



7 vs 7 Soccer Rules and Regulations

The Field - The field is 40 yards x 60 yards.

The Goals - The size of the nets will be: 6'10" ft x 16 ft

Offside - Off Side only occurs in the attacking half of the field. A player is offside only at the moment the ball is played forward and will only be offside if there are less than two opponents either level or between the receiving attacker and the goal line. (Note: the goalkeeper is usually one of the two).

Corner Kicks - As per FIFA Regulations. Corner Kicks are to be taken from the corner spot. The opposing players must remain at least 10 yards away from the ball until it is played. The kicker may not touch the ball again until it has touched another player. If he/she does, a free kick is awarded against them.

Free Kicks - Players must remain at least 5 yards away from all free kicks until the ball is played.

Throws Ins - As per FIFA Regulations. A goal cannot be scored directly from a throw in. The throw in is to be taken from the point where it left the playing surface to the opponents of player who last touched the ball. When the ball goes out of bounds on the side of the field, the result will be a throw in for the opposition at the point where the ball exited play.

Penalty Kicks – will be taken from the top of the penalty box.

Substitutions - SSSAD will allow an unlimited number of substitutions during a game. Substitutions must take place in the designated area on your team's side of half. Failure to follow proper substitution rules will result in a yellow card. Substitution at stoppages only at the referee's discretion.

Number of Players - All games will be played with 7 players per team on the field. This is 6 outfield players and 1 goalie. The minimum players required to play a game without forfeit is 5 players (4 outfield and 1 goalie).

Duration of Game - All 7 vs. 7 games will consist of 2 – 25-minute halves with a 5-minute half time break. Overtime in the play-offs is two 5-minute periods, followed by penalty kicks. Regular Season games end in a tie.

Game Times for 2022 – All regular season games will start at 4:15 in order to be off the fields for the Youth Soccer games at 5:30. In play-offs, all games that are not on Mondays will start at 4:00 pm. This will give us enough time for overtime and penalty kicks, if needed. On Mondays, there are no games after ours, so the normal 4:15 start time will work.

Discipline - SSSAD and all other Rules and Regulations will apply.

FIFA Regulations will also be used.