



2025 7 v 7 High School SUMMER SOCCER LEAGUE – RULES/GUIDELINES

PLAYERS – must be in high school or entering high school and middle school or entering middle school. Graduates may play if age 18 or under and younger players if approved.

TIME LIMIT – two 25 minute halves, 5 minute halftime

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

NO JEWELRY – shall be removed.

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; a foul is called and warnings should be issued, but if the violation is serious enough, the player may be sent off.

FOULS – always result in an Indirect kick.

GOAL KICKS – ball placed on the 6yd line.

NO GOALKEEPER PUNTS – roll, throw or kick the ball to a teammate. Should not land past the half line.

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

CORNER KICKS – no restrictions; Indirect

OVERHEAD CROSSING PASSES – no restriction.

GOALS – Shots are counted from any location on the pitch. Not counted from a direct kickoff or keeper drop kick.

SHOOTER SHAG – shooter or teammate retrieves the ball. Play may continue with the shooter’s team playing shorthanded. Substitutions can be made when player is back onto the field.

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

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 gain touches on the ball, play to feet and be competitive, but have fun. No one wants to get hurt before their season starts. The referee has discretion on all action.

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