



## 2023 7 v 7 ADULT SUMMER SOCCER LEAGUE – RULES/GUIDELINES

**PLAYERS** – should be out of high school. HS age players may play if approved.

**TIME LIMIT** – two 25 minute halves, 5 minute halftime.

**SHOES, SHIRTS** – Shall be worn at all times. **SHINGUARDS** – Encouraged to be worn.

**NO JEWELRY** – Fitbits may be worn, other jewelry is encouraged to be removed or taped, should if deemed dangerous.

**SUBSTITUTIONS** – may be made “on the fly”.

**KICKOFFS** – wait for the referee’s signal before kicking off after a goal has been scored. Ball does not have to go forward. Kickoffs are Indirect.

**NO SLIDE TACKLES** – or slides near players; warnings may be issued, but if the violation is serious enough, the player may be sent off.

**FOULS** – always results in an indirect kick.

**GOAL KICKS** – ball placed on the 6yd line.

**NO GOALKEEPER PUNTS**– roll, throw or kick the ball to a teammate.

**THROW-INS** – Laws of the game apply, no kick-ins

**CORNER KICKS** – Indirect

**NO RESTRICTION ON HEIGHT OF PASSES** – pass can be made end to end.

**SHOTS** – count if ball is last touched in the offensive half of the field.

**SHOOTER SHAG** – shooter or teammate retrieves the ball. Play may continue with the shooter’s team playing shorthanded. Substitutions can be made. If there is agreement.

**OFFSIDE** – may be called if the player is clearly offside and has gained a direct scoring chance because of it. Otherwise, the referee has the discretion to let play continue to avoid stoppage. A cushion of a few yards.

**CAUTIONS, EJECTIONS** – players may be asked to sit out if a cautionable offense has been committed or ejected from the game if the violation is more serious. **Any player ejected from the game will be suspended for the following game.**

**GOALKEEPER CHANGES** – notice should be provided to the referee. Identity of the goalkeeper should be made known to the referee and is not required to wear a separate jersey or gloves.

Games are designed to be competitive and fun. Challenges are allowed, but injuries are unwanted. The referee has discretion on all action and will use the Laws of the Game to control the action and misconduct.

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