



Below are the rules of play for the Adult and Coed Seven-A-Side Soccer League

- 7v7 including the goalkeeper
- 25 minutes per half
- No slide tackles. If you make a slide tackle 1st tackle will be a yellow card then a 2nd slide tackle by the same player will warrant a 2nd yellow card, thus a red card.
- All defending players must stand 8 yards from the ball for any restart of play.
- No offside.
- Kick-ins [No throw-ins].
- Unlimited interchange. [It has to be dead ball before subbing in]
- Regulation Goals
- All free kicks are indirect. [Except: kickoff, corner kicks, and penalty kicks]
- A restart from a goal kick (by a Goalkeeper or Field Player) must not cross the half way line on the full. If the ball lands in the opposition half, a free kick will be awarded to the opposing team from the half way line.
- The Goalkeeper must not throw or kick from his/her hands over the half way line on the full. If the ball lands in the opposition half, an indirect free kick will be awarded to the opposing team from the half way line.
- A team sanctioned with a forfeit is considered to have lost the match by a result of 5-0.