

# St Catharines Club Roma Soccer

## Outdoor 7v7 Adult Coed Soccer Rules

### Ages 30 and up

#### LAWS OF THE GAME

All matches will be played in accordance with current FIFA "Laws of the Game" **except where noted below.**

1. **Number of Players:** 6 field players and one goalkeeper as set forth below.
  - a. There must be a minimum of 2 male and 2 female players on the field of play at all times. This requirement includes the goalkeeper (for example: a team may play with 1 female outfield player and a female goalkeeper).
  - b. A team may play with just 1 male or 1 female player but must play short (for example: a team may play with 1 female player but can then only have 6 players on the field including the goalkeeper)
  - c. Teams must have a minimum of 5 players (including at least 1 female or 1 male) to begin, continue, and conclude a match. The referee will start the game clock as scheduled, but provide teams with fewer than 5 players, a 10 minute grace period to produce the minimum required 5 players before a forfeit is awarded to the opposing team, with the resulting score registered as a 3-0 result.
2. **Ball:** Home team (1st on schedule) provides a size 5 game ball to be approved by the referee.
3. **Substitutions:** Unlimited substitutions at any stoppage, at midfield with the referee's permission.
4. **Rosters:** Maximum of 12 Players.
  - a. A maximum of 1 additional adult personnel, coach or otherwise, are allowed on the player's bench.
  - b. Players may be rostered on only 1 team.
5. **Equipment:**
  - a. Molded cleats, turf shoes and flats are acceptable footwear. Metal stud cleats are prohibited.
  - b. All players must wear shin guards.
  - c. Teams will be given shirts from St Catharines Club Roma Soccer that must be worn during games .
  - d. **NO JEWELRY** allowed except medical/alert bracelet, necklace, anklet. **Casts:** No hard casts allowed in games as per FIFA rules
6. **Duration of Play:**
  - a. League games will consist of 2 25 minute halves with a 5 minute halftime.
  - b. Playoff games will consist of 2 25 minute halves with a 5 minute halftime. The playoff final will consist of 2 30 minute halves with a 5 minute halftime.
7. **Kickoff:** On the whistle, ball may be played in any direction on the first touch.
8. **Offside:** There will be no offside position in 7 v 7 play.

### 9. **Five Second Restart Rule:**

- a. A restart must occur within 5 seconds of placing the ball for a free kick, corner kick or goal kick or possession is turned over to the opposing team
- b. 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.

10. **Ball Out of Play:** If the ball has wholly crossed the goal line or touch line whether on the ground or in the air, the restart is a corner kick, goal kick, or throw-in.

11. **Slide Tackling:** Slide tackling the ball by field players is not permitted. If penalized, an indirect free kick will be awarded to the opposing team. Exception: Keeper may slide inside the box in the action of making a play on the ball

12. **Injuries:** Any player who is bleeding must leave the field. Time will not be stopped for injuries.

13. **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.

### 14. **Direct and Indirect Free Kicks:**

As per FIFA rules for free kicks.

### 16. **Misconduct Rules:**

- a. **Yellow:** A warning caution, 2 minute penalty for this offense. The cautioned player must exit the field of play for the duration of the 2 minute penalty, and the team must play a man down. If the opposing team scores, the team may add a different player back onto the field of play prior to the end of the 2 minute penalty. The cautioned player may not return for the full two minutes.
- b. **Red:** Ejection without replacement for the duration of match. The offender must leave the playing area (which includes the player's bench) and sit out the team's next match.
- c. Coaches can be issued cards and their team will play short one player for the required time. The same rules from 16.a would apply to a cautioned coach.
- d. Goalkeepers must serve their own penalties.
- e. There is a "Zero Tolerance Policy" towards fighting. Any player engaged in fighting will be suspended for the remainder of the League and playoffs without refund.

### 17. **League Point System:**

a. Win = 3 points: Tie = 1 point: Loss = 0 points

In the case of a tie in the year end standings, the following will be used as a tiebreaker:

1. Head to Head record
2. Least Goals against
3. Most goals scored
4. Coin toss

### 18. **Playoff Games:**

Playoff games must end with a winner. If a playoff game is tied at the end of regulation time, it will be decided by kicks from the penalty spot as per FIFA rules. Only the players on the field at the end of regulation time may participate. The first 4 kicks must alternate between male and female players. The winner is determined after 5 kicks. If tied after five kicks, the first team to miss

Forfeit scoring: Forfeits are recorded as a 3-0 win.