

Dome 7's Tournament Official Rules



The following rules relate to all Dome 7's Tournaments ("D7T"), unless otherwise stated or specified. Anything not found in the following pages default to the IFAB Laws of the Game [FOUND HERE](#).

We are always open to suggestions, changes, additions, omissions, or requests, and will consider any communications on the rules so long as it's consistent with our core values and the Laws of the Game.

Players, Coaches, and Substitutes

- A. **All games will be in a 7v7 format. Games will be played on a 9v9 sized field.** A team will field not more than seven players at a time (six field players and designated "goalkeeper").
- B. Teams must have a **minimum of five players** to start or continue a game for all 7v7 matches. Failure to do so will result in a forfeiture, with a 4-0 score.
 - a. Exception: Play will continue during "bonus time" where participants may be required to remove players from the pitch (see bonus time rules).
- C. In divisions labelled as **Coed** each team must always have a minimum two female players on the pitch. A team unable to fulfill this requirement will play short a player for each missing female.
 - a. EXCEPTION: In "bonus time", teams may choose who to pull off the field, regardless of gender (see bonus time rules)
- D. **Substitutions** for players in all positions are unlimited and are made "on the fly" and *must* occur at midfield. A player entering the pitch may not go onto the field of play until the player he/she is substituting for comes off.
- E. Each team's **roster will be limited to 18 players**. Players are allowed to be rostered on multiple teams, so long as the following guidelines are met:
 - a. A player does not play on two teams in the same division.
 - i. Players may **NEVER** play for a team if they are not rostered.
- F. **Allowed Bench Personnel:** The following persons are allowed on the "player" side of the field during a match:
 - a. Any/all players that are rostered on the team.
 - b. A maximum of **three** rostered coaches and/or managers:
 - i. At least one coach must be a minimum of 21 years of age.
- G. **Any coach or manager who is reported to be verbally or physically abusive anywhere on the property** shall immediately receive an indefinite suspension from the tournament and may not return. Re-instatement will only be considered upon a written request to NHSM management, and a possible in-person meeting to discuss the incident.
 - a. Incidents may be forwarded to the state association, national center for Safesport, or local authorities for further review and possible disciplinary action.
 - i. **Persistent arguing of calls will be considered verbal misconduct and are grounds for removal.**
 - ii. **Communication perceived as negative towards your players or opposing players will be considered grounds for removal.**

Player Equipment

- A. Head bands with metal or plastic, unyielding braces, or anything deemed unsafe for players and their opponents shall be disallowed.
- B. Casts are permitted if they are fully covered with soft padding and deemed safe by the officials.

- C. Watches may only be kept on if they are covered with a protective wrist band and the watch is fully covered.
- D. All members of the same team should be wearing the same uniform color except for the goalkeeper who is required to be wearing an easily distinguished different uniform/color.
- E. In the event opposing teams clash in color, it will be the **home team's responsibility** to change colors. If neither team can change colors, pinnies will be provided upon request.
- F. Shin guards are mandatory at every level.
- G. No jewelry is allowed, although medical tags are acceptable.

Duration of Regular Season Game

- A. A full game will consist of two 20-minute halves, with a running clock. To remain on time, the clock will not stop for any reason.
- B. Half time will be 2-3 minutes in length, as determined by the referee, guided by the need to end, and start games on time.
- C. Games will start at the scheduled times. **TEAMS ARE NOT PERMITTED TO ENTER THE FACILITIES UNTIL 15 MINUTES PRIOR TO THEIR SCHEDULED KICKOFF TIME.** Teams failing to show, or teams who are late for a scheduled match, will receive a forfeiture of the game with a 4-0 score.

Bonus Time (overtime) Rules – Play til you win

- A. "Bonus Time" refers to an untimed overtime period after the second half is completed.
- B. A 2-3 minute water break will occur at the end of the second half and start of the "bonus time" period.
- C. No matter the score, a "bonus time" period will occur and the period will end as soon as a team scores one more goal than score of the team in the lead
 - a. If the score at the end of regulation is 3-1, for example, the first team to get to 4 goals will win
 - i. If your team is winning 3-1 and you score the fourth goal, the game is over
 - ii. If your team is losing 1-3, if you are to score three goals before your opponent can score it's next goal, your team will win 4-3
 - iii. If the game is tied at the end of regulation, the next team to score will win
- D. The game is over as soon as the team reaches the "next goal up" scenario.
- E. The "bonus time" period will start full sided (7v7). After every **three minutes**, at the next natural stoppage, the referee will blow their whistle signaling each team must remove a player from the pitch. He/she will then blow another whistle to signal the re-start of play.
 - a. Teams will continue to remove players every three minutes until it gets to a 2v2 scenario, or the game is over.
 - i. In COED divisions, the minimum number of female players on the field once players start to be removed does not exist. A team may remove any player of their choosing
 - b. Once players are removed, they may substitute back into the game insofar as the team remains with the correct number of players (6, 5, 4, 3, 2).

Ball in and Out of Play

- A. The ball is out of play when the ball has fully crossed outside of the touchline or endline. **For balls out of bounds on the sides**, it will be a **KICK IN**. **For balls out of bounds on the end line**, it will be a corner kick on the appropriate side or a goal kick, where the ball may be placed anywhere on the goal box line.
- B. **THERE ARE NO THROW INS, BALLS WILL BE PLACED ON THE TOUCHLINE AND MAY BE PLAYED ANYWHERE INTO THE FIELD OF PLAY. ONCE THE BALL IS PLACED THE TEAM IN POSSESSION WILL HAVE FIVE SECOND TO KICK THE BALL INTO THE FIELD OF PLAY, OTHERWISE THE BALL WILL BE TURNED OVER.**

Goalkeeper Rules

- A. Goalie throws may be thrown at any distance. A goalie throwing directly into the opponents' goal without touching another player will be restarted as a goal kick.
- B. The goalie may not dropkick or punt the ball. After playing the ball with his/her hands in the box, the goalie may immediately play the ball with his/her feet only after the ball is no longer bouncing.

Fouls and Misconduct

- A. All fouls and misconduct will follow standard practices concurrent with the IFAB Laws of the Game, unless otherwise stated.
- B. **Yellow Cards:** are given according to the IFAB Laws of the Game.
 - a. **Spitting on the field is a yellow card offense. CHEWING GUM is a yellow card offense.**
 - b. A yellow card may also be issued to a coach.
- C. **PLAYER'S MAY NOT GO TO THE GROUND AT ANY TIME. SLIDING/SLIDE TACKLING IS NOT ALLOWED. A YELLOW CARD WILL BE ISSUED AT THE DISCRETION OF THE REFEREE.**
 - a. EXCEPTION: A goalkeeper may slide out hands first while in the box to make a save.
- D. **Red Cards:** are given according to the IFAB Laws of the Game.
 - a. A red card may also be issued to the coach.
 - i. **The coach will need to leave the facility and will be suspended automatically for the remainder of the tournament.**
 - ii. Any player receiving two (2) red cards in one tournament will be suspended from participation for the remainder of the tournament at a minimum.
 - iii. Players who are issued a red card must leave the playing area immediately. They will be permitted to remain within the facility only if their actions and behavior are no longer disruptive or inappropriate as determined by NHSM officials and staff.
- E. Any coach or spectator who enters the field during an altercation on the field will **automatically be ejected, removed from the facility,** and will be suspended for the remainder of the tournament.
- F. New Hampshire Sports Management reserves the right to expel/dismiss teams from participation.
 - a. Refunds of the league fee, whether complete or partial, will not be given to the team or to individual players in the event of the expulsion/dismissal from league play.

Penalty Kicks

- A. A penalty kick issued by the referee must be taken even if time has expired.
- B. All penalty kick rules are consistent with the IFAB Laws of the Game.

Additional "House" Rules

- A. THERE ARE NO OFFSIDES
- B. Teams may not enter the facility until 15 minutes prior to the scheduled kickoff.
- C. For all 7v7 matches, players must be five yards away from an opponent for all free kicks (walls) and kick ins.
- D. Every ball over the touchline (sideline) will be a **KICK IN**.
- E. NO FOOD OR DRINKS are allowed in the facilities except for water.
- F. Spectators bringing chairs must bring a blanket to place your chair on, or use one of the mats provided by the facility.
- G. No vaping, smoking, chewing tobacco, or like products are permitted on the premises.

- H. No pets allowed inside on the turf surfaces.
- I. If teams are not ready to kick off at the start of the scheduled time, the referee will announce that the game is starting and will start the clock.
- J. If the ball hits the ceiling above the plane where it is still considered “in-play”, the result will be an indirect free kick directly below the location where the ball struck the ceiling.
- K. Tiebreakers for seeding:
 - a. Points (3 points for a win, 1 for a tie, zero for a loss)
 - b. Head-to-head (three teams or more, this will not apply)
 - c. Goal differential (maximum of four per game)
 - d. Goals allowed
 - e. Shutouts
 - f. Fewest cards issued
 - g. Coin Flip

Weather Alerts / Cancelled Games / Inclement Weather

Unless otherwise stated, will be played in the NH SportsDome facilities. All games will be expected to be played. If the facility chooses to close, NHSM staff and administration will notify all teams of the facility closure. In these circumstances, every effort will be made to make up games, but are not guaranteed.

Teams choosing not to show up for the scheduled game time must notify the opposing team’s coach and must email NHSM at manager@nhsportsmanagement.com. NHSM are not responsible for notifying the opposing team but will assist in communicating where we can.

If a team notifies an opponent, they will not be attending a scheduled match, the receiving team may still use the space for team training, etc. THESE GAMES WILL NOT BE MADE UP.

ALL CANCELLATIONS WILL BE POSTED ON THE WEATHER BLOG NO SOONER THAN 4 HOURS BEFORE THE SCHEDULED KICKOFF. BLOG CAN BE FOUND AT www.nhsportsmanagement.com.

NHSM League Culture

The following rules apply to all league games in all offered sports, at all ages. They are simple to follow:

- A. Spectators are not allowed to talk to anyone on the playing field in any capacity.
- B. Coaches are not allowed to argue with officials, speak to opposing players, argue with opposing coaches, or scream at their players, period.
- C. Players are not allowed to argue with the referees.

Anyone not willing to adhere to these simple rules will be asked to leave by the NHSM or NH SportsDome staff.

What to expect from the NHSM or NHSD staff if you are an unruly spectator:

- 1. A request to remain quiet and reminder of the league rules
- 2. A request to leave the facility

Please note that – at the discretion of the league staff – a spectator may be asked to leave without warning. We are actively working on changing the culture of youth sports. Please be helpful in supporting this environment.