

TRI SPORTS 7v7 Soccer Rules – Revised 2/21

1. Equipment/Field Set-Up: Field dimensions are approximately 38 yards wide and 75 yards long; goals are reduced size (21' x 7').

2. Game Time/Default: Games start on time. Please arrive 15 minutes early to ensure games start on time. Games are comprised of two (2) 25-minute halves with a 2-minute halftime. Teams are comprised of six (6) players (including goalkeeper) with a minimum of two (2) women (coed only). A forfeit will occur if any team cannot field a squad by 15 minutes after start time. A team can play with a minimum of six (6) people, as long as one (1) of the players is female. Women may play any position on the field. There are no timeouts.

3. General Rules: In general, FIFA rules apply to all TRI SPORTS games, with some exceptions.

i. Each half starts with one team initiating play by making a pass from the center of the field. The ball does not have to travel forward.

ii. If a ball is kicked out of bounds along the sidelines, a **throw-in** is awarded to the opposite team.

iii. If a ball is kicked out of bounds along the goal line last touched by the offense, a **goal kick** is awarded to the defending team.

iv. If a ball is kicked out of bounds along the goal line last touched by the defense, a **corner kick** is awarded to the attacking team.

v. Substitutions may occur on the fly, but the substitute cannot enter the field until the player has left the field and both players enter and exit at midfield.

vi. Free kicks may be direct or indirect. On direct kicks, the ball is placed at the point of infraction, and put in play by any member of the affected team. No opposing player is allowed within 10 yards of the ball prior to the kick. Goals may be scored on direct kicks.

Direct free kick fouls occurring inside the penalty area by the defense will result in a penalty kick.

Indirect free kicks must first be touched by another player (offense or defense) prior to entering the goal for the goal to be counted.

Any member of the offended team may take a penalty kick. The goalkeeper in goal at the time of the foul must face the penalty kick (no subbing goalies).

viii. Goal kicks are taken from within the goal box. **The ball no longer has to travel outside of the penalty area before it is touched by a player. This means that a defender may follow an offensive player into the box if the goal kick is intended to be played short.- NEW FIFA Rule**

x. Metal cleats are not allowed **but cleats are not required. They are encouraged for traction.**

xi. Shin Guards ARE required

xii. NO JEWELRY (Including watches and ear studs!)

4. Offside: Offside will be called at the referee's discretion. Standard FIFA rules apply but there is only 1 referee and no linesman. It SHOULD be obvious to make this call but arguments over offsides have never caused the overturning of a call. Please do not argue offsides. Only captains should address the referee and only during a stoppage in play.

5. Slide Tackling: Even if contact is made with the ball first, slide tackling is NOT ALLOWED under any circumstances by field players and will result in an indirect free kick and a yellow card for misconduct. Goalies may slide feet first to play the ball but if contact is made with a field player will result in a yellow card.

6. Referees enforce the rules and maintain safety. They will have the last word **on the field**. Excessive arguing will result in a yellow card being issued. Cursing at or disparaging an official **will** result in a red card **and suspension**.

7. Yellow/red cards. Yellow cards will be issued as a warning and “cooling off” for players who are either fouling recklessly or dissenting. If a yellow card is issued, a player (even the keeper) is sent off and cannot return for 2 minutes. The affected team plays a man down even if a goal is scored during the 2-minute period. If the referee deems a player's repeated misconduct warrants a red card, it will be issued.

If a red card is issued, the affected team must play a man down the remainder of the game (in coed, the player must play down a player of the same gender as that issued the card) and the player may have to sit one additional game pending review by the league coordinator. A red-carded player will automatically miss a second game of any doubleheaders played in a given day/night. Excessive red cards may result in expulsion from the league.

Any player or fan is encouraged to root for their own team, but rooting against teams or using disparaging language is discouraged and can result in penalties of players or dismissals of fans. Any fans of teams may be asked to leave by the referees or TRISPORTS staff. Refusal to leave will result in forfeiture of the game.

8. Time: A running clock will be maintained by the referee. The clock will stop only for prolonged injury timeouts. Any delay tactics (such as deliberately kicking the ball out of bounds) will allow the referee (at his/her discretion) to stop the clock. If for any reason the game should be cancelled with at least a full half played, the game and score at that point is considered final. If less than half the game is played, the entire game will be replayed from the beginning. Referees have the discretion of shortening game times if games are running behind schedule.

9. Rough Play: Any rough play is possible grounds for expulsion from the league. Throwing a punch will result in immediate league expulsion without refund. Other incidents are at our discretion. Soccer is a physical game, but adults know how to control themselves. Don't put anyone's safety in jeopardy.

10. Playoffs: No SUBS are allowed in the playoffs. All players must be on the roster prior to the last game of the season and play in at least one game during the season to be playoff eligible. A roster check may be performed BEFORE the start of the game or the game will commence without issue.

Games tied in regulation will go into overtime, consisting of a 5-minute sudden death periods (first team to score wins – if team scores in first OT period, second period is not played). If neither team scores in the overtime periods, teams will go into a shootout.

Each team selects three players (coed: at least 1 female kicker). Only Players on the field at game conclusion can participate in "kicks from the mark." A coin toss will decide which team shoots first. Referee will decide which goal to shoot at. Shots will be placed and not dribbled. Teams will alternate taking shots from the penalty kick spot. Order of shooters is up to each team (coed does not have to alternate male/female). If game is still tied after each team's three shots, alternating kicks from the mark will continue until a we have a winner.