

TRI SPORTS 7v7 Soccer Rules – Revised 12/25

1. Equipment / Field Set-Up

Field dimensions are approximately 38 yards wide and 75 yards long; goals are usually 21' x 7' but may be 24' x 8' or 18' x 6.5" depending on the venue and available equipment.

2. Game Time / Player Format

Games start on time. Please arrive 10 minutes early to ensure games start on time. Games are comprised of two 25-minute halves with a 2-minute halftime.

Co-ed teams are comprised of seven players including the goalkeeper with a minimum of two women on the field. Men's teams can have 7 players of any gender.

A forfeit will occur if any team cannot field the minimum amount of players by 10 minutes after the start time. If a game begins late, it may be shortened by the referee.

A team can play with a minimum of five (5) people, as long as one of the players is female in co-ed. A maximum of 5 men are allowed on the field, per team, at any time in co-ed. Women may play any position on the field. There are no timeouts.

Men's leagues do not adhere to any gender rules and women may play in the league if they choose to, but teams must have a minimum of 5 players.

3. General Rules

In general, FIFA rules apply to all TRI SPORTS soccer games, with some exceptions:

- a) Play rock, paper, scissors (or a coin flip if ref has one) to see who gets to pick side or kickoff. The ball does not have to travel forward on a kickoff.

- b) You must ask the referee to sub in or out of the game at any stoppage and they are unlimited. Time wasting substitutions toward the end of a close game could result in extra time being added to the game clock.

c) 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 unless the goalie was injured on the play and they must remain out of the game for the rest of the current half at a minimum).

d) Goal kicks are taken from anywhere inside the 6-yard box as long as the ball is stopped. Estimate 6 yards if there is no box. The ball no longer has to travel outside of the penalty area before it is touched by a player on a goal kick. Defensive players may be inside the box on a goal kick and all offensive players must be outside of the box until the ball is kicked, at which time they may enter the box.

e) Metal cleats are not allowed and molded cleats are not required. They are encouraged for traction and stability.

f) Shin Guards ARE required.

g) 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 linesmen. It SHOULD be obvious for the referee to make an offside call. Please do not argue offside calls. Only captains should address the referee and only during a stoppage in play.

5. Sliding

Sliding is not allowed by field players at any time. This includes sliding to kick a ball out of bounds even when no one is around. Any field player who slides is automatically issued a yellow card and a direct free kick is given.

Only goalies can slide and only inside their goal box. If a goalie slides to make a play on the ball and makes contact with a player, a yellow card or a red card may be issued, depending on the severity of the challenge.

6. Referees

Referees enforce the rules and maintain safety. They will have the last word on the field. Arguing should result in a yellow card being issued. Cursing at or disparaging an official could result in a red card and a 1 or 2 game suspension.

We stand by our referee's decisions to issue cards to keep play safe. Only captains may speak to the referee and should do so only when the game is stopped or the ball is out of play. Please be respectful of the referees.

7. Red Cards

If a referee deems a player's repeated misconduct or reckless challenge warrants a red card, it will be issued and that player must leave the premises within 3 minutes or the offending team will forfeit. This may occur retroactively if we can confirm that the player refused to leave the field. This is at our discretion based on evidence.

If a red card is issued, the affected team must play a man down the remainder of the game (in co-ed, the player must play down a player of the same gender that was issued the card) and the player may have to sit one or two additional games, pending review by the League Director. 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.

8. Sportsmanship

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 for players or dismissals of fans.

Any fans of teams may be asked to leave by the referees or TRI SPORTS staff. Refusal to leave after being asked to do so will result in forfeiture of the game.

TRI SPORTS' purpose is to provide an outlet for play that also serves as a way to meet people who share a passion for the same sports. Go grab a beer with your opponent afterward, recruit at the sponsor bar, and generally, be good humans to each other.

9. 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 booting the ball way 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 by a few minutes per half if games are running behind schedule. This is rare but could happen.

10. Reckless and Dangerous Play

Any reckless and dangerous play could be grounds for expulsion from the league. Throwing a punch or deliberately stomping or kicking a player 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. You should be inviting your opponent to join you for a beer after the game, not causing them to miss work.

11. Playoffs

11.1 Brackets

Playoff brackets are based on a number of factors. Not all teams need to play against each other and we try hard to create parity in our leagues, especially when there are a lot of teams.

We may have 1–4 playoff brackets and 1–4 champions. A team that goes 7-0 may not be in the competitive bracket, depending on who they played and how much they win by.

Seedings in each bracket are based on points achieved in the regular season for wins and ties, but brackets are created by the League Director at their discretion.

11.2 Rosters / Subs

Subs are not allowed in the playoffs. All players must be on the roster prior to the roster deadline (dates vary by league). A roster check may be performed by TRI SPORTS staff before each playoff game.

We do not enforce the no-sub policy during the regular season, as long as they are on a team that plays in the same league or they register for a guest pass prior to the game. We want you to play all regular season games and not have forfeits.

We do not want ringers coming in to help win playoff games and thus, no subs are allowed to play in the playoffs.

“Regular Teams” (teams that pay as a team and not individually “Indy Teams”) are allowed 16 players on the roster and not everyone has to pay the same amount to play on a pre-paid team. Once your core group is signed up and the team is paid for, add your potential fill-in players to the roster so they

- a. get a shirt, and
- b. are playoff eligible.

There is no reason not to do this.

11.3 Tiebreakers

Playoff games tied at the end of regulation will go straight into a shootout. Each team selects three players (co-ed: at least 1 must be a female shooter) to shoot. Only players on the field at game conclusion can participate in the shootout.

Higher seed gets choice to shoot first or second. The referee will decide which goal to shoot at. Shots will be taken from the 10-yard spot (or 12 yards if using a regulation size goal). Teams will alternate taking shots from the penalty kick spot. Order of shooters is up to each team (co-ed 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 we have a winner.