

RULES FOR 7v7 Adult Soccer League

If not mentioned below, conform to FIFA

Law I - THE FIELD:

- a. Dimensions: 50 yards by 80 yards. (Size is approximate)
- b. Markings: Goal area only (no penalty area), measuring 6 yards by 16 yards; 5-yard radius center circle; two lines parallel to and 10 yards either side of the halfway line.
- c. Goal: 6.5 feet high by 12 feet wide. (8U goal size. larger goals could also be used.) soon 18'

Law II - THE BALL: Size five (5). Home team provides.

Law III - NUMBER OF PLAYERS: Maximum number of players is seven per team on the field at any one time, one of which is a goalkeeper. The number of players to start a game is five. A ten (10) minute grace period will be given for a team to produce the minimum required (5) before a forfeit is awarded to the opposing team, with the resulting score registering as a 1-0 result.

Substitutions: No stoppage of game is required to substitute; a player may sub "on the run" "on the fly" (enter the field of play after the player being substituted is off the field of play) at the halfway line and must not interfere with play (IFK)

Rosters: will freeze after the last game of the first half. No additional players will be added during the second half.

Law IV - PLAYER'S EQUIPMENT: Shin guards under and fully covered by socks are mandatory. No hard jewelry. Molded cleats, turf shoes and flats (including black-soled) are acceptable footwear. Metal stud cleats are **prohibited**.

Law V - REFEREES: A referee will officiate. Assistant referees are not used. If official is not present at game time, start without him/her. Text the score of the game to 850-855-9729.

Law VI - DURATION OF GAME: Two halves of 25 minutes each with 5-minute half-time. No overtime will be held in regular season. **Mercy rule:** If in the 10th minute of the second half a team has a 7-goal lead, Ball game. A 5-minute overtime will ensue come playoff time. If after the 5 minutes a winner is not determined a second 5-minute overtime will ensue. Then 5 PK's. (See law XIII)

Law VII - START OF PLAY: On the whistle, ball may be played in any direction on the first touch. Opponents must be 5 yards from the center mark when kick-off is in progress.

Law VIII – Five Second Restart Rule: A restart must occur within 5 seconds of placing the ball for a free kick, corner kick or goal kick. Goalkeepers must also release within 5 seconds after gaining possession and returning to their feet.

Law IX – Ball in and out of play: If the ball wholly crossed the goal line or touch line whether on the ground or in the air, the restart is a corner kick or throw-in.

Law X - OFF-SIDE: There shall be no off-side enforced.

Law XI - FOULS AND MISCONDUCT: The restart for all fouls will be an indirect free kick (IFK). If Red Card is given, it will be an automatic one **game** suspension, ejection **without** replacement for the duration of the match, and the offender must leave the complex. Yellow card must sit out 3 minutes and NO subs can be added during that time. The City of FWB Recreation Department is a zero-tolerance facility. The zero-tolerance policy prohibits any form of discrimination or harassment. This includes (but is not limited to) racism, sexism, ageism, and homophobia. Physical or verbal abuse is strictly prohibited and warrants immediate removal from facility/field without warning. Additional suspensions may be enforced, such as, but not limited to, suspended for the remaining of season.

Premier league will have a tight foul allowance. Captains are responsible for your players' behavior.

Law XII – CORNER KICKS OR FREE KICKS: Opponents must be 5 yards from the ball and all free kicks are indirect. Any free kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal area line which runs parallel to the goal line at the point nearest to where the offense was committed. Kickers may not play these kicks a second time until the ball is touched by another player.

Law XIII - PENALTY KICKS: No penalty kicks are taken during games except to break a tie in playoffs after two (2) 5-minute overtime periods. The kicker is not limited to a one step approach.

Law XIV - GOALKEEPER: Opponents must be 5 yards from the ball.

Goalkeepers may use unlimited steps to bring the ball to the boundary of the penalty area.

Punts and drop kicks **are not** permitted. The ball must be distributed by a throw, normal placekick or kick from a dribble. **If penalized**, an indirect free kick will be awarded to the opposing team outside the penalty area.

The goalkeeper may NOT handle the ball if intentionally passed to him from the feet of his own teammate.

Law XV – NO SLIDE TACKLING: ~~A sliding tackle is to be defined as an intentional sliding play with an opposing player within playing distance. Players are to be allowed to slide to play the ball in all other situations.~~ If penalized, an indirect free kick will be awarded to the opposing team.

Law XVI – Injuries: Any player who is bleeding must leave the field. Time will not be stopped for injuries.

Law XVII – Point System: Seeding will be determined by winning percentage. During the second half, there will be **NO** added players and a winner will be determined in 3 divisions: Premier, division I, and division II.

Tied at Standings: Before playoffs, if there are teams with the same winning percentage, the tie will be determined first, head-to-head. Second, goals given up between the tied teams. Points can be found at <https://fwb.recdesk.com/community/home leagues tab>.

Law XVIII – Under no circumstance may a player play without being registered nor on multiple teams. Violation of this rule and the game will be an automatic forfeit along with a possible \$100.00 fine due before allowed to play again. **Second offense:** the team will be suspended for the remainder of the season.

Report all light issues to the front desk: 850-833-9576

SOCER

FORT WALTON BEACH

GUIDELINES FOR CAPTAINS (COACHES) AND REFEREES

General Guidelines Pertaining to All Age Groups

In general, we follow FIFA Laws of the Game with amendments made for a recreation league.

The referee is the immediate authority to enforce and interpret the following:

1. The conduct of the coach/captain and players should be always of the highest caliber and should always reflect the best interest of the players involved.
2. The conduct of the spectators of the team are the responsibility of the team coach/captain. The referee will address misconduct through the coach/captain, not spectators directly. Fan unruly, the ref will not engage, look, or acknowledge. Ref will stop the game, walk to both coaches/captains, and explain a fan is disrupting, you must handle this immediately. If continues ref will stop the game until fan leaves the park. Coaches/captains misbehaving, Ref will perform a 3-step process: **Ask** to stop, **Tell** to stop, **Dismiss** coach/captain. If the coach/captain is not responsive the game will be stopped until the situation is brought under control.
3. Any contact information coaches receive from the league (phone #'s etc.) should be used for City league business only. Coaches should in no way represent themselves as league officials or act on behalf of the league in any City league business.
4. Coaches nor players should in no way solicit sponsors for equipment, services, parties etc. However, if sponsors offer support on their own volition, it may be accepted.
5. Cursing, using inappropriate language, or continued negative remarks by players, coaches, or spectators will not be tolerated.
6. Coaches will not incite the parents, spectators, or players by their actions or comments.
7. No alcoholic beverages will be consumed on the playing field at any time. There should be no smoking around the playing field; Smoking outside the playing fields is permitted.
8. Only coaches and players are allowed in the technical area during play. Parents, spouses, friends, and spectators are to remain on the spectator side of the field.
9. Coaches must confine themselves to the technical area (area immediately in front of their team's benches) during play. It is the coach's responsibility to keep its team's spectators on the spectator side of the field and out of the technical area. If the coach is not responsive the game will be stopped until the situation is brought under control.

OFFICIAL GAME

1. The referee's time will be the official time.
2. The referee's score will be the official score.
3. The decisions of the referee regarding facts connected with play are final.
4. SUBSTITUTIONS: Players may be substituted liberally, there is no limit on how many substitutions a team or player can have.
5. INJURIES: The referee is the final judge on whether to stop play because of an injury to a player. Coaches may bring an injury to the referee's attention, but let the referee be the final judge. If a player is hurt coaches may tell the player to come off the field, however, coaches may not substitute for that player or send the player back onto the field without the referee's permission. Coaches should tell their players that if they are seriously injured that they should stay down on the field. Do not enter onto the field until the referee gives permission. Blood injury must be removed and cannot return until no blood is present. This includes on the jersey. It is acceptable to hide blood on jersey by turning the jersey inside out. Head-to-head (neck up) injuries, game will be stopped immediately.
6. Player infractions:
 - a) Yellow cards = misconduct (two yellow cards in a game equals a red card and an ejection). Cautionable offenses include Dangerous play, excessive force, persistent infringement, dissent toward the referee, and unsportsmanlike conduct. If given a yellow card, must sit out 3 minutes and team must play short.
 - b) Red cards = Automatic ejection and 1 game suspension (3 red cards in a season and the player is suspended from participating for the rest of the season). Ejectable offenses include Fighting, abusive language, and repeated misconduct after caution, extreme dangerous play, and serious foul play. Team must play short for remainder of the game.
 - c) Players cautioned will be asked to leave the field of play. The player cannot be substituted and may return at the next substitution opportunity, after 3 minutes.
 - d) Teams that have a player sent off (straight red) will play short for the remainder of the game. Soft reds (two yellow cards in 1 game) Requires the team to play down a man for 3 minutes. No additional game suspension for the player ejected.
 - e) These rules apply to both players and coaches. Coaches will be asked to leave the premises.

UNIFORMS & EQUIPMENT

1. Shirt, shorts, socks and cleats, color consistency does not apply. Players must provide shirt, shorts, socks, cleats, and shin guards to complete the uniform. Color and style of the shorts and socks is left up to the coaches and players. Color and style consistency is not an issue.
2. Cold weather gear (such as sweat suits, jackets) can be worn, but worn under the uniform.
3. **CLEATS:** All players should have soccer cleats. Soccer cleats must be made of molded plastic or rubber, no metal cleats are allowed. Gym shoes and turf shoes are not recommended. The players are encouraged to get regulation soccer cleats for their own safety. Referees have the right to disallow any equipment they deem to be hazardous to other players.
4. **SHIN GUARDS:** All players are required to wear protective shin guards during games and practices. Shin guards need to be made of a suitable material and provide a reasonable degree of protection. Socks must be worn, completely covering shin guards.
5. **JEWELRY:** Watches, jewelry, bracelets, and earrings are not allowed, even when taped over. The only exceptions to this rule are medical alert bracelets, which should be taped down.
6. Hard casts are not allowed, even when covered or padded. Soft casts, braces, and splints can be worn but only at the discretion of the referee.

WEATHER

1. All attempts will be made to play complete games at the time scheduled including playing in light to moderate rain conditions. However, safety is a foremost concern. Lightning, heavy rain, extreme flooding or other unsafe conditions will usually result in game suspension or termination at the discretion of the soccer director and referee.
2. 30/30 rule: In the event of a storm, the referee will suspend play if 30 seconds or less elapse between the sightings of a lightning flash and hearing of associated thunder. Play shall not be resumed prior to 30 minutes after the last sound of thunder. During practices coaches will follow the same 30/30 rule, if the weather becomes inclement.
3. The soccer director will make the determination if a game will start or continue in rain or bad weather. **If the director is not present, the referee will make the determination.** If the second half has begun and game is stopped due to a bad weather situation, the game will be final at the point in which it was stopped. Games terminated before the second half may be replayed at a mutually convenient time.

FORFEITS

1. In the competitive age groups, a team will forfeit a game if it is not ready to play 10 minutes after the official game time as printed on the official game schedule. The referee will make the call on all forfeits.
2. If one team should have fewer than the full complement of players on the field at the start of the game, the other team may, but does not have to, start with less than the allowable number in the interest of sportsmanship, which they may increase later to the maximum number at their discretion. Whatever the larger team decides to do, they must accept the final game results.
3. A coach who: a) takes team off the field in protest of any kind; b) does not control the team or spectators; c) disrupts the game because of his/her opinion of the officiating, weather conditions, or any other dissent, will forfeit the game at that point.
4. Forfeit scores:
Forfeited games that do not start will be scored 1-0.
If a team forfeits during play and at the time is losing, the score stands as is.
If the game has been forfeited due to illegal play the game will be scored 3-0.

PROTESTS/COMPLAINTS

1. The referees will only respond to complaints in regard to rule interpretation (If you are unsure of a rule or how it is applied within the laws of the game) When approaching referee's, make sure that, it is always done in a non-aggressive manner and only concerning rule interpretation and the facts related to play. All other protests or complaints should be brought to the attention of the Soccer Director who in turn will resolve the situation in a timely manner.
2. If there are questions/suggestions as to the way the league is organized or preferred rules, Please bring these to the soccer director in the off-season or post-season when they can be more carefully considered or implemented.
3. Questions or complaints regarding referees will be referred to the referee's association. The referee's association will keep the soccer director informed about these issues.
4. If the complaint or protest is a judgment call, the referee's decision will be final. If "laws of the game" were not followed and you non-aggressively approached the referee in an appropriate time during the game, (e.g., at half time, immediately after the game) and it was determined that the referee made a mistake, the game will be replayed at the time of the mistake, on a later date, and ONLY if the game will make a difference in seedings or standings.