

## **RULES AND REGULATIONS: 7v7 DIVISIONS**

### **LAW I: THE FIELD.**

Field Dimensions: Approximately 55-65 yards long X 35-45 yards wide.

Markings: Distinctive lines not more than four (4) inches wide.  
A halfway line shall be marked out across the field.  
A center circle with an eight (8) yard radius.  
Four (4) corner arcs with a two (2) foot radius.  
Goal area: Four (4) yards from each goal post and six (6) yards into the field of play joined by a line parallel with the goal line.  
Penalty area: Fourteen (24) yards wide and (12) yards into the field of play joined by a line parallel with the goal line.  
Goals: Seven (6.5) feet high x Six (18.5) feet wide.

### **LAW II: THE BALL.**

Size four (4).

### **LAW III: NUMBER OF PLAYERS.**

Maximum number of players on field = seven (7) per side, one (1) of whom may be a goalkeeper.

Maximum number of players on the roster should not exceed eleven (11).

Playing time: Each player SHALL play a minimum of 50% of the total playing time.

### **LAW IV: PLAYER EQUIPMENT.**

**Cleats**, Tennis shoes or soft-cleated soccer shoes.

Shin guards are MANDATORY!

### **LAW V: REFEREE.**

Assigned referee.

Referee's decisions on points of fact connected with the game shall be final.

All rule infractions shall be briefly explained to the offending player.

### **LAW VI: LINESMAN.**

Not required.

### **LAW VII: DURATION OF GAME:**

The game shall be divided into four (4) equal twelve and a half (12.5) minute quarters.

There shall be a two (2) minute break between quarters.

There shall be a half-time break of five (5) minutes.

### **LAW VIII: THE START OF PLAY.**

Opponents must be ten (10) yards from the center mark while kick-off is in progress.

### **LAW IX: BALL IN AND OUT OF PLAY.**

Ball must completely cross the touch or end lines to be considered out of bounds.

### **LAW X: METHOD OF SCORING.**

NO SCORE shall be kept.

### **LAW XI: OFF-SIDE.**

Off-sides shall be called in the attacking third only.

### **LAW XII: FOULS AND MISCONDUCT.**

All fouls will conform to FIFA rules.

GK are not allowed to punt the ball, an indirect kick from the spot of this infraction will be awarded.

No heading of the ball is allowed by under u12, an indirect kick from the spot of this infraction will be awarded.

**LAW XIII: FREE KICKS.**

Opponents must be ten (10) yards away before the kick is allowed.

**LAW XIV: PENALTY KICKS.**

Penalty kicks shall conform to FIFA rules.

**LAW XV: THROW-IN.**

Throw-ins shall conform to FIFA rules. Warnings will be given in 1st and allowed to re-throw. Second half will result in a turnover.

**LAW XVI: GOAL KICK.**

Goal kicks shall conform to FIFA rules. Opposing team must be behind the Build Out line.

**LAW XVII: CORNER KICK.**

Opponents must be ten (10) yards away from the ball.

**RSL-AZ ADDITIONAL RULES AND REGULATIONS:**

Players should play equal amounts of time. No player should ever play less than 50%.

Opposing coaches and players should shake hands after each game.

RSL-AZ will not record league standings.

RSL-AZ will not record final scores.

Participation trophies will be awarded to ALL players.

No one shall sit or stand within twenty (20) yards of the goal line or behind/along the goal lines.

Parents should not coach or instruct players during the game.

No alcoholic beverages or smoking materials shall be consumed or allowed near the playing area.

No foul language or gestures at practices or games.

No derogatory comments to players, referees, coaches or parents at practices or games.

Suspend or cancel games or practice when lightning is near.

“Run-away Game” policy will be implemented when necessary.

Opposing teams and fans MUST be on opposite sides of the field.

No dogs at games or practices.

No names are allowed on uniforms or names with numbers on banners.

Sweat pants of the same color as the shorts may be worn on cold days.

No jewelry i.e. earrings, bracelets, necklaces, Medical Alert’s must be taped

If needed, home team shall wear vests.