

To: ALL PARTICIPANTS

Date: 08/31/08

Regarding: RULES AND REGULATIONS FOR 7-A-SIDE CO-ED SOCCER

Objectives:

One of the main objectives to the 7-A-Side League is for experienced players to help the less skilled player to improve and make soccer the fun sport that it is. Also, **NO SCORES ARE RECORDED**, therefore, no one should be taking the game so seriously as to cause injury or take the "fun" out of the game!

Rules:

1. All players must be registered and must have a player card to be presented to the referee before the game.
2. Men: Novice - 40 years and over; Experienced - 49 and over
3. Women: Novice - 30 years and over; Experienced - 40 and over
4. "Novice" shall be defined as a person who has never played soccer before. All under-aged players currently playing in the league shall be "grand fathered" in. Should a "novice" exhibit exceptional skill, the league representatives have the right to meet and take a vote on the expulsion of such player.
5. The game shall be composed of two (2) thirty (30) minute halves.
6. There shall be no more than 4 men on the field at a time.
 - a. Exception: If a team is short of women and the opposing team agrees.
7. The field and goals shall be of a reduced size. A "poison" arc shall be delineated in front of each goal with a radius no larger than ten (10) yards.
8. Poison Arc:
 - a. No one may stand in the "poison" arc. The foul shall be deemed an indirect free kick.
 - b. Unintentionally running across the "poison" arc to play the ball is a foul resulting in an indirect free kick.
 - c. Intentionally touching the ball in the "poison" arc shall result in the following:
 - i. Defender to stop a goal: Indirect free kick from the spot.
 - ii. Offender in attempt to score: Restart from goal kick.
 - d. Any ball kicked and left dead in the arc will restart with a goal kick if last touched by an offensive player; or a corner kick if last touched by a defensive player.
 - e. **THE ENTIRE BALL MUST CROSS (OUT OF) THE "POISON" ARC LINE IN ORDER TO BE PLAYED!**
9. Three (3) feet clearance will be automatically be given upon any indirect kick.
10. A goal cannot be scored from a kick off.
11. A point cannot be scored from the defensive half of the field. All shots must be taken from the attacking (offensive) half of the field.
12. A goal kick can be taken from anywhere on the end line outside the intersection of the arc. The ball must be played by at least two (2) players prior to crossing the midfield.

Continued

Regarding: RULES AND REGULATIONS FOR 7-A-SIDE CO-ED SOCCER (continued)

Rules (continued):

13. Charging or aggressive play, **whether intentional or not**, shall be recognized as a "dangerous play", resulting in an indirect free kick, taken at that spot.
14. Once a ball is controlled, the player must pass the ball after the fourth touch. In other words, a player has no more than 4 touches (after control) to make a play.
15. A player receiving a yellow card must sit out of the game for 10 minutes. A player receiving a second yellow card in the same game will be given a red card. A player receiving a red card (either directly or because of two yellow cards) will be out for the rest of that game, and will be suspended for the following four games of that player's team. Teams may substitute for players leaving a game due to yellow or red cards. The league commissioner will decide on the penalty for a player receiving multiple cards in a season.
16. All players, including guest players, on a team must wear the same color shirt. It is recommended that team managers have spare shirts available if they wish to use guest players (the team may also switch to white shirts to achieve uniformity of color, provided that does not conflict with their opponents color).