

7v7 League Rules

1. Player Eligibility

All players must be 35 years or older.

No exceptions will be made to this rule.

Players may be required to show proof of age if requested.

All players must be registered before participating in any game.

2. Team Composition

Teams consist of 7 players on the field (6 field players and 1 goalkeeper).

A minimum of 5 players is required to start a game.

Maximum roster size is 12 players.

3. Game Format

Two halves of 25 minutes each.

5-minute halftime.

Running clock (clock does not stop except for serious injuries or referee discretion).

4. Field & Equipment

Games will be played on a 9v9 size field while using 7v7 format.

Goals will be appropriate for small-sided play.

Ball size is 5.

All players must wear matching team shirts, shin guards, and appropriate footwear (no metal studs).

5. Substitutions

Substitutions are unlimited but can only be made when the referee allows it or in case of injuries.

6. Game Rules (General Play)

Standard soccer rules apply with the following modifications:

No offsides.

All free kicks are direct

Opponents must give 5–7 yards on restarts.

Goal Keepers need to always distribute the ball in their own half of the field

7. Fouls & Discipline

Slide tackling is not allowed.

Fouls result in direct free kicks.

Yellow card will be issued for unsporting behavior.

Red card results in ejection from the game. (The team that received the red card will play short for 2 minutes or until the opposing team scores) Then they will be allowed to bring a new player to fill in the spot. The player that sees the red card is automatically out for the rest of the game.

Additional suspensions may apply depending on the severity.

8. Sportsmanship

This is a recreational league focused on fun, fitness, and competition.

Respect for referees, opponents, and teammates is required.

Fighting, abusive language, or aggressive behavior will not be tolerated and may result in removal from the league.

9. Forfeits

Teams must have at least 5 players to start.

A 10-minute grace period will be allowed.

If a team cannot field enough players, the game will be recorded as a forfeit (3–0 score).

10. Standings & Points

Win = 3 points

Draw = 1 point

Loss = 0 points

Tiebreakers:

- a) Head-to-head
- b) Goal differential
- c) Goals scored
- d) Penalty kicks

11. Playoffs / Tournament

After the regular season of 6 games, teams will enter a single-elimination tournament.

Seeding will be based on standings.

All tied playoff games will go directly to penalty kicks.

12. Referee Guidelines

Referees have full authority to enforce the rules and manage the game.
Focus should be on player safety, fair play, and maintaining game flow.
All referee decisions are final.

13. Weather Policy

Games may be delayed or canceled due to unsafe weather conditions.
Make-up games will be scheduled if necessary.