

T2 Sporting 7v7 Soccer Rules and Regulations

Rules for this tournament are based on **FIFA** Laws modified for 7v7 outdoor play. Below are the major differences.

1. **Number of players:** 6 field players + one goalkeeper.
 - a. Teams must have a minimum of 5 players to begin, continue, and conclude the game. The referee will start the game clock as scheduled but allow teams with fewer than the minimum required players a 10 minute grace period to produce those players before a forfeit is awarded to the opposing team.
2. **Substitutions:** Unlimited “on the fly” with the referee’s permission. Must occur at the half line and must NOT interfere with play.
3. **Rosters:** Maximum of 12 players.
4. **Equipment:**
 - a. Shin guards are required.
 - b. Every player must have both a light and dark shirt/jersey with a number.
 - c. No metal cleats or toe cleats.
5. **Duration of play:** Games will consist of two, 20-minute halves with a 3-minute halftime.
6. **Kickoff:** May be played in any direction
7. **Five-second restart:** A restart must occur within 5 seconds of placing the ball for a free kick, corner kick or goal kick. Goalkeepers must also release within 5 seconds after gaining possession and returning to their feet. Goalkeepers may use unlimited steps to bring the ball to the boundary of the penalty area.
8. **Ball out of play:** When the ball has wholly crossed the goal line or touchline whether on the ground or in the air.

9. **Slide tackling:** Slide tackling by field players is ***NOT permitted***; however, a slide tackle from a goalkeeper is allowable. At the discretion of the referee, a slide tackle will result in a yellow card, and intent to injure will be a red card.
10. **Goalkeeper release:** Punts and drop kicks are ***NOT permitted***. The ball must be distributed by a throw, normal place kick or kick from a dribble. If penalized, an indirect free kick will be awarded to the opposing team outside the penalty area.
11. **Indirect, direct and penalty kicks:**
 - a. All fouls will be indirect unless a penalty kick is awarded. The kickoff and corner kicks are the only direct kicks.
 - b. Opposing players must give 10 feet on all indirect kicks, corner kicks, kickoff, and thro-ins.
 - c. A penalty kick will be awarded at the discretion of the referee for an infraction committed in the penalty area and will be taken 10 yards from the goal line.
 - d. Any indirect kick awarded inside the penalty area will take place at the edge of the penalty area.
12. **Misconduct rules:**
 - a. Yellow card: a warning/caution, no time offense.
 - b. Red card: Ejection without replacement for the remainder of the game, the offending player will miss the next game.
13. **Offside:** There is NO offside rule.
14. **Field dimensions:** Field of play will be approximately 70x50 yards.