



Outdoor 7v7 Adult Soccer Rules and Regulations

The All41Sports Rules for Outdoor 7 v 7 (Men's 40+, and Women's 30+ 8v8) Soccer Leagues are based on FIFA Laws modified for outdoor play. Below are the major differences.

1. Number of Players: 6 field players and one goalkeeper as set forth below.
 - a. All Leagues (Coed Open – Men's Open – Men's 30+)6 + goalkeeper
 - b. Men's 40+, and Women's 30+ (7 field players + goalkeeper)
 - c. Coed teams must have a minimum of two (2) females, excluding the goalkeeper, on the field at all times.

Teams must have a minimum of five (5) players (Men's 40+, and Women's 30+ (6) players) to begin, continue and conclude a match. The official will start the game clock as scheduled, but provide teams with fewer than five (5) or (6) players, a ten (10) minute grace period to produce the minimum required five (5) or (6) 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.

All Leagues Size 5

3. Substitutions: Unlimited “on the fly” with the referee’s permission. Must occur at the halfway line and must not interfere with play (IFK)

4. Rosters: Sixteen (16) for adult leagues. A maximum of one (1) additional adult personnel, coach or otherwise, are allowed in the player’s bench. No coaching is allowed from the opposite touchline.

5. Equipment:

a. Molded cleats, turf shoes and flats (including black-soled) are acceptable footwear. Metal studs cleats are prohibited.

b. All players must wear shin guards.

c. Teams are required to have a permanent number dark colored jersey and an alternate permanent number light colored jersey.

6. Duration of Play:

Type of Play Half Halftime

Adult League 2x25 2 minutes

7. Kickoff: On the whistle, ball may be played in any direction on the first touch.

8. Five Second Restart Rule: 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.

9. 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 or throw-in

10. 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.

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

12. 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

13. Goalkeeper:

a. The goalkeeper may NOT handle the ball if intentionally passed to him from the feet of his own teammate.

b. The goalkeeper is not limited in steps in his penalty area.

14. Direct and Indirect Free Kicks:

Opposing players must give TEN FEET on all kicks and corner kicks or may be

cautioned (Rekick). Kickers may not play these kicks a second time until the ball is touched by another player.

15. Misconduct Rules:

- a. YELLOW: A warning caution, no time penalty for this offense.
- 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.

Notes: Goalkeepers must serve their own penalties. The Maryland SoccerPlex has a "Zero Tolerance Policy" towards fighting. Any player engaged in fighting will be suspended for the remainder of the season. A second incident of fighting from any player on a team, in which a player has been previously suspended, will result in the ejection of the team from the current session, without refund and may warrant exclusion from future sessions.

16. Tie Breakers:

- 1. Head to Head (or record among tied teams where applicable)
- 2. Least goals against
- 3. Most goals scored
- 4. Goal differential
- 5. Number of forfeits

Over time

no overtime .There will be a shoot out two girls and one guy from each team will kickball the ball until a team wins

17. Point System: Win=3 Tie=1 Loss=0

18. FIFA PK's: The kicker is not limited to a one step approach.