



## Normal Parks and Recreation Department

### Adult Soccer – Wednesday 7 on 7 Rules Fall 2019

#### Team & Player Eligibility

- a. Players must be 18 years of age to participate in this league. High School students are not eligible.
- b. Rosters will be limited to 15 players
- c. All players must be on official roster. Penalty will be forfeiture of game.
- d. All players are encouraged to have accident insurance coverage. Neither the Parks and Recreation Department nor the Town of Normal are responsible for covering medical expenses resulting from an injury.
- e. Teams must have like color shirts. At registration teams will be asked for their color and no other team in that league may wear that color.

#### General Rules

Soccer Rules are based on FIFA rules and are altered for outdoor 7v7 play.

##### **1. Equipment**

- a. Metal cleats are prohibited. Molded cleats or athletic/turf shoes are permitted.
- b. Shin guards are strongly recommended.
- c. Same color t-shirts should be worn by each team.
- d. Illegal Equipment includes:
  - Jewelry
  - Metal or over 1/2in Cleats
  - Hats/Helmets
  - Braces that show metal
  - Shorts with pockets

## 2. Game Rules

- a. Teams will consist of 7 players (6 players and a goalie). To start a match the team must have a minimum of 6 players and be able to play the whole game and finish with at least 6 players. If a team does not have 6 players at start time it will result in a forfeited game.
- b. The match will be two 25 minute running clock halves with a 5 minute halftime break. The match will begin promptly at start time. Stoppage time will not be added at the end. When the running clock hits 50 minutes (25+25) the game is over.
- c. Each team will have a team captain. Each captain and an official will meet at the center of the field for the coin toss. The away team captain will call heads or tails. The team that wins the coin toss decides which goal it will attack the first half. The team that loses the toss will get the ball to start the first half in the kick-off.
- d. The ball will be placed in the center of the field for the kickoff and all defenders must remain on their half of the field at least 10 yards away from the soccer ball until the referee blows the whistle. The player that starts the kick-off (kicks it to a teammate) cannot touch the soccer ball until a player (either team) touches it. If the player touches the ball after the initial kick of the kick-off then the opposing team is rewarded with a free kick. A goal cannot be scored directly from the kick.
- e. Substitutions can only take place during stoppages in play. Substitutions should take place at midfield and the official must allow it before it can occur. Substitutions may occur during:
  - Halftime
  - Dead balls (after goals scored, fouls/penalties, and throw-ins)
  - During Injury time
- f. The ball is out of play when it is no longer touching the line. If the ball is still touching the line it is in play. Balls that hit a referee or bar of the goal and roll in play remain live.
- g. The ball will be considered a Throw-in when it goes out of bounds on the sidelines. The ball will be thrown in "near" where it exited by the team that didn't touch it last. A goal cannot be scored directly from this. It must touch a player besides the one throwing it in and the goalie first.
- h. A goal kick will occur when the ball goes out of bounds through the end line and is last touched by the team defending the opposite end. The ball will be placed in the goalkeeper's box and any player on the team can take it out. The defending team can't touch the ball until it is removed from the goalkeeper's box. A goal can be scored off the initial kick.
- i. A corner kick is when the ball goes out of bounds through the end line but is last touched by the team defending that end. The ball will be placed in or on the circle in the corner. The ball must be touching or inside the half circle. A goal can be scored from this kick. The ball can be initiated out of the corner by any member of the team besides the goalie.

j. A dropped ball will occur when there is a stoppage other than halftime or the ball exited the field of play. One player from each team will stand 2 yards apart and the ball will be dropped between them.

### **3. Penalties/Fouls**

**Any fouls/cards are at the referee's discretion and they have the final say.**

a. Fouls – any foul committed gives the opponent a penalty kick

-Slide tackle

-Tripping an opponent

-Entering the goal area before the ball is in the goal area

-Use hand or arm to hit the ball intentionally

**\*Opposing team will be rewarded a DIRECT FREE KICK**

b. Yellow Cards- Player receiving this card will be cautioned

-Any Unsportsmanlike behavior

-Delays game intentionally

-Unable to follow referee's guidelines

-Leaving game/field before prompted to by referee

-Slide Tackles

**\*Opposing team will be rewarded a DIRECT FREE KICK**

c. Red Cards- Player receiving this card will be removed from the game for the duration of the game. The player's team may not replace the player for the rest of the game and must play one player short.

**\*Opposing team will be rewarded a DIRECT FREE KICK**

-2 yellow cards received in one game

-Violent action during or after play

-fouling to prevent a goal from scoring or using intentionally using hand/arm to prevent obvious goal

-language/gestures that is threatening or offensive

-excessive force foul

-any sort of fighting is automatic ejection and potential for player suspension/removal from league

#### **4. Penalty/Free kicks**

**Direct Free Kick-** All free kicks will be direct kicks and will be assessed after any penalties. Direct kicks will be taken by any player on the team who did not commit the penalty. The player will kick from on or behind the free kick line. All players must stay out of the penalty box and remain 7 yards away from the ball prior to the kick. Once it is kicked they may go into the box or come closer to attack the ball. On the direct kick, the ball doesn't have to touch any other players and be counted a goal off the initial kick.

#### **5. League Scoring/Tiebreaker Policy**

Win=3 points

Loss=0 points

Tie=1 point

If the total points of the league leaders result in a tie the following criteria will determine winner:

1. Head to Head Record
2. Fewest Goals Allowed
3. Most Goals Scored

#### **6. Off Sides/Slide Tackling**

There is no off sides rule in effect. This is due to the game being on a much smaller field and being 7v7. Slide tackling will not be allowed and assessed a yellow card if attempted.

#### **7. Scoring/Shootout Policy**

The ball must completely cross the goal area from the crossbar down and the side bars over. The ball does not have to hit the net to be a goal (most likely will).

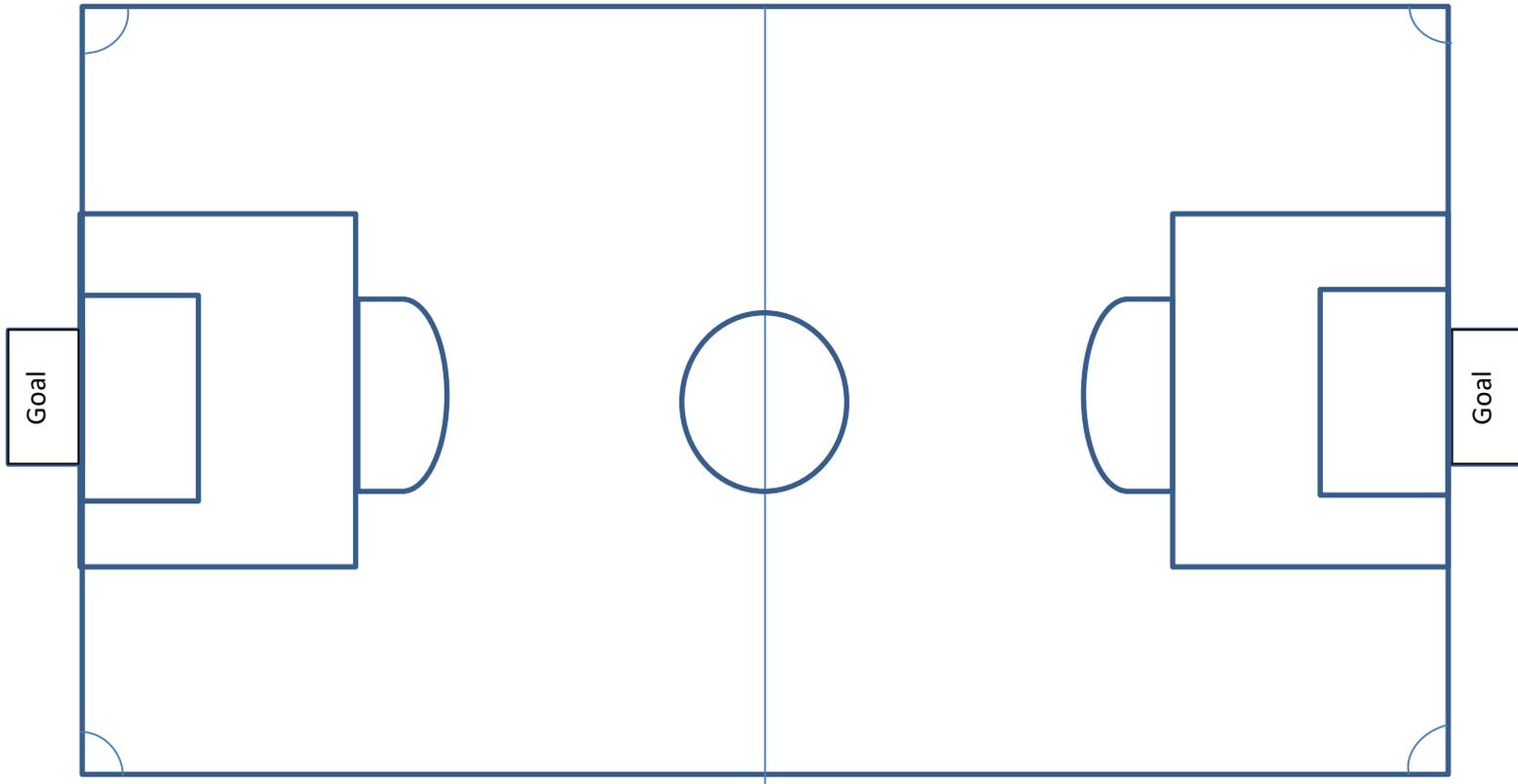
There is no shootout policy. Games that are tied will result in ties when the running time has ended.

#### **8. Use of Hands/Arms**

The only player eligible to use their hands/arms to intently move the ball is the goal keeper. The goalkeeper can catch the ball but once he sets the ball on the ground he is treated like and other player

and can be defended. Once the goalkeeper releases the ball he/she can't pick it up until another player (either team) touches it.

### 9. Field Layout 40 X 70



***\*\*\*The Parks and Recreation Department reserves the right to put into effect new rulings to improve the league safety or sportsmanship.***