

VSA Adult League 7v7 Rules

OFFICIAL LEAGUE RULES:

All play will be governed by FIFA Laws of the Game with the following modifications:

Corner Flags & Field Set-Up:

Corner Flags are no longer needed to be set up for Regular Season matches. For Championship matches, the Referees are responsible to set them up.

Match Length:

All matches are 50 minutes in length (two x 25 minute halves) with a five minute half-time.

Any game reaching half time may be declared a completed game if it has to be stopped because of weather or other unforeseen circumstances. All matches abandoned due to weather or other circumstances will be reviewed to determine whether the result stands, it should be replayed in its entirety, resumed at the point of suspension, or declared a forfeit.

Number of Players:

Matches are 7 vs. 7.

Teams must have at least five (5) players to begin the match. (Five (5) Men for Men's Bracket, four (4) male players and (1) female player for Co-Ed Bracket, Five (5) Women for Women's Bracket) The clock begins when the referee signals the start of the match at the scheduled start time; teams with fewer than five players have a 10-minute grace period before the match is forfeited. Forfeited matches result in a 0-3 score.

Co-Ed Rules:

Teams must field at least two (2) female players at all times while the ball is in play; the goalkeeper is included in this requirement.

Teams that can only field one female player will compete with one less player. If only one female player is present on the field then that team can only compete with 6 players max (5 males and 1 female).

Teams with no female players forfeit the match. If the only female player is injured during the match and cannot continue, the match is over and is registered as a forfeit.

Substitutions:

Teams are permitted an unlimited number of substitutions. Substitutions may be made at

any stoppage in play. Either team may request substitution regardless of the restart; however this is at the discretion of the referee and not to be used as a tactic to slow down play or prevent a quick restart.

All substitutes must petition the referee before entering the field.

Bench Areas:

Teams will occupy the same touchline on opposite halves of the field. Spectators and fans from each team should occupy the touchline and half on the opposite side of the field.

If the referee considers that there is potential for confrontation, he/she may require that one team take one touchline and the other team the other. Spectators may be required to move in this circumstance.

Spectator/Fan Control:

Only rostered/uniformed players are permitted to be on the field during games. Each team is responsible for the actions and conduct of their fans and spectators. Referees or league officials reserve the right to expel fans and spectators, and may discipline teams accordingly.

No spectators/players etc. can be situated behind the goal (including outside the fence).

Slide Tackles and General Sliding:

Slide tackling (sliding and tackling a ball and an opponent) is not permitted at any time, except for goalkeepers, as long as it is in their penalty area and is not feet-first. Sliding for a ball without an opponent present is permitted.

Infractions result in a direct kick and an automatic Yellow Card; infractions inside the attacking team's penalty area result in an automatic Red Card and a penalty kick.

Off Side:

Offside is enforced only in the area between the defending team's penalty area and goal line; effectively the 18 extended to the touchline and down to goal line.

Goalkeeper Distribution after handling the ball in the penalty area:

Goalkeepers may not punt, kick, or throw the ball in the air (untouched) over mid-field.

Infractions of this rule will result in an indirect free kick from the point the ball crossed the midfield line.

In-Direct kicks by the attacking team inside the Goal Box:

For this infraction and for safety reasons, the ball will be moved to the nearest spot on the 18.

Game Day Procedures:

Captains will be required to produce a copy of their roster upon request by the other team or the referee. If both captains agree, then a roster check will not be required. However, failure to produce a roster upon request by the Captain of the opposing team or by the referee before, during, or after a game will result in a forfeit for the offending team.

Confirmation of the use of unrostered players by any team will result in a forfeit of the offending team and will be reviewed by the league director to see if any further appropriate disciplinary actions are required. Team Captains are responsible for making sure that players who are not rostered to their teams do not play.

Note that roster checks should be conducted for games in which a suspension sit-out is being served.

Referees must report all Match Scores, Yellow, and Red cards as well as any suspension sit-outs within Game Officials.

Regular Season, Playoffs, Standings, and Tie-Breakers:

Points for regular season games will be:

- 3 points for a win
- 1 point for a tie
- 0 points for a loss

Tiebreakers—Two Teams are Tied

If two teams are tied on the basis of points earned, the team's placement will be determined in accordance with the following sequential criteria:

- a. Winner of head to head competition
- b. Winner of most games (all games)
- c. Goal differential (goals scored minus goals against) in all games (4 goal max per game)
- d. Fewest goals allowed
- e. Coin Toss

Tiebreakers—Three or More Teams That Are Tied

If three or more teams are tied on the basis of points earned, the final rankings will be determined in accordance with the following sequential criteria. If a criterion creates a situation where the tie is broken, then the tiebreaker for the teams that are tied resorts to

the two team tiebreaker specifically for those teams.

- a. Points earned in head to head competition among the teams
- b. Winner of most games (all games)
- c. Goal differential (goals scored minus goals against) in games among the tied teams (4 goal max per game)
- d. Fewest goals allowed in all games
- e. Drawing of lots

Playoffs:

Roster checks will be **required** for all playoff games and will be conducted by the referee. Failure to produce a roster or playing with unrostered players will be grounds for an immediate, unconditional forfeit.

Playoff games tied after regulation will proceed directly to FIFA Kicks from the Mark. All eligible players (those on and off the field) are eligible to participate.

Elimination Matches (Semi Finals and finals – not to be applied to consolation matches)

Games that require a winner will be decided as follows in case of a tie at the end of match:

Kicks from the mark, as per FIFA rules (5 kicks per team). Should the score still be tied, it proceeds to single kicks to determine a winner. Field players and substitutes can participate in the PK taking process.

For Co-Ed, the only added requirement is that the process for taking the kicks is male/female/male/female/male for the first 5 and then alternating female/male all the way through until there is a winner.

Should one team only have 1 female player, that female will take all the female represented kicks.

Discipline and Suspensions:

If any player, including the goalkeeper, receives a yellow card he/she must leave the field for five minutes. The player may be substituted. All cards issued by a referee must be reported to the referee assignor within Game Officials

Players receiving two cautions in a game will serve a minimum of a one game suspension.

Players sent-off (red card) in a match will serve a minimum one game suspension. Players receiving a second red card during a season will serve an additional two game suspension at a minimum, and may be subject to further discipline.

Players receiving 3 individual yellow cards in 3 separate matches will serve a 1 match

suspension that season. If a red card or the 3rd yellow card is received in the last match of the season, it will be served the next season in which that player participates.

All suspensions are to be served with the next physically played match.

The suspended player is not to attend the next match. The suspended player should be noted on that match's game report within Game Officials as serving a suspension. Failing to do so may require the player to sit out an additional match.

Players who play, or attempt to play, during a suspension will be suspended for the rest of the season, and their team may face further penalties.

Any match that includes fighting or violent conduct will be abandoned immediately. The match will not be rescheduled or replayed, and the circumstances of the match will be reviewed by the league director for appropriate disciplinary actions.

The league director will review all red card situations and reserves the right to impose further disciplinary actions to the player who has received the red card.

All conduct involving disciplinary actions not specifically identified here will be reviewed by the league director for appropriate action.

Long Park & Match Rules:

- Food/beverages, gum and sports drinks are prohibited from being consumed on the turf fields; only water is permitted on the field.
- Multiple matches may be in play at Long Park; players, coaches and spectators should be vigilant and aware of the action around them.
- Rubber soled (molded) cleats are permitted, but should be clean of any dirt before using them on turf; screw-in (metal studded) cleats are prohibited.
- All participants and spectators are expected to keep their areas clean of any garbage (water bottles, tape, etc.).
- **There is no smoking or alcohol consumption anywhere at Long Park, including the parking lots.**
- **All participants must wear shinguards for their matches.** Also, as a reminder, all jewelry, watches, earrings, etc. must be removed prior to the start of the match.