does not have 4 players, a 15-minute grace period will be granted in an attempt to ensure that the game is played. The 15-minute grace period will be deducted from the actual game time. During this grace period, the team with the minimum number of players present will be awarded 1 point for every 5 minutes after the scheduled start time up to the 15th minute. If, at the end of the grace period, the team still does not have the minimum number of players the game will be declared a forfeit.

5. Any player who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

6. Substitutions:

- The team in possession of the ball may substitute an unlimited number of players during any dead ball period. (Not on corner kicks or Free Kicks)
- Team not in possession of the ball may only substitute if the team in possession is substituting.
- Either team may substitute between periods, when a goal is scored or when a player is injured and removed from the field, on a goal kick, or when a player from either team is cautioned or disqualified.
- If a team substitutes for an injured player during a penalty kick situation, then that substitute may not take the penalty kick.
- Teams may not substitute for a player that has been disqualified. The team must play the remainder of the game shorthanded.
- A team that begins a game shorthanded may add additional players during a stoppage of play. Substitutes may not enter the field until beckoned by the official.
- The goalkeeper may change places with a player on the field during any available substitution.

THE FIELD:

1. The field shall be approximately 75 yards long by 45 yards wide.
2. The goal box extends 5 yards from the end line and is 12 yards wide.
3. The penalty area extends 14 yards from the goal line and is 26 yards wide.
4. The goals will be 6 ½ feet by 18 feet.

THE GAME:

1. Games consist of two 25 minute halves with a continuous clock. The clock may be stopped at the officials' discretion for injuries and other such occurrences.
2. Halftime shall be five minutes in length.
3. The team winning the coin toss shall have the option of kicking off or choosing which end of the field to defend. Teams shall change sides after each period.
4. TIES: If a tie happens during the regular season, a quick shootout will determine the winner. Same shootout rules as in playoffs, but get through them quickly, so we can start the next game.
In the case of a regulation tie during the Championship Game, two, 5-minute overtime periods will be played. If the game is still tied after the overtime period, a shootout will decide the game. The shootout will consist of players who must be present on the field at the end of overtime (or regulation - if regular season). The captain picks the first 5 players (1 must be a female) to shoot and the order. Only the shooter and the opposing goalkeeper will be allowed in the area during the shootout. If the game is still tied after the first five shooters, then the shootout will continue and the 2 players who were on the field at the end of regulation who haven't shot yet will shoot then start over from the first shooter and do alternating shots in a sudden death format until a winner is determined. Each player, from the 7 left on the field, must attempt one shot before any player may attempt their second.

5. Mercy Rule: If a team is leading by five (5) goals or more with 10 minutes or less remaining in the 2nd half, the goals do not count for the team that is winning unless the lead drops to below 5 goals.

RULE MODIFICATIONS:

1. **Slide tackling is not permitted.** Anyone who completes a slide tackle will receive an automatic yellow card. Slide tackling is defined as any player leaving his/her feet and leading with his/her feet to play the ball while the ball is being controlled by an opponent. It is considered to be dangerous play. Contact between two opponents need not occur for slide tackling to be considered illegal. The goalkeeper may lead with his/her feet in an attempt to make a save, provided that the ball is not being controlled by an opponent.
Any slide tackle involving obvious contact with an opponent will result in a red card being issued to the offender.
2. **Two girl Minimum on the field at all times. If you only have 1 girl you play 5 on 7. 0 girls, 4 on 7.**
3. **You must play with players from your roster, you cannot add players from other teams**

KICKOFF:

1. When the official sounds the whistle, a kickoff shall initiate play at the start of each period and after goals.
2. At the moment of kickoff, all players shall be on their team's half of the field. Players opposing the kicker shall be at least 15 feet from the ball until it is kicked.
3. The ball shall be kicked while stationary on the ground in the center of the field. A goal may be scored directly from the kickoff. The ball is in play once it has moved forward.
4. After the kickoff, the ball may be played by any player except the one who kicked off. The kicker may not play the ball until it has been played by someone else.
5. Penalty: Indirect free kick awarded to the opponent at the spot of the foul.

BALL IN AND OUT OF PLAY:

1. The ball is out of play when it has completely crossed a goal line or touchline, whether on the ground or in the air.
2. The ball is in play at all other times, including: When it rebounds from a goal post, crossbar, or flag post, when it touches an official in the field of play, after a free kick or kickoff, when a drop ball touches the ground, when a player who is outside the boundary lines plays the ball while it is still in the field of play.

SCORING:

Goals:

1. A goal is scored when an entire ball passes beyond the goal line within the area of the goal provided it has not been deliberately thrown, carried, or propelled by the hand or arm of a player of the attacking team.
2. A goal MAY be scored during play directly from a:
 - Kickoff.
 - Direct free kick.
 - Goal kick.
 - Penalty kick.
 - Corner kick.
 - Goalkeeper's throw or drop-kick.
3. A goal MAY NOT be scored during play directly from:
 - An indirect free kick.
 - A throw-in.
 - A free kick into a team's own goal.
 - A goal kick into a team's own goal.
 - A corner kick into a team's own goal