



San Diego Sparks Soccer Club

7v7 League Rules



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ROSTERS

- Maximum roster: **14-16 players**
- This is co-ed play with no male/female requirements.
- Minimum players to start: **5**
- Maximum of **7 players on the field**, including goalkeeper.
- Guest players only with league approval before kickoff.
- No player may play for multiple teams during the regular season.
- If both teams agree, a short-handed team may borrow players for recreational play, but borrowed players are ineligible to score or count toward standings.

Field Size and Equipment:

Field Size Ranges:

- **Length:** 55 to 70 yards (approx. 165 to 210 feet)
- **Width:** 35 to 50 yards (approx. 105 to 150 feet)
- **Common Local Rec Size:** 60 yards long by 40 yards wide (180 x 120 feet)

Goal and Area Specifications:

- **Goal Size:**
 - Height of 6 to 6.5 feet and width of 12 to 18.5 feet
- **Penalty Area / Box:**
 - Roughly 10 to 12 yards deep and 24 to 30 yards wide

Ball:

- Size 5

Match Length

- Two 20-minute halves
- 5-minute halftime
- Running clock
- Referees may add time for significant delays.
- Clock only stops for:
 - serious injury
 - weather delay
 - referee discretion

ATTIRE

- Shoes:
 - Molded cleats turf shoes, and flats are acceptable footwear.
 - Metal studded cleats are prohibited.
- All players must wear shin guards.



- Teams are required to have matching uniforms with goalie wearing a different color.
- All jewelry must be removed during play.

GAME PLAY

Kickoff:

- On the whistle, ball may be played in any direction.

Ball Out of Play:

- Throw-In Rule:
 - Keep both feet on or behind the touchline, with at least part of each foot touching the ground.
 - Use both hands to hold the ball.
 - Throw the ball from behind and over the head in one continuous motion.
 - Take the throw from the spot where the ball left the field (within a reasonable distance).
 - Opponents must stand at least 10 meters from the spot of the throw-in.
- A goal cannot be scored off a throw-in unless it touches another player before going into the net.
 - If the ball goes directly into the opponents' goal, a goal kick is awarded.
 - If it goes directly into your own goal, the opponents get a corner kick.

Goals:

- Goals will be counted if the ball entirely crosses into the threshold of the goal, without any infractions.
- Play will restart with a kick-off.

Substitutions:

- Unlimited substitutions
- On-the-fly substitutions at midfield only
- Players entering may not enter until exiting player leaves the field.

Restarts:

- Throw-ins
- No goals directly from:
 - Kick-in
 - Goal kicks

Free Kicks:

- All free kicks are direct unless referee indicates otherwise.
- Opposing players must give approximately **15 FEET** on all kicks and corner kicks (ref will designate distance if necessary) or may be cautioned resulting in a re-kick.



- Dangerous play results in indirect free kick.

Offside:

- No offside

Fouls:

- Will be called at the referee's discretion to maintain a clean and safe game which may include and are all direct free kick offenses:
 - Dangerous play
 - Charging
 - Pushing
 - Holding
 - Tripping
 - Reckless tackles
 - Unsporting behavior

Slide Tackling:

- No slide tackling is permitted by field players.
- Any player who slides toward an opponent to challenge the ball commits a foul.
- A reckless slide tackle may result in a *yellow card*, while dangerous or excessive force may result in a *red card*.

Hand ball:

- Deliberate handling or making the body unnaturally bigger
- Calls are at the referee's discretion
- Exceptions can be made if the arm is not extended and/or shielding face/body.
- Hand ball in the box will result in a penalty kick

Goalkeepers:

- May use hands only inside their penalty area.
- Goalkeepers may slide inside their own penalty area while making a save.
- Cannot pick up the ball after receiving a deliberate kick-in from teammate.
- Six-second guideline for distribution.
- Punt, throw, or drop kick permitted.

Mercy Rule:

- If a team leads by 6 goals:
 - Trailing team may add an extra player until the goal difference drops below six
 - Or winning team removes one player after reaching a 7-goal lead.



Discipline

Yellow Card

- Warning for misconduct.
- Players serve a **2-minute sin bin** while team plays short.
- Second yellow = red.

Red Card

- Players are ejected.
- Team plays down one player for remainder of match.
- League may issue additional suspension.

Referee Authority

- There will be 1 referee per field, and all calls will be made at his/her discretion
- Only captain may speak respectfully with referee during stoppages.
- Abuse of referees or opponents will not be tolerated.
- Referee decisions are final.

Sportsmanship

The San Diego Sparks Soccer Club is committed to creating an inclusive, welcoming, and respectful environment for players of all backgrounds, identities, and skill levels. Harassment, discrimination, intimidation, or abusive behavior toward players, officials, or spectators will not be tolerated.

League Points:

- Win = 3 points
- Tie = 1 point
- Loss = 0 points
- Forfeit = 3-0 loss

Tie Breakers

1. Points
2. Head-to-head
3. Goal differential
4. Goals scored
5. Fewest disciplinary points
6. Coin toss

Playoffs

- The point system will be used to determine seeding for playoffs.



- All rules will be the same as during the regular season with a penalty kick shootout used in the case of a tie at the end of regulation.
 - Best of 3 shooters
 - Then sudden death
 - Every eligible player must shoot before anyone repeats.

Substitute Players

Teams may use substitute players during regular-season games when needed.

Substitute players must be registered through the **Sparks website** and pay the required **\$10 substitute player fee** before participating in a game.

- Substitute players may participate during **regular-season games only**.
- All substitute players must complete registration and payment of the **\$10 substitute fee** prior to playing.
- Substitute players must comply with all league rules and eligibility requirements.
- A substitute player may not participate in a playoff game.
- **No substitute players are permitted during the playoffs.** Only players who are officially rostered on the team and eligible for playoff participation may play.
- The league reserves the right to verify a substitute player's registration and eligibility before or during a game.

Team Selection

- Teams will be selected utilizing the Snake Draft Rules:

Snake Draft Rules

Purpose:

- The goal of the draft is to create balanced, competitive, and enjoyable teams while promoting fairness, inclusion, and good sportsmanship.

Team Captains:

- Each team will have one designated captain.
- Captains are responsible for making draft selections and communicating with their team throughout the season.
- Captains may not trade draft picks during the draft unless approved by the league organizer before the draft begins.

Draft Order

1. A random draw determines the initial draft order.
2. The draft follows a **snake format**:



- Round 1: 1 → 2 → 3 → 4
 - Round 2: 4 → 3 → 2 → 1
 - Round 3: 1 → 2 → 3 → 4
 - Continue alternating until all players are selected.
3. If there are a different number of teams, the same snake pattern applies.

Player Pool:

- All registered players who meet league requirements are eligible.
- Players are drafted only once.
- Late registrations will be assigned after the draft using the league's balancing process.

Draft Timing

- Each captain has **90 seconds** to make a selection.
- If time expires, the league organizer may:
 - Allow the next captain to draft, or
 - Make the selection based on the highest remaining available player.

Draft Etiquette:

- Respect all players and captains.
- No negative comments about available players.
- No recruiting or influencing captains during the draft.
- Draft discussions remain respectful and inclusive.

Roster Balance

- Sparks Soccer Club may group players by experience (for example):
 - Goalkeepers
 - Advanced
 - Intermediate
 - Beginner

Captains are encouraged to draft balanced rosters rather than loading one position.

Trades:

- No trades are permitted during the draft unless approved by the league organizer.
- Post-draft player swaps may only occur if both captains and league organizers agree that the move improves competitive balance.

Late or Missing Players:

- Players who register after the draft or fail to attend the evaluation may be placed on teams by the league organizer to maintain competitive balance.

Tie-Breakers & Special Situations:

- If a player withdraws before the season begins:
 - The league may hold a supplemental draft, or
 - Assign a replacement player to the team with the greatest need.



League Philosophy:

- The San Diego Sparks Soccer Club values:
 - Inclusion
 - Sportsmanship
 - Community
 - Competitive balance
 - Fun for players of all skill levels

League organizers reserve the right to adjust before or after the draft if necessary to maintain fair and balanced teams.