

7v7 Rules – Rothman Institute Field House

- **GAME DURATION:** Games will consist of two 25-minute halves. There will be a 2-minute half time for each match.
- **FIELD:** The field of play will consist of 7 field players, including a goalie.
- **SCORE:** A team can be up by 7 goals during their game. However, if that team is up by 8 goals, they will be penalized by removing one player from the field, making it 6v7. If the lead grows any higher, a player will be removed for each goal that increases the lead.
- **FINAL SCORE:** In the event of a tie game, there will be no over time or penalty kicks. 3 points for a win, 1 point for a tie, 0 points for a loss.
- **Players Equipment/Uniform:**
 - Bring two different jersey colors to each game.
 - Shin-Guards must be worn by all players and must be completely covered by the sock.
 - Turf shoes or cleats are acceptable. No metal cleats will be allowed.
- **ROSTER:** Minimum 10 players per team
- **KICK OFF:** May be taken in any direction and is indirect.
- **NO OFFSIDES!**
- **GOALIES:** No punting or drop-kicking the ball. After a save, goalies must throw/roll the ball into play.
- **NO THROW-INS:** The ball shall be kicked into play from the sideline instead of a throw-in and is indirect. Ball must be behind the line.
- **SUBSTITUTIONS:** Substitutions can be made by any team on the fly.

RESTARTS:

- **Direct Kicks:** A direct kick is awarded to the opposing team if a player commits any offence in a manner considered by the referee to be careless, reckless or using excessive force, or handling. This call is up to the ref's discretion and the direct kick is taken from where the offence occurred. The ball must be stationary when the kick is taken, and the kicker must not touch the ball again until it has touched another player.
- **Penalty Kicks:** Shall be awarded if, in the referee's opinion, a scoring opportunity was prevented by an infraction inside the defending teams' box. The penalty kick is a direct kick taken from the blue line on the field.
- **Indirect Kicks:** An indirect kick is awarded for dangerous play, goal kicks, kick-ins & kickoff. A goal cannot be scored from an indirect kick and the ball must touch another player before it enters the goal.

Yellow and Red Cards:

- In accordance with FIFA Laws, yellow and red cards may be issued to players and coaches as the discretion of the referee. Teams receiving multiple Yellow and Red Cards may be forced to forfeit matches.
 - Yellow Card - The player must be subbed off and sit out for 2 minutes.
 - Red Card - The player may be subbed for but may not return to play for that game.

Coaches:

- The coach shall never place the value of winning over the safety and welfare of players. Coaches shall instruct players to play within the laws of the game and within the spirit of the game at all times. Coaches shall not seek unfair advantage by teaching deliberate unsportsmanlike behavior to players. Coaches should not tolerate inappropriate behavior from players regardless of the situation.
- Coaches must always refrain from criticizing officials. Coaches must not incite players or spectators or attempt to disrupt the flow of the game. Comments regarding an official should be made in person and/or in writing to the League Director or General Manager of the Field House.

****Any and all rules are subject to the interpretation of the Referee and the Field House Staff and all decisions are FINAL****